

Menu: Childcare Week 4

Monday - 05/07/2021

Full Cream Milk 2L (Morning Tea)

Serving Size: 100g



Ingredients

Organic Full Cream Milk (100%)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	5.0g
Dairy Free:	No	Sugar:	5.0g
Lactose Free:	No	Sodium:	37mg
Soy Free:	Yes	Energy (per 100g):	300kJ (72Cal)
Egg Free:	Yes	Protein (per 100g):	3.5g
Vegetarian:	Yes	Fat (total, per 100g):	4.1g
Energy:	300kJ (72Cal)	Fat (Sat, per 100g):	2.7g
Protein:	3.5g	Carbohydrates (per 100g):	5.0g
Fat (total):	n/a	Sugar (per 100g)	5.0g
Fat (Sat):	2.7g	Sodium (per 100g):	37mg

Monday - 05/07/2021

Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



Ingredients

Certified Organic Unhomogenised Milk, Certified Organic Non-Fat Milk Solids, Live Cultures (Acidophilus, Bifidus, Casei, Thermophilus, Bulgaricus)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	2.4g
Dairy Free:	No	Sugar:	1.8g
Lactose Free:	No	Sodium:	28mg
Soy Free:	Yes	Energy (per 100g):	350kJ (84Cal)
Egg Free:	Yes	Protein (per 100g):	5.0g
Vegetarian:	Yes	Fat (total, per 100g):	4.0g
Energy:	175kJ (42Cal)	Fat (Sat, per 100g):	2.6g
Protein:	2.5g	Carbohydrates (per 100g):	4.7g
Fat (total):	n/a	Sugar (per 100g)	3.6g
Fat (Sat):	1.3g	Sodium (per 100g):	55mg

Monday - 05/07/2021

Roast Pumpkin Soup & Wholemeal Dinner Roll (Lunch)

Serving Size: 235g



Ingredients

Pumpkin (29%), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Tomato, Bay Leaves, Parsley, Peppercorns, Thyme), Wholemeal Dinner Roll (Wholemeal Flour [Contains: Wheat Flour, Coarse Bran, Vitamins (Thiamine, Folic Acid)], Water, Wheat Gluten, Iodised Salt, Yeast [Vegetable Oil, Potato Starch], Improver [Soya Flour, Eulsifier (472), Interactive Dry Yeast, Flour Treatment Agent (300), Enzyme (Amylase)], Processing Aid [Canola Oil]), Chickpeas, Carrot, Potato, Onion, Cream, Olive Oil, Garlic, White Pepper

Allergy Information

Contains Wheat, Contains Gluten, Milk, Soybeans

Nutrition Info

Gluten Free:	No	Carbohydrates:	36.7g
Dairy Free:	No	Sugar:	16.2g
Lactose Free:	No	Sodium:	246mg
Soy Free:	No	Energy (per 100g):	366kJ (87Cal)
Egg Free:	Yes	Protein (per 100g):	2.9g
Vegetarian:	Yes	Fat (total, per 100g):	2.4g
Energy:	860kJ (205Cal)	Fat (Sat, per 100g):	0.6g
Protein:	6.9g	Carbohydrates (per 100g):	15.6g
Fat (total):	n/a	Sugar (per 100g)	6.9g
Fat (Sat):	1.3g	Sodium (per 100g):	105mg

Monday - 05/07/2021

DF Pumpkin Soup & GF Dinner Roll (AI) (Lunch) [Allergy]

Serving Size: 290g



Ingredients

Pumpkin (30%), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Tomato, Bay Leaves, Parsley, Peppercorns, Thyme), Gluten Free Dinner Roll (14%) (Water, Maize Starch, Modified Starch (1442), Maltodextrin, Vegetable Oil, Rice Flour, Maize Flour, Faba Bean Flour, Yeast, Thickeners (415, 464), Psyllium Husk Powder, Apple Cider Vinegar, Iodised Salt), Carrot, Potato, Onion, Chickpeas, Coconut Cream (Organic Coconut Meat Extracted (Coconut Cream)), Olive Oil, Garlic, White Pepper

Allergy Information

Contains Soybeans:May Contain Sesame Seeds

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	65.0g
Dairy Free:	Yes	Sugar:	32.4g
Lactose Free:	Yes	Sodium:	253mg
Soy Free:	No	Energy (per 100g):	526kJ (126Cal)
Egg Free:	Yes	Protein (per 100g):	2.5g
Vegetarian:	Yes	Fat (total, per 100g):	4.7g
Energy:	1530kJ (364Cal)	Fat (Sat, per 100g):	1.1g
Protein:	7.1g	Carbohydrates (per 100g):	22.4g
Fat (total):	n/a	Sugar (per 100g)	11.2g
Fat (Sat):	3.1g	Sodium (per 100g):	87mg

Monday - 05/07/2021

Sesame & Poppy Seed Vita-Weats w/ Cheddar Cheese (Afternoon Tea)

Serving Size: 36g



Ingredients

Vita Weats Sesame & Poppy Seed (56%) (Wholegrain (52%), [Whole-Wheat Flour], Seeds (6.5%) [Sesame, Poppy], Vegetable Oil, Cornflour, Sugar, Yeast, Salt, Malt Extract (From Barley), Emulsifier (Soy Lecithin)), Cheese Slices (44%) ((Pasturised Milk, Salt, Cultures, Enzyme (Rennet)))

Allergy Information

Contains Wheat, Barley, Milk, Soybean, Sesame Seeds, Gluten:

Nutrition Info

Gluten Free:	No	Carbohydrates:	11.2g
Dairy Free:	No	Sugar:	0.5g
Lactose Free:	No	Sodium:	275mg
Soy Free:	No	Energy (per 100g):	1880kJ (448Cal)
Egg Free:	Yes	Protein (per 100g):	14.8g
Vegetarian:	Yes	Fat (total, per 100g):	29.1g
Energy:	676kJ (161Cal)	Fat (Sat, per 100g):	14.1g
Protein:	5.3g	Carbohydrates (per 100g):	31.1g
Fat (total):	n/a	Sugar (per 100g)	1.3g
Fat (Sat):	5.1g	Sodium (per 100g):	765mg

Monday - 05/07/2021

Lf Cheddar Cheese & Multigrain Vita-Weats (AI) (Afternoon Tea) [Allergy]

Serving Size: 30g



Ingredients

Lactose Free Cheese (53%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet) Lactase Enzyme), Vita-Weat Crackers (47%) (Wholegrain (50%) [Whole-Wheat Flour], Wheat Flour, Vegetable Oil, Cornflour, Sugar, Salt, Malt Extract [From Barley], Emulsifier (Soy Lecithin), Yeast)

Allergy Information

Contains Wheat, Barley, Contains Gluten, Milk, Soybeans:May Contain Egg, Peanuts, Tree Nuts, Sesame Seeds

Nutrition Info

Gluten Free:	No	Carbohydrates:	9.9g
Dairy Free:	No	Sugar:	0.6g
Lactose Free:	Yes	Sodium:	194mg
Soy Free:	No	Energy (per 100g):	1740kJ (415Cal)
Egg Free:	Yes	Protein (per 100g):	16.9g
Vegetarian:	Yes	Fat (total, per 100g):	23.2g
Energy:	521kJ (124Cal)	Fat (Sat, per 100g):	13.0g
Protein:	5.1g	Carbohydrates (per 100g):	32.9g
Fat (total):	n/a	Sugar (per 100g)	2.1g
Fat (Sat):	3.9g	Sodium (per 100g):	645mg

Monday - 05/07/2021

Hummus & Brown Rice Crackers (AI) (Afternoon Tea) [Allergy]

Serving Size: 50g



Ingredients

Chickpeas, Brown Rice Crackers (30%) (Brown Rice Flour, Rice Bran Oil (10%)), Lemon Juice, Olive Oil, Garlic Powder, White Pepper

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	15.8g
Dairy Free:	Yes	Sugar:	0.5g
Lactose Free:	Yes	Sodium:	98mg
Soy Free:	Yes	Energy (per 100g):	853kJ (204Cal)
Egg Free:	Yes	Protein (per 100g):	5.9g
Vegetarian:	Yes	Fat (total, per 100g):	6.4g
Energy:	427kJ (102Cal)	Fat (Sat, per 100g):	1.2g
Protein:	3.0g	Carbohydrates (per 100g):	31.6g
Fat (total):	n/a	Sugar (per 100g)	0.9g
Fat (Sat):	0.6g	Sodium (per 100g):	196mg

Tuesday - 06/07/2021

Full Cream Milk 2L (Morning Tea)

Serving Size: 100g



Ingredients

Organic Full Cream Milk (100%)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	5.0g
Dairy Free:	No	Sugar:	5.0g
Lactose Free:	No	Sodium:	37mg
Soy Free:	Yes	Energy (per 100g):	300kJ (72Cal)
Egg Free:	Yes	Protein (per 100g):	3.5g
Vegetarian:	Yes	Fat (total, per 100g):	4.1g
Energy:	300kJ (72Cal)	Fat (Sat, per 100g):	2.7g
Protein:	3.5g	Carbohydrates (per 100g):	5.0g
Fat (total):	n/a	Sugar (per 100g)	5.0g
Fat (Sat):	2.7g	Sodium (per 100g):	37mg

Tuesday - 06/07/2021

Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



Ingredients

Certified Organic Unhomogenised Milk, Certified Organic Non-Fat Milk Solids, Live Cultures (Acidophilus, Bifidus, Casei, Thermophilus, Bulgaricus)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	2.4g
Dairy Free:	No	Sugar:	1.8g
Lactose Free:	No	Sodium:	28mg
Soy Free:	Yes	Energy (per 100g):	350kJ (84Cal)
Egg Free:	Yes	Protein (per 100g):	5.0g
Vegetarian:	Yes	Fat (total, per 100g):	4.0g
Energy:	175kJ (42Cal)	Fat (Sat, per 100g):	2.6g
Protein:	2.5g	Carbohydrates (per 100g):	4.7g
Fat (total):	n/a	Sugar (per 100g)	3.6g
Fat (Sat):	1.3g	Sodium (per 100g):	55mg

Tuesday - 06/07/2021

Mexican Beef & Black Bean Pasta Bake (Lunch)

Serving Size: 200g



Ingredients

Macaroni (40%), Beef, Tomato Puree, Black Beans (Black Beans, Water), Corn, Onion, Mozzarella Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Carrot, Filtered Water, Tomato Paste (Citric Acid), Olive Oil, Garlic, Paprika, Turmeric, Cumin

Allergy Information

Contains Wheat, Contains Gluten, Milk

Nutrition Info

Gluten Free:	No	Carbohydrates:	29.9g
Dairy Free:	No	Sugar:	3.9g
Lactose Free:	No	Sodium:	101mg
Soy Free:	Yes	Energy (per 100g):	567kJ (135Cal)
Egg Free:	No	Protein (per 100g):	9.2g
Vegetarian:	No	Fat (total, per 100g):	3.8g
Energy:	1130kJ (271Cal)	Fat (Sat, per 100g):	1.5g
Protein:	18.4g	Carbohydrates (per 100g):	15.0g
Fat (total):	n/a	Sugar (per 100g)	2.0g
Fat (Sat):	3.0g	Sodium (per 100g):	51mg

Tuesday - 06/07/2021

GF & DF Beef & Black Bean Pasta (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Filtered Water, Gluten Free Pasta (20%) (Corn Flour 94.5%, Rice Flour 5%, Emulsifier (Mono And Diglycerides Of Fatty Acids) 0.5%), Beef (15%), Tomato Puree, Black Beans (7%) (Black Beans, Water), Corn, Onion, Mozzarella Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Carrot, Tomato Paste (Citric Acid), Olive Oil, Garlic, Paprika, Turmeric, Cumin

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	41.4g
Dairy Free:	Yes	Sugar:	4.6g
Lactose Free:	Yes	Sodium:	118mg
Soy Free:	Yes	Energy (per 100g):	668kJ (160Cal)
Egg Free:	Yes	Protein (per 100g):	8.8g
Vegetarian:	No	Fat (total, per 100g):	4.1g
Energy:	1340kJ (319Cal)	Fat (Sat, per 100g):	1.7g
Protein:	17.5g	Carbohydrates (per 100g):	20.7g
Fat (total):	n/a	Sugar (per 100g)	2.3g
Fat (Sat):	3.4g	Sodium (per 100g):	59mg

Tuesday - 06/07/2021

Gf & Df Bean Burrito Bowl (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Basmati Rice, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Tomato, Bay Leaves, Parsley, Peppercorns, Thyme), Tomato Puree, Red Kidney Beans (Red Kidney Beans, Water, Salt), Black Beans (Black Beans, Water), Lentils (Lentils, Water, Ascorbic Acid), Red Lentil Dried, Onion, Leek, Filtered Water, Olive Oil, Coriander Ground, Cumin, Paprika, Garlic, Oregano, Chilli Powder, Cinnamon, Nutmeg

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	35.3g
Dairy Free:	Yes	Sugar:	6.1g
Lactose Free:	Yes	Sodium:	68mg
Soy Free:	Yes	Energy (per 100g):	403kJ (96Cal)
Egg Free:	Yes	Protein (per 100g):	4.0g
Vegetarian:	Yes	Fat (total, per 100g):	1.2g
Energy:	806kJ (193Cal)	Fat (Sat, per 100g):	0.2g
Protein:	8.1g	Carbohydrates (per 100g):	17.7g
Fat (total):	n/a	Sugar (per 100g)	3.0g
Fat (Sat):	0.5g	Sodium (per 100g):	34mg

Tuesday - 06/07/2021

Sweet Potato & Chickpea Empanadas (Afternoon Tea)

Serving Size: 60g



Ingredients

Sweet Potato, Filtered Water, Carrot, Onion, Bread Crumbs (Unbleached Wholemeal Wheat Flour (64%), Water, Bakers Yeast, Iodised Salt, Wheat Gluten, Vinegar, Vegetable Oil, Emulsifiers (481, 472 (E)), Soy Flour, Vitamin (Thiamin, Folic Acid)), Plain Flour Perfection, Wholemeal Flour 90/10 (Wholemeal Wheat Flour, Wheat Flour, Vitamin (Thiamin)), Peas, Corn, Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Olive Oil, Raw Sugar, Garlic Powder, Gluten, Yeast (Yeast, Rehydration Agent (Sorbitan Monostearate), Ascorbic Acid), Curry Powder (Turmeric, Coriander, Salt, Black Pepper, Fenugreek, Chilli, Pimento, Celery, Rice Flour), White Pepper, Bread Improver (Soy Flour, Ascorbic Acid, Bread Flour, Enzyme (Amylase))

Allergy Information

Contains Wheat, Contains Gluten, Soybeans:May Contain Sesame Seeds

Nutrition Info

Gluten Free:	No	Carbohydrates:	14.4g
Dairy Free:	Yes	Sugar:	2.8g
Lactose Free:	Yes	Sodium:	45mg
Soy Free:	Yes	Energy (per 100g):	731kJ (175Cal)
Egg Free:	Yes	Protein (per 100g):	4.8g
Vegetarian:	Yes	Fat (total, per 100g):	5.0g
Energy:	439kJ (105Cal)	Fat (Sat, per 100g):	0.6g
Protein:	2.9g	Carbohydrates (per 100g):	24.0g
Fat (total):	n/a	Sugar (per 100g)	4.7g
Fat (Sat):	0.4g	Sodium (per 100g):	75mg

Tuesday - 06/07/2021

GF & DF Vegetable Empanada (AI) (Afternoon Tea) [Allergy]

Serving Size: 60g



Ingredients

Sweet Potato (21%), Filtered Water, Carrot (17%), Flour Raising Gluten Free (Gluten Free Flours (Maize, Rice), Starch (Maize, Tapioca), Raising Agents (Sodium Pyrophosphate, Sodium Bicarbonate, Glucono Delta-Lactone) Thickeners (Guar Gum, Xanthan Gum, Hydroxypropyl Methylcellulose, Sodium Carboxymethylcellulose)), Onion (9%), Peas (7%), Corn, Olive Oil, Olive Oil Blend (Olive Oil, Canola & Sunflower Oil), Raw Sugar, Garlic Powder, Curry Powder (Turmeric, Coriander, Salt, Black Pepper, Fenugreek, Chilli, Pimento, Celery, Rice Flour), White Pepper

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	12.9g
Dairy Free:	Yes	Sugar:	3.0g
Lactose Free:	No	Sodium:	43mg
Soy Free:	Yes	Energy (per 100g):	497kJ (119Cal)
Egg Free:	No	Protein (per 100g):	1.9g
Vegetarian:	No	Fat (total, per 100g):	3.9g
Energy:	298kJ (71Cal)	Fat (Sat, per 100g):	0.5g
Protein:	1.1g	Carbohydrates (per 100g):	21.4g
Fat (total):	n/a	Sugar (per 100g)	5.1g
Fat (Sat):	0.3g	Sodium (per 100g):	72mg

Wednesday - 07/07/2021

Full Cream Milk 2L (Morning Tea)

Serving Size: 100g



Ingredients

Organic Full Cream Milk (100%)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	5.0g
Dairy Free:	No	Sugar:	5.0g
Lactose Free:	No	Sodium:	37mg
Soy Free:	Yes	Energy (per 100g):	300kJ (72Cal)
Egg Free:	Yes	Protein (per 100g):	3.5g
Vegetarian:	Yes	Fat (total, per 100g):	4.1g
Energy:	300kJ (72Cal)	Fat (Sat, per 100g):	2.7g
Protein:	3.5g	Carbohydrates (per 100g):	5.0g
Fat (total):	n/a	Sugar (per 100g):	5.0g
Fat (Sat):	2.7g	Sodium (per 100g):	37mg

Wednesday - 07/07/2021

Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



Ingredients

Certified Organic Unhomogenised Milk, Certified Organic Non-Fat Milk Solids, Live Cultures (Acidophilus, Bifidus, Casei, Thermophilus, Bulgaricus)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	2.4g
Dairy Free:	No	Sugar:	1.8g
Lactose Free:	No	Sodium:	28mg
Soy Free:	Yes	Energy (per 100g):	350kJ (84Cal)
Egg Free:	Yes	Protein (per 100g):	5.0g
Vegetarian:	Yes	Fat (total, per 100g):	4.0g
Energy:	175kJ (42Cal)	Fat (Sat, per 100g):	2.6g
Protein:	2.5g	Carbohydrates (per 100g):	4.7g
Fat (total):	n/a	Sugar (per 100g)	3.6g
Fat (Sat):	1.3g	Sodium (per 100g):	55mg

Apricot Chicken w/ Quinoa Brown Rice (Lunch)

Serving Size: 200g



Ingredients

Brown Rice (32%), Chicken Thigh (18%), Apricot (11%) (Apricot, (Fruit (Pear/apple/peach) Juice, Firming Agent (Calcium Chloride)), Chicken Stock (Chicken, Water, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Cauliflower, Green Beans, Onion, Carrot, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Tomato, Bay Leaves, Parsley, Peppercorns, Thyme), Organic Quinoa, Tomato Paste (Citric Acid), Lemon Juice, Maize Cornflour (Gluten Free), Olive Oil, Curry Powder (Turmeric, Coriander, Salt, Black Pepper, Fenugreek, Chilli, Pimento, Celery, Rice Flour), Ground Ginger, Cumin, Cinnamon

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	29.4g
Dairy Free:	Yes	Sugar:	5.0g
Lactose Free:	Yes	Sodium:	150mg
Soy Free:	Yes	Energy (per 100g):	478kJ (114Cal)
Egg Free:	Yes	Protein (per 100g):	6.7g
Vegetarian:	No	Fat (total, per 100g):	2.9g
Energy:	957kJ (229Cal)	Fat (Sat, per 100g):	0.8g
Protein:	13.4g	Carbohydrates (per 100g):	14.7g
Fat (total):	n/a	Sugar (per 100g)	2.5g
Fat (Sat):	1.5g	Sodium (per 100g):	75mg

Apricot Vegetable Curry w/ Quinoa Brown Rice (AL) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Brown Rice (30%), Chickpeas, Apricot (Apricot, (Fruit (Pear/apple/peach) Juice, Firming Agent (Calcium Chloride)), Chicken Stock (Chicken, Water, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Cauliflower, Green Beans, Onion, Carrot, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Tomato, Bay Leaves, Parsley, Peppercorns, Thyme), Organic Quinoa (1.5%), Tomato Paste (Citric Acid), Lemon Juice, Maize Cornflour (Gluten Free), Olive Oil, Curry Powder (Turmeric, Coriander, Salt, Black Pepper, Fenugreek, Chilli, Pimento, Celery, Rice Flour), Ground Ginger, Cumin, Cinnamon

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	35.3g
Dairy Free:	Yes	Sugar:	5.7g
Lactose Free:	Yes	Sodium:	245mg
Soy Free:	Yes	Energy (per 100g):	406kJ (97Cal)
Egg Free:	Yes	Protein (per 100g):	3.3g
Vegetarian:	Yes	Fat (total, per 100g):	1.5g
Energy:	812kJ (194Cal)	Fat (Sat, per 100g):	0.2g
Protein:	6.6g	Carbohydrates (per 100g):	17.7g
Fat (total):	n/a	Sugar (per 100g)	2.8g
Fat (Sat):	0.4g	Sodium (per 100g):	123mg

Cheddar Cheese & Rice Cakes (Afternoon Tea)

Serving Size: 28g



Ingredients

Cheddar Cheese (57%) (Cows Milk, Salt, Starter Cultures, Non Animal Rennet), Rice Cake (43%)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	No	Carbohydrates:	9.4g
Dairy Free:	No	Sugar:	less than 0.1g
Lactose Free:	No	Sodium:	110mg
Soy Free:	No	Energy (per 100g):	1720kJ (410Cal)
Egg Free:	No	Protein (per 100g):	17.9g
Vegetarian:	No	Fat (total, per 100g):	19.9g
Energy:	480kJ (115Cal)	Fat (Sat, per 100g):	12.6g
Protein:	5.0g	Carbohydrates (per 100g):	33.7g
Fat (total):	n/a	Sugar (per 100g)	0.3g
Fat (Sat):	3.5g	Sodium (per 100g):	392mg

Wednesday - 07/07/2021

Mexican Bean Dip & Corn Chips (AI) (Afternoon Tea) [Allergy]

Serving Size: 60g



Ingredients

Corn Chips (Cornflour (72%), Vegetable Oil, Water, Salt), Red Kidney Beans (Red Kidney Beans, Water, Salt), Tomato Puree, Celery, Carrot, Onion, Olive Oil, Paprika, Turmeric, Garlic, Cumin

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	21.1g
Dairy Free:	Yes	Sugar:	1.2g
Lactose Free:	Yes	Sodium:	177mg
Soy Free:	Yes	Energy (per 100g):	1290kJ (307Cal)
Egg Free:	Yes	Protein (per 100g):	6.3g
Vegetarian:	Yes	Fat (total, per 100g):	14.4g
Energy:	771kJ (184Cal)	Fat (Sat, per 100g):	6.0g
Protein:	3.8g	Carbohydrates (per 100g):	35.2g
Fat (total):	n/a	Sugar (per 100g)	2.1g
Fat (Sat):	3.6g	Sodium (per 100g):	296mg

Thursday - 08/07/2021

Full Cream Milk 2L (Morning Tea)

Serving Size: 100g



Ingredients

Organic Full Cream Milk (100%)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	5.0g
Dairy Free:	No	Sugar:	5.0g
Lactose Free:	No	Sodium:	37mg
Soy Free:	Yes	Energy (per 100g):	300kJ (72Cal)
Egg Free:	Yes	Protein (per 100g):	3.5g
Vegetarian:	Yes	Fat (total, per 100g):	4.1g
Energy:	300kJ (72Cal)	Fat (Sat, per 100g):	2.7g
Protein:	3.5g	Carbohydrates (per 100g):	5.0g
Fat (total):	n/a	Sugar (per 100g)	5.0g
Fat (Sat):	2.7g	Sodium (per 100g):	37mg

Thursday - 08/07/2021

Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



Ingredients

Certified Organic Unhomogenised Milk, Certified Organic Non-Fat Milk Solids, Live Cultures (Acidophilus, Bifidus, Casei, Thermophilus, Bulgaricus)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	2.4g
Dairy Free:	No	Sugar:	1.8g
Lactose Free:	No	Sodium:	28mg
Soy Free:	Yes	Energy (per 100g):	350kJ (84Cal)
Egg Free:	Yes	Protein (per 100g):	5.0g
Vegetarian:	Yes	Fat (total, per 100g):	4.0g
Energy:	175kJ (42Cal)	Fat (Sat, per 100g):	2.6g
Protein:	2.5g	Carbohydrates (per 100g):	4.7g
Fat (total):	n/a	Sugar (per 100g)	3.6g
Fat (Sat):	1.3g	Sodium (per 100g):	55mg

Thursday - 08/07/2021

Wholemeal Spaghetti Bolognese (Lunch)

Serving Size: 200g



Ingredients

Spaghetti (35%), Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Beef (13%), Filtered Water, Onion, Carrot, Celery, Zucchini, Mushrooms, Tomato Paste (Citric Acid), Maize Cornflour (Gluten Free), Olive Oil, Balsamic Vinegar (Wine Vinegar, Grape Must, Sulfites), Garlic, Italian Mixed Herbs, White Pepper

Allergy Information

Contains Wheat, Contains Gluten

Nutrition Info

Gluten Free:	No	Carbohydrates:	16.2g
Dairy Free:	Yes	Sugar:	4.4g
Lactose Free:	Yes	Sodium:	106mg
Soy Free:	Yes	Energy (per 100g):	318kJ (76Cal)
Egg Free:	Yes	Protein (per 100g):	6.0g
Vegetarian:	No	Fat (total, per 100g):	2.4g
Energy:	635kJ (152Cal)	Fat (Sat, per 100g):	0.7g
Protein:	12.1g	Carbohydrates (per 100g):	8.1g
Fat (total):	n/a	Sugar (per 100g)	2.2g
Fat (Sat):	1.3g	Sodium (per 100g):	53mg

Thursday - 08/07/2021

Gf & Df Beef Bolognese (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Tomato Puree, Filtered Water, Gluten Free Pasta (Corn Flour 94.5%, Rice Flour 5%, Emulsifier (Mono And Diglycerides Of Fatty Acids) 0.5%), Beef (15%), Onion, Celery, Carrot, Zucchini, Mushrooms, Tomato Paste (Citric Acid), Balsamic Vinegar (Wine Vinegar, Grape Must, Sulfites), Parsley, Olive Oil, Garlic, Maize Cornflour (Gluten Free), Mixed Herbs, White Pepper

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	33.1g
Dairy Free:	Yes	Sugar:	4.8g
Lactose Free:	Yes	Sodium:	62mg
Soy Free:	Yes	Energy (per 100g):	473kJ (113Cal)
Egg Free:	No	Protein (per 100g):	5.7g
Vegetarian:	No	Fat (total, per 100g):	2.2g
Energy:	945kJ (226Cal)	Fat (Sat, per 100g):	0.8g
Protein:	11.5g	Carbohydrates (per 100g):	16.6g
Fat (total):	n/a	Sugar (per 100g):	2.4g
Fat (Sat):	1.5g	Sodium (per 100g):	31mg

Thursday - 08/07/2021

Tomato & Vegetable Spaghetti (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Filtered Water, Tomato Puree, Spaghetti, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Tomato, Bay Leaves, Parsley, Peppercorns, Thyme), Leek, Onion, Carrot, Red Capsicum, Zucchini, Chickpeas, Celery, Olive Oil, Tomato Paste (Citric Acid), Garlic, Italian Mixed Herbs

Allergy Information

Contains Wheat, Contains Gluten

Nutrition Info

Gluten Free:	No	Carbohydrates:	35.6g
Dairy Free:	Yes	Sugar:	7.7g
Lactose Free:	Yes	Sodium:	51mg
Soy Free:	Yes	Energy (per 100g):	377kJ (90Cal)
Egg Free:	Yes	Protein (per 100g):	3.1g
Vegetarian:	Yes	Fat (total, per 100g):	1.1g
Energy:	754kJ (180Cal)	Fat (Sat, per 100g):	0.2g
Protein:	6.2g	Carbohydrates (per 100g):	17.8g
Fat (total):	n/a	Sugar (per 100g)	3.8g
Fat (Sat):	0.4g	Sodium (per 100g):	25mg

Thursday - 08/07/2021

Spinach & Fetta Rolls (Afternoon Tea)

Serving Size: 60g



Ingredients

Filtered Water, Butter (Pasteurised Cream (From Cow's Milk), Water), Plain Flour, Wholemeal Flour, Onion, Spinach (7%), Fetta (7%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture, Rennet, Water, Salt), Mozzarella Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Wholemeal Bread (Unbleached Wholemeal Wheat Flour (64%), Water, Baker's Yeast, Iodised Salt, Wheat Gluten, Vinegar, Vegetable Oil, Emulsifiers (Sodium Lactylate, Diacetyltartaric), Soy Flour, Vitamin (Thiamin, Folic Acid)), Cream Cheese (Milk, Cream, Salt, Stabiliser (410, 412), Starter Culture), Sesame Seeds

Allergy Information

Contains Wheat, Contains Gluten, Milk, Soybeans, Sesame Seeds:May Contain Tree Nuts

Nutrition Info

Gluten Free:	No	Carbohydrates:	13.7g
Dairy Free:	No	Sugar:	0.6g
Lactose Free:	No	Sodium:	137mg
Soy Free:	Yes	Energy (per 100g):	1340kJ (319Cal)
Egg Free:	Yes	Protein (per 100g):	9.0g
Vegetarian:	Yes	Fat (total, per 100g):	20.8g
Energy:	802kJ (192Cal)	Fat (Sat, per 100g):	13.0g
Protein:	5.4g	Carbohydrates (per 100g):	22.8g
Fat (total):	n/a	Sugar (per 100g)	1.0g
Fat (Sat):	7.8g	Sodium (per 100g):	228mg

Thursday - 08/07/2021

GF Spinach, Corn & Fetta Muffin (AI) (Afternoon Tea) [Allergy]

Serving Size: 60g



Ingredients

Flour Raising Gluten Free (Gluten Free Flours (Maize, Rice), Starch (Maize, Tapioca), Raising Agents (Sodium Pyrophosphate, Sodium Bicarbonate, Glucono Delta-Lactone) Thickeners (Guar Gum, Xanthan Gum, Hydroxypropyl Methylcellulose, Sodium Carboxymethylcellulose)), Milk, Creamed Corn (14%), Olive Oil, Spinach, Fetta (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture, Rennet, Water, Salt), Yeast Flakes (Inactive Yeast), Italian Mixed Herbs

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	24.1g
Dairy Free:	No	Sugar:	1.8g
Lactose Free:	No	Sodium:	167mg
Soy Free:	Yes	Energy (per 100g):	1080kJ (258Cal)
Egg Free:	No	Protein (per 100g):	4.3g
Vegetarian:	Yes	Fat (total, per 100g):	13.2g
Energy:	649kJ (155Cal)	Fat (Sat, per 100g):	3.3g
Protein:	2.6g	Carbohydrates (per 100g):	40.1g
Fat (total):	n/a	Sugar (per 100g)	3.1g
Fat (Sat):	2.0g	Sodium (per 100g):	278mg

Thursday - 08/07/2021

GF & DF Spinach & Corn Muffin (AI) (Afternoon Tea) [Allergy]

Serving Size: 60g



Ingredients

Flour Raising Gluten Free (Gluten Free Flours (Maize, Rice), Starch (Maize, Tapioca), Raising Agents (Sodium Pyrophosphate, Sodium Bicarbonate, Glucono Delta-Lactone) Thickeners (Guar Gum, Xanthan Gum, Hydroxypropyl Methylcellulose, Sodium Carboxymethylcellulose)), Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt), Creamed Corn (14%), Spinach, Olive Oil, Yeast Flakes (Inactive Yeast), Italian Mixed Herbs

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	25.2g
Dairy Free:	Yes	Sugar:	1.4g
Lactose Free:	Yes	Sodium:	126mg
Soy Free:	Yes	Energy (per 100g):	958kJ (229Cal)
Egg Free:	Yes	Protein (per 100g):	2.1g
Vegetarian:	Yes	Fat (total, per 100g):	10.0g
Energy:	575kJ (137Cal)	Fat (Sat, per 100g):	1.4g
Protein:	1.3g	Carbohydrates (per 100g):	42.0g
Fat (total):	n/a	Sugar (per 100g)	2.4g
Fat (Sat):	0.9g	Sodium (per 100g):	211mg

Friday - 09/07/2021

Full Cream Milk 2L (Morning Tea)

Serving Size: 100g



Ingredients

Organic Full Cream Milk (100%)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	5.0g
Dairy Free:	No	Sugar:	5.0g
Lactose Free:	No	Sodium:	37mg
Soy Free:	Yes	Energy (per 100g):	300kJ (72Cal)
Egg Free:	Yes	Protein (per 100g):	3.5g
Vegetarian:	Yes	Fat (total, per 100g):	4.1g
Energy:	300kJ (72Cal)	Fat (Sat, per 100g):	2.7g
Protein:	3.5g	Carbohydrates (per 100g):	5.0g
Fat (total):	n/a	Sugar (per 100g):	5.0g
Fat (Sat):	2.7g	Sodium (per 100g):	37mg

Friday - 09/07/2021

Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



Ingredients

Certified Organic Unhomogenised Milk, Certified Organic Non-Fat Milk Solids, Live Cultures (Acidophilus, Bifidus, Casei, Thermophilus, Bulgaricus)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	2.4g
Dairy Free:	No	Sugar:	1.8g
Lactose Free:	No	Sodium:	28mg
Soy Free:	Yes	Energy (per 100g):	350kJ (84Cal)
Egg Free:	Yes	Protein (per 100g):	5.0g
Vegetarian:	Yes	Fat (total, per 100g):	4.0g
Energy:	175kJ (42Cal)	Fat (Sat, per 100g):	2.6g
Protein:	2.5g	Carbohydrates (per 100g):	4.7g
Fat (total):	n/a	Sugar (per 100g)	3.6g
Fat (Sat):	1.3g	Sodium (per 100g):	55mg

Friday - 09/07/2021

Tuna, Cheese & Cucumber Sandwich (Lunch)

Serving Size: 125g



Ingredients

Wholemeal Bread (Unbleached Wholemeal Wheat Flour (64%), Water, Baker's Yeast, Iodised Salt, Wheat Gluten, Vinegar, Vegetable Oil, Emulsifiers (Sodium Lactylate, Diacetyltartaric), Soy Flour, Vitamin (Thiamin, Folic Acid)), Cucumber (16%), Cream Cheese (15%) (Milk, Cream, Salt, Stabiliser (410, 412), Starter Culture), Tuna (6%) (Skipjack, Light Meat Tuna (92%), Springwater, Salt), Natural Yoghurt (Milk, Milk Solids, Skim Milk, Live Yoghurt Cultures (Incl. L.acidophilus)), Chives, White Pepper

Allergy Information

Contains Wheat, Contains Gluten, Fish, Milk, Soybeans:May Contain Sesame Seeds

Nutrition Info

Gluten Free:	No	Carbohydrates:	32.6g
Dairy Free:	No	Sugar:	1.6g
Lactose Free:	No	Sodium:	474mg
Soy Free:	No	Energy (per 100g):	833kJ (199Cal)
Egg Free:	Yes	Protein (per 100g):	8.3g
Vegetarian:	No	Fat (total, per 100g):	5.9g
Energy:	1040kJ (249Cal)	Fat (Sat, per 100g):	3.5g
Protein:	10.4g	Carbohydrates (per 100g):	26.1g
Fat (total):	n/a	Sugar (per 100g)	1.3g
Fat (Sat):	4.3g	Sodium (per 100g):	379mg

Friday - 09/07/2021

Roast Chicken, Pumpkin Hummus & Spinach Sandwich (Lunch)

Serving Size:



Ingredients

No Information

Allergy Information

Nutrition Info

Gluten Free:	No	Carbohydrates:
Dairy Free:	No	Sugar:
Lactose Free:	No	Sodium:
Soy Free:	No	Energy (per 100g):
Egg Free:	No	Protein (per 100g):
Vegetarian:	No	Fat (total, per 100g):
Energy:		Fat (Sat, per 100g):
Protein:		Carbohydrates (per 100g):
Fat (total):	n/a	Sugar (per 100g)
Fat (Sat):		Sodium (per 100g):

Friday - 09/07/2021

Gf & Df Vegetable Risotto (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Tomato, Bay Leaves, Parsley, Peppercorns, Thyme), Arborio Rice, Onion, Pumpkin (8%), Carrot, Zucchini, Broccoli, Olive Oil, Garlic, Ground Black Pepper

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	40.7g
Dairy Free:	Yes	Sugar:	15.4g
Lactose Free:	Yes	Sodium:	29mg
Soy Free:	Yes	Energy (per 100g):	532kJ (127Cal)
Egg Free:	Yes	Protein (per 100g):	2.2g
Vegetarian:	Yes	Fat (total, per 100g):	6.2g
Energy:	1060kJ (254Cal)	Fat (Sat, per 100g):	1.0g
Protein:	4.4g	Carbohydrates (per 100g):	20.4g
Fat (total):	n/a	Sugar (per 100g)	7.7g
Fat (Sat):	1.9g	Sodium (per 100g):	14mg

Friday - 09/07/2021

Cheese & Lentil Veggie Burger (Al) (Lunch) [Allergy]

Serving Size: 196g



Ingredients

Wholemeal Knot Roll (51%) (Unbleached Wholemeal Wheat Flour (63%), Water, Baker's Yeast, Iodised Salt, Wheat Gluten, Canola Oil, Soy Flour, Vinegar, Sugar, Emulsifiers From Vegetable Source (481, 472 (E)), Vitamins (Thiamin, Folic Acid)), Cheese Slices (8%) ((Pasturised Milk, Salt, Cultures, Enzyme (Rennet))), Onion, Sweet Potato, Lentils (4.5%), Carrot, Zucchini, Corn, Potato, Bread Crumbs (Unbleached Wholemeal Wheat Flour (64%), Water, Bakers Yeast, Iodised Salt, Wheat Gluten, Vinegar, Vegetable Oil, Emulsifiers (481, 472 (E)), Soy Flour, Vitamin (Thiamin, Folic Acid)), Red Capsicum, Olive Oil, Parsley, Garlic Powder, White Pepper

Allergy Information

Contains Wheat, Contains Gluten, Milk, Soybeans:May Contain Sesame Seeds

Nutrition Info

Gluten Free:	No	Carbohydrates:	52.6g
Dairy Free:	No	Sugar:	4.0g
Lactose Free:	No	Sodium:	676mg
Soy Free:	No	Energy (per 100g):	857kJ (205Cal)
Egg Free:	Yes	Protein (per 100g):	8.2g
Vegetarian:	Yes	Fat (total, per 100g):	5.7g
Energy:	1680kJ (401Cal)	Fat (Sat, per 100g):	2.6g
Protein:	16.0g	Carbohydrates (per 100g):	26.8g
Fat (total):	n/a	Sugar (per 100g)	2.1g
Fat (Sat):	5.0g	Sodium (per 100g):	345mg

Friday - 09/07/2021

Sticky Date Pudding w/ Egg (Afternoon Tea)

Serving Size: 60g



Ingredients

Dried Dates (24%), Water, Unsalted Butter (Cream, Water), Plain Self Raising Flour (Wheat Flour, Raising Agent (339, 341, 450, 500)), Raw Sugar, Free Range Egg (10%), Wholemeal Self Raising Flour, Organic Vanilla Essence (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol), Organic Sugar), Baking Soda (Sodium Bicarbonate), Cinnamon

Allergy Information

Contains Wheat, Contains Gluten, Egg, Milk:May Contain Rye, Barley, Oats, Spelt, Peanuts, Soybeans, Tree Nuts, Sesame Seeds

Nutrition Info

Gluten Free:	No	Carbohydrates:	26.4g
Dairy Free:	No	Sugar:	16.3g
Lactose Free:	Yes	Sodium:	199mg
Soy Free:	Yes	Energy (per 100g):	1320kJ (315Cal)
Egg Free:	No	Protein (per 100g):	4.5g
Vegetarian:	Yes	Fat (total, per 100g):	13.0g
Energy:	792kJ (189Cal)	Fat (Sat, per 100g):	7.9g
Protein:	2.7g	Carbohydrates (per 100g):	43.9g
Fat (total):	n/a	Sugar (per 100g)	27.2g
Fat (Sat):	4.8g	Sodium (per 100g):	331mg

Friday - 09/07/2021

GF & DF Sticky Date Pudding (AI) (Afternoon Tea) [Allergy]

Serving Size: 60g



Ingredients

Flour Raising Gluten Free (Gluten Free Flours (Maize, Rice), Starch (Maize, Tapioca), Raising Agents (Sodium Pyrophosphate, Sodium Bicarbonate, Glucono Delta-Lactone) Thickeners (Guar Gum, Xanthan Gum, Hydroxypropyl Methylcellulose, Sodium Carboxymethylcellulose)), Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt), Banana (14%), Olive Oil, Dried Dates, Raw Sugar, Organic Vanilla Essence (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol), Organic Sugar), Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate), Cinnamon (0%)

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	32.0g
Dairy Free:	Yes	Sugar:	8.9g
Lactose Free:	Yes	Sodium:	107mg
Soy Free:	Yes	Energy (per 100g):	1130kJ (269Cal)
Egg Free:	Yes	Protein (per 100g):	1.6g
Vegetarian:	Yes	Fat (total, per 100g):	9.8g
Energy:	677kJ (162Cal)	Fat (Sat, per 100g):	1.4g
Protein:	0.9g	Carbohydrates (per 100g):	53.3g
Fat (total):	n/a	Sugar (per 100g)	14.8g
Fat (Sat):	0.9g	Sodium (per 100g):	179mg

Friday - 09/07/2021

Sticky Date Pudding (Egg Free) (Afternoon Tea) [Allergy]

Serving Size: 60g



Ingredients

Dried Dates (24%), Water, Unsalted Butter (Cream, Water), Plain Self Raising Flour (Wheat Flour, Raising Agent (339, 341, 450, 500)), Raw Sugar, Banana, Wholemeal Self Raising Flour, Organic Vanilla Essence (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol), Organic Sugar), Baking Soda (Sodium Bicarbonate), Cinnamon

Allergy Information

Contains Wheat, Contains Gluten, Milk:May Contain Rye, Barley, Oats, Spelt, Peanuts, Soybeans, Tree Nuts, Sesame Seeds

Nutrition Info

Gluten Free:	No	Carbohydrates:	27.6g
Dairy Free:	No	Sugar:	17.4g
Lactose Free:	Yes	Sodium:	190mg
Soy Free:	Yes	Energy (per 100g):	1300kJ (312Cal)
Egg Free:	Yes	Protein (per 100g):	3.4g
Vegetarian:	Yes	Fat (total, per 100g):	12.1g
Energy:	782kJ (187Cal)	Fat (Sat, per 100g):	7.7g
Protein:	2.0g	Carbohydrates (per 100g):	46.0g
Fat (total):	n/a	Sugar (per 100g)	28.9g
Fat (Sat):	4.6g	Sodium (per 100g):	316mg