

**Menu: Childcare Week 1 8.7.24 - 12.7.24**

Organic Yoghurt w/ Banana, Kiwi & Raspberry Chia (Morning Tea)

Serving Size: 140g



Ingredients

Banana (43%), All Natural Yoghurt (36%) (Certified Organic Non-Homogenised Pasteurised Milk, Certified Organic Non-Fat Milk Solids. Contains Active Live Cultures Including L. Acidophilus And B. Lactic)), Kiwi (14%), Raspberries (5%), Chia Seeds (1%), Honey

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	17.8g
Dairy Free:	No	Sugar:	15.2g
Lactose Free:	No	Sodium:	30mg
Soy Free:	Yes	Fat (total):	2.8g
Egg Free:	Yes	Fat (Sat):	1.5g
Vegetarian:	Yes	Carbohydrates (per 100g):	12.7g
Fish Free:	Yes	Sugar (per 100g)	10.9g
Red Meat Free:	Yes	Sodium (per 100g):	21mg
Tomato Free:	Yes	Fat (total, per 100g):	2.0g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0g
Energy:	507kJ (121Cal)	Energy (per 100g):	362kJ (87Cal)
Protein:	4.2g	Protein (per 100g):	3.0g

Coconut Yoghurt w/ Banana, Kiwi & Raspberry Chia (Morning Tea) [Allergy]

Serving Size: 190g



Ingredients

Yoghurt Coconut (53%) (Coconut Yoghurt (Water, Coconut Milk, Native Starch, Tapioca Syrup, Carob Bean Extract, Agar, Yoghurt Cultures And Probiotics) Yoghurt Cultures & Probiotics (Vegan): Bifidobacterium, L. Acidophilus, L. Bulgaricus, L. Paracasei, S. Thermophilus), Banana (32%), Kiwi (11%), Raspberries (4%), Chia Seeds (1%), Honey

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	23.7g
Dairy Free:	Yes	Sugar:	14.4g
Lactose Free:	Yes	Sodium:	7mg
Soy Free:	Yes	Fat (total):	9.6g
Egg Free:	Yes	Fat (Sat):	8.6g
Vegetarian:	Yes	Carbohydrates (per 100g):	12.5g
Fish Free:	Yes	Sugar (per 100g)	7.6g
Red Meat Free:	Yes	Sodium (per 100g):	4mg
Tomato Free:	Yes	Fat (total, per 100g):	5.1g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.5g
Energy:	818kJ (195Cal)	Energy (per 100g):	430kJ (103Cal)
Protein:	2.8g	Protein (per 100g):	1.5g

Bean Burrito Bowl w/ Corn Chips, Rice & Guacamole (Lunch)

Serving Size: 220g



Ingredients

Basmati Rice (34%), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Tomato Puree, Corn Chips (7%) (Cornflour (72%), Vegetable Oil, Water, Salt), Red Kidney Beans (6%), Black Beans (6%), Onion, Carrot, Lentils (Lentils, Water, Ascorbic Acid), Red Lentil Dried, Paprika, Ricotta, Cream Cheese (Milk, Cream, Salt, Stabiliser (410, 412), Starter Culture), Olive Oil, Tomato Paste (Citric Acid), Oregano, Coriander Ground, Cumin, Avocado, Garlic, Spinach, Lemon Juice, Filtered Water, Cinnamon, Chilli Powder, Nutmeg

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	47.5g
Dairy Free:	No	Sugar:	8.1g
Lactose Free:	No	Sodium:	149mg
Soy Free:	Yes	Fat (total):	7.7g
Egg Free:	Yes	Fat (Sat):	2.4g
Vegetarian:	Yes	Carbohydrates (per 100g):	21.6g
Fish Free:	Yes	Sugar (per 100g)	3.7g
Red Meat Free:	Yes	Sodium (per 100g):	68mg
Tomato Free:	No	Fat (total, per 100g):	3.5g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1g
Energy:	1250kJ (298Cal)	Energy (per 100g):	567kJ (135Cal)
Protein:	10.0g	Protein (per 100g):	4.5g

GF & DF Vegetable Risotto (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

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

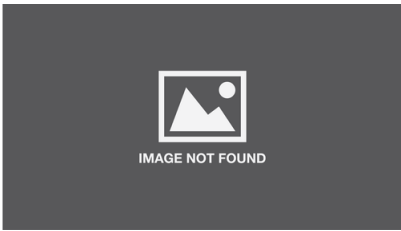
Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	40.7g
Dairy Free:	Yes	Sugar:	15.4g
Lactose Free:	Yes	Sodium:	29mg
Soy Free:	Yes	Fat (total):	12.5g
Egg Free:	Yes	Fat (Sat):	1.9g
Vegetarian:	Yes	Carbohydrates (per 100g):	20.4g
Fish Free:	Yes	Sugar (per 100g)	7.7g
Red Meat Free:	Yes	Sodium (per 100g):	14mg
Tomato Free:	Yes	Fat (total, per 100g):	6.2g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0g
Energy:	1060kJ (254Cal)	Energy (per 100g):	532kJ (127Cal)
Protein:	4.4g	Protein (per 100g):	2.2g

Bean Burrito Bowl w/ Corn Chips & Rice (No Guac) (Lunch) [Allergy]

Serving Size: 215g



Ingredients

Basmati Rice, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Tomato Puree, Corn Chips (7%) (Cornflour (72%), Vegetable Oil, Water, Salt), Red Kidney Beans (6%), Black Beans (6%), Onion, Carrot, Lentils (Lentils, Water, Ascorbic Acid), Red Lentil Dried, Paprika, Olive Oil, Tomato Paste (Citric Acid), Oregano, Coriander Ground, Cumin, Garlic, Cinnamon, Chilli Powder, Nutmeg

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	47.3g
Dairy Free:	Yes	Sugar:	8.0g
Lactose Free:	Yes	Sodium:	143mg
Soy Free:	Yes	Fat (total):	7.0g
Egg Free:	Yes	Fat (Sat):	2.0g
Vegetarian:	Yes	Carbohydrates (per 100g):	22.0g
Fish Free:	Yes	Sugar (per 100g)	3.7g
Red Meat Free:	Yes	Sodium (per 100g):	67mg
Tomato Free:	No	Fat (total, per 100g):	3.3g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9g
Energy:	1210kJ (289Cal)	Energy (per 100g):	563kJ (135Cal)
Protein:	9.7g	Protein (per 100g):	4.5g

Spinach & Cheese Naan (Afternoon Tea)

Serving Size: 100g



Ingredients

Roasted Capsicum (Red Peppers, Water, Vinegar, Salt, Sugar), Black Beans, Plain Flour Perfection, Wholemeal Flour, Mozzarella Cheese (13%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Chickpeas, Organic Full Cream Milk, All Natural Yoghurt (Certified Organic Non-Homogenised Pasteurised Milk, Certified Organic Non-Fat Milk Solids. Contains Active Live Cultures Including L. Acidophilus And B. Lactic)), Pumpkin, Spinach (3.5%), Lemon Juice, Olive Oil, Yeast (Sorbitan Monostearate), Raw Sugar, Cumin, Garlic Powder, Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate), White Pepper

Allergy Information

Contains Wheat, Contains Gluten, Milk

Nutrition Info

Gluten Free:	No	Carbohydrates:	32.7g
Dairy Free:	No	Sugar:	2.3g
Lactose Free:	No	Sodium:	201mg
Soy Free:	Yes	Fat (total):	6.1g
Egg Free:	Yes	Fat (Sat):	3.0g
Vegetarian:	Yes	Carbohydrates (per 100g):	32.7g
Fish Free:	Yes	Sugar (per 100g)	2.3g
Red Meat Free:	Yes	Sodium (per 100g):	201mg
Tomato Free:	Yes	Fat (total, per 100g):	6.1g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.0g
Energy:	996kJ (238Cal)	Energy (per 100g):	996kJ (238Cal)
Protein:	10.1g	Protein (per 100g):	10.1g

Pumpkin Bean Naan (AI) (Afternoon Tea) [Allergy]

Serving Size: 80g



Ingredients

Wholemeal Flour, Plain Self Raising Flour (Wheat Flour, Raising Agent (339, 341, 450, 500)), Filtered Water, Chickpeas (14%), Roasted Capsicum (Red Peppers, Water, Vinegar, Salt, Sugar), Black Beans (12%), Pumpkin (9%), Plant Based Shredded Cheese (Water, Coconut Oil (29%), Modified Starch (1450, 1442, 1404), Potato Starch, Flavourings, Salt, Bamboo Fibre, Acid (270), Fructose, Gelling Agent (406), Colour (160a)), Olive Oil, Lemon Juice, Parsley, Sugar, Yeast (Sorbitan Monostearate), Bread Improver (Soy Flour, Ascorbic Acid, Bread Flour, Enzyme (Amylase)), Cumin, Garlic Powder, White Pepper

Allergy Information

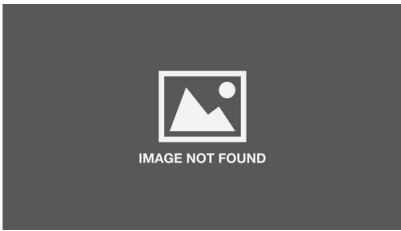
Contains Wheat, Contains Gluten, Soybeans

Nutrition Info

Gluten Free:	No	Carbohydrates:	24.0g
Dairy Free:	Yes	Sugar:	1.2g
Lactose Free:	Yes	Sodium:	208mg
Soy Free:	No	Fat (total):	3.9g
Egg Free:	Yes	Fat (Sat):	1.5g
Vegetarian:	Yes	Carbohydrates (per 100g):	30.0g
Fish Free:	Yes	Sugar (per 100g)	1.5g
Red Meat Free:	Yes	Sodium (per 100g):	259mg
Tomato Free:	Yes	Fat (total, per 100g):	4.9g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.8g
Energy:	667kJ (159Cal)	Energy (per 100g):	834kJ (199Cal)
Protein:	4.4g	Protein (per 100g):	5.5g

GF & DF Pumpkin Bean Naan (AI) (Afternoon Tea) [Allergy]

Serving Size: 100g



Ingredients

Gluten Free Pizza Base (Water, Corn Starch, Rice Flour, Potato Starch, Faba Flour, Vegetable Fibre, Canola Oil, Dextrose, Sodium Bicarbonate, Salt, Yeast, Lentil Flour, Sourdough), Chickpeas (11%), Roasted Capsicum (Red Peppers, Water, Vinegar, Salt, Sugar), Black Beans (10%), Pumpkin (7%), Lemon Juice, Olive Oil, Parsley, Cumin, Garlic Powder, White Pepper

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	50.1g
Dairy Free:	Yes	Sugar:	0.8g
Lactose Free:	Yes	Sodium:	409mg
Soy Free:	Yes	Fat (total):	3.6g
Egg Free:	Yes	Fat (Sat):	0.9g
Vegetarian:	Yes	Carbohydrates (per 100g):	50.1g
Fish Free:	Yes	Sugar (per 100g)	0.8g
Red Meat Free:	Yes	Sodium (per 100g):	409mg
Tomato Free:	Yes	Fat (total, per 100g):	3.6g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9g
Energy:	1100kJ (262Cal)	Energy (per 100g):	1100kJ (262Cal)
Protein:	5.8g	Protein (per 100g):	5.8g

Smashed Avocado on Wholemeal Muffin w/ Melon (Morning Tea)

Serving Size: 110g



Ingredients

Watermelon (45%), Wholemeal Muffin (32%) (Unbleached Wholemeal Wheat Flour (56%), Water, Baker’s Yeast, Maize Polenta, Wheat Gluten, Vinegar, Sourdough (Rye Flour, Water, Mature Sour), Iodised Salt, Canola Oil, Vegetable Emulsifiers (481, 471, 472e), Soyflour, Acidity Regulator (260), Vitamins (Thiamin, Folic Acid)), Cannellini Beans, Avocado (9%), Lemon Juice, Spinach, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil)

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	16.7g
Dairy Free:	Yes	Sugar:	3.5g
Lactose Free:	Yes	Sodium:	121mg
Soy Free:	Yes	Fat (total):	3.4g
Egg Free:	Yes	Fat (Sat):	0.7g
Vegetarian:	Yes	Carbohydrates (per 100g):	15.2g
Fish Free:	Yes	Sugar (per 100g)	3.2g
Red Meat Free:	Yes	Sodium (per 100g):	110mg
Tomato Free:	Yes	Fat (total, per 100g):	3.1g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.6g
Energy:	523kJ (125Cal)	Energy (per 100g):	476kJ (114Cal)
Protein:	4.8g	Protein (per 100g):	4.4g

GF & DF Smashed Avocado on Bread w/ Melon (AI) (Morning Tea) [Allergy]

Serving Size: 110g



Ingredients

Watermelon, Gluten Free Slider Bun (Gluten Free Baking Blend (Corn Starch, Tapioca Starch, Cellulose Powder, Xanthan Gum, Potato Starch, Brown Sugar, Psyllium Husk, Baking Powder, Iodised Sea Salt, Buckwheat Flour, Flax Seed Flour, Spirulina), Vegetable Oil, Vinegar, Yeast), Cannellini Beans, Avocado, Lemon Juice, Spinach, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil)

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	19.8g
Dairy Free:	Yes	Sugar:	5.0g
Lactose Free:	Yes	Sodium:	149mg
Soy Free:	Yes	Fat (total):	5.9g
Egg Free:	Yes	Fat (Sat):	0.9g
Vegetarian:	Yes	Carbohydrates (per 100g):	18.0g
Fish Free:	Yes	Sugar (per 100g)	4.5g
Red Meat Free:	Yes	Sodium (per 100g):	135mg
Tomato Free:	Yes	Fat (total, per 100g):	5.4g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8g
Energy:	598kJ (143Cal)	Energy (per 100g):	544kJ (130Cal)
Protein:	1.2g	Protein (per 100g):	1.1g

GF & DF Beef Bolognese (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Tomato Puree, Filtered Water, Gluten Free Pasta (Rice Flour (40%), Corn Flour (22%), Corn Starch (17%), Potato Starch, Yellow Pea Flour), Beef (15%), Onion, Celery, Carrot, Zucchini, Mushrooms, Tomato Paste (Citric Acid), Balsamic Vinegar (Naturally Fermented Wine Vinegar, Concentrated Grape Must, Cooked Grape Must), 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	Fat (total):	4.4g
Egg Free:	Yes	Fat (Sat):	1.5g
Vegetarian:	No	Carbohydrates (per 100g):	16.6g
Fish Free:	Yes	Sugar (per 100g)	2.4g
Red Meat Free:	No	Sodium (per 100g):	31mg
Tomato Free:	No	Fat (total, per 100g):	2.2g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8g
Energy:	945kJ (226Cal)	Energy (per 100g):	473kJ (113Cal)
Protein:	11.5g	Protein (per 100g):	5.7g

Macaroni Bolognaise w/ Salad (AI) (Lunch) [Allergy]

Serving Size: 225g



Ingredients

Macaroni, Beef (17%), Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Tomato (9%), Filtered Water, Onion, Spinach, Tomato Paste (Citric Acid), Carrot, Celery, Zucchini, Mushrooms, Potato Starch, Olive Oil, Balsamic Vinegar (Naturally Fermented Wine Vinegar, Concentrated Grape Must, Cooked Grape Must), Garlic, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), White Pepper

Allergy Information

Contains Wheat, Contains Gluten

Nutrition Info

Gluten Free:	No	Carbohydrates:	25.1g
Dairy Free:	Yes	Sugar:	4.1g
Lactose Free:	Yes	Sodium:	110mg
Soy Free:	Yes	Fat (total):	5.7g
Egg Free:	Yes	Fat (Sat):	1.7g
Vegetarian:	No	Carbohydrates (per 100g):	11.1g
Fish Free:	Yes	Sugar (per 100g)	1.8g
Red Meat Free:	No	Sodium (per 100g):	49mg
Tomato Free:	No	Fat (total, per 100g):	2.5g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8g
Energy:	900kJ (215Cal)	Energy (per 100g):	400kJ (96Cal)
Protein:	16.0g	Protein (per 100g):	7.1g

Beef & Cauliflower Lasagne w/ Salad (Lunch)

Serving Size: 245g



Ingredients

Filtered Water, Beef (14%), Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Iceberg Lettuce, Wholemeal Lasagne Sheets (Wholemeal Durum Wheat Semolina), Tomato (6%), Cauliflower (6%), Carrot (5%), Onion, Mozzarella Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Tomato Paste (Citric Acid), Skim Milk Powder, Plain Flour, Unsalted Butter (Cream, Water), Cheddar Cheese (Pasteurised Milk, Salt, Starter Cultures, Non Animal Rennet), Celery, Zucchini, Mushrooms, Potato Starch, Olive Oil, Balsamic Vinegar (Naturally Fermented Wine Vinegar, Concentrated Grape Must, Cooked Grape Must), Garlic, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), White Pepper

Allergy Information

Contains Wheat, Contains Gluten, Milk:May Contain Egg, Soybeans

Nutrition Info

Gluten Free:	No	Carbohydrates:	25.0g
Dairy Free:	No	Sugar:	8.2g
Lactose Free:	No	Sodium:	213mg
Soy Free:	Yes	Fat (total):	12.8g
Egg Free:	Yes	Fat (Sat):	6.1g
Vegetarian:	No	Carbohydrates (per 100g):	10.2g
Fish Free:	Yes	Sugar (per 100g)	3.4g
Red Meat Free:	No	Sodium (per 100g):	87mg
Tomato Free:	No	Fat (total, per 100g):	5.2g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.5g
Energy:	1230kJ (294Cal)	Energy (per 100g):	502kJ (120Cal)
Protein:	20.6g	Protein (per 100g):	8.4g

Cheesy Vegetable Lasagne Sml (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Filtered Water, Tomato Puree, Lasagne Sheets (Durum Wheat Semolina, Water), Zucchini, Pumpkin, Red Lentil Dried, Mozzarella Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Onion, Skim Milk Powder, Plain Flour, Unsalted Butter (Cream, Water), Carrot, Celery, Tomato Paste (Citric Acid), Red Capsicum, Potato Starch, Olive Oil, Garlic, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), White Pepper

Allergy Information

Contains Wheat, Contains Gluten, Milk

Nutrition Info

Gluten Free:	No	Carbohydrates:	32.1g
Dairy Free:	No	Sugar:	7.2g
Lactose Free:	No	Sodium:	102mg
Soy Free:	Yes	Fat (total):	8.6g
Egg Free:	Yes	Fat (Sat):	4.9g
Vegetarian:	Yes	Carbohydrates (per 100g):	16.1g
Fish Free:	Yes	Sugar (per 100g)	3.6g
Red Meat Free:	Yes	Sodium (per 100g):	51mg
Tomato Free:	No	Fat (total, per 100g):	4.3g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.5g
Energy:	1100kJ (264Cal)	Energy (per 100g):	552kJ (132Cal)
Protein:	12.4g	Protein (per 100g):	6.2g

GF & DF Nomato Vegetable Spaghetti (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Filtered Water, Gluten Free Spaghetti (20%) (White Corn Flour 60%, Yellow Corn Flour 29.5%, Emulsifier (Mono And Diglycerides Of Fatty Acids)), Boiled Water, Cannellini Beans, Onion, Carrot, Celery, Zucchini, Beetroot, Capsicum, Olive Oil, Garlic, Potato Starch, Mixed Herbs, Ground Black Pepper

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	35.4g
Dairy Free:	Yes	Sugar:	3.1g
Lactose Free:	Yes	Sodium:	25mg
Soy Free:	Yes	Fat (total):	3.3g
Egg Free:	Yes	Fat (Sat):	0.6g
Vegetarian:	Yes	Carbohydrates (per 100g):	17.7g
Fish Free:	Yes	Sugar (per 100g)	1.6g
Red Meat Free:	Yes	Sodium (per 100g):	12mg
Tomato Free:	Yes	Fat (total, per 100g):	1.7g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3g
Energy:	818kJ (195Cal)	Energy (per 100g):	409kJ (98Cal)
Protein:	4.9g	Protein (per 100g):	2.4g

Cheddar Cheese & Multigrain Corn Thins w/ Pear (Afternoon Tea)

Serving Size: 68g



Ingredients

Pear (59%), Cheese Slices (24%) ( (Pasturised Milk, Salt, Cultures, Enzyme (Rennet))), Multigrain Corn Thins (18%) (Maize (78%), Sorghum (7%), Brown Rice (7%), Buckwheat (5%), Millet (2%), Sunflower Oil, Sea Salt)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	12.6g
Dairy Free:	No	Sugar:	4.1g
Lactose Free:	No	Sodium:	143mg
Soy Free:	Yes	Fat (total):	5.9g
Egg Free:	Yes	Fat (Sat):	3.7g
Vegetarian:	Yes	Carbohydrates (per 100g):	18.6g
Fish Free:	Yes	Sugar (per 100g)	6.0g
Red Meat Free:	Yes	Sodium (per 100g):	210mg
Tomato Free:	Yes	Fat (total, per 100g):	8.7g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.4g
Energy:	547kJ (131Cal)	Energy (per 100g):	804kJ (192Cal)
Protein:	5.3g	Protein (per 100g):	7.8g

GF & LF Cheddar Cheese & Brown Rice Crackers (AI) (Afternoon Tea) [Allergy]

Serving Size: 30g



Ingredients

Lactose Free Cheese (53%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)),  
Brown Rice Crackers (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	10.2g
Dairy Free:	No	Sugar:	0.3g
Lactose Free:	Yes	Sodium:	193mg
Soy Free:	Yes	Fat (total):	6.4g
Egg Free:	Yes	Fat (Sat):	3.6g
Vegetarian:	Yes	Carbohydrates (per 100g):	33.9g
Fish Free:	Yes	Sugar (per 100g)	0.9g
Red Meat Free:	Yes	Sodium (per 100g):	644mg
Tomato Free:	Yes	Fat (total, per 100g):	21.3g
Sesame Free:	Yes	Fat (Sat, per 100g):	12.0g
Energy:	496kJ (118Cal)	Energy (per 100g):	1650kJ (395Cal)
Protein:	5.1g	Protein (per 100g):	16.9g

Beetroot Hummus & Corn Thins w/ Pear (Al) (Afternoon Tea) [Allergy]

Serving Size: 77g



Ingredients

Pear (52%), Multigrain Corn Thins (16%) (Maize (78%), Sorghum (7%), Brown Rice (7%), Buckwheat (5%), Millet (2%), Sunflower Oil, Sea Salt), Beetroot, Chickpeas, Lemon Juice, Olive Oil, Filtered Water, Garlic Powder, Cumin

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	15.3g
Dairy Free:	Yes	Sugar:	5.0g
Lactose Free:	Yes	Sodium:	58mg
Soy Free:	Yes	Fat (total):	1.1g
Egg Free:	Yes	Fat (Sat):	0.2g
Vegetarian:	Yes	Carbohydrates (per 100g):	19.9g
Fish Free:	Yes	Sugar (per 100g)	6.5g
Red Meat Free:	Yes	Sodium (per 100g):	76mg
Tomato Free:	Yes	Fat (total, per 100g):	1.5g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2g
Energy:	376kJ (90Cal)	Energy (per 100g):	488kJ (117Cal)
Protein:	2.4g	Protein (per 100g):	3.2g

Tropical Fruit Platter w/ Organic Milk (Morning Tea)

Serving Size: 190g



Ingredients

Organic Full Cream Milk (53%), Banana (16%), Pineapple (16%), Apple (16%)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	17.5g
Dairy Free:	No	Sugar:	16.4g
Lactose Free:	No	Sodium:	38mg
Soy Free:	Yes	Fat (total):	4.2g
Egg Free:	Yes	Fat (Sat):	2.7g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.2g
Fish Free:	Yes	Sugar (per 100g)	8.7g
Red Meat Free:	Yes	Sodium (per 100g):	20mg
Tomato Free:	Yes	Fat (total, per 100g):	2.2g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.4g
Energy:	546kJ (130Cal)	Energy (per 100g):	287kJ (69Cal)
Protein:	4.3g	Protein (per 100g):	2.3g

Tropical Fruit Platter w/ Soy Milk (Morning Tea) [Allergy]

Serving Size: 190g



Ingredients

Soy Milk, Banana (16%), Pineapple (16%), Apple (16%)

Allergy Information

Contains Soybeans

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	17.3g
Dairy Free:	Yes	Sugar:	13.4g
Lactose Free:	Yes	Sodium:	45mg
Soy Free:	No	Fat (total):	3.4g
Egg Free:	Yes	Fat (Sat):	0.4g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.1g
Fish Free:	Yes	Sugar (per 100g)	7.0g
Red Meat Free:	Yes	Sodium (per 100g):	24mg
Tomato Free:	Yes	Fat (total, per 100g):	1.8g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2g
Energy:	499kJ (119Cal)	Energy (per 100g):	262kJ (63Cal)
Protein:	3.8g	Protein (per 100g):	2.0g

Tropical Fruit Platter w/ Rice Milk (Morning Tea) [Allergy]

Serving Size: 190g



Ingredients

Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt), Banana (16%), Pineapple (16%), Apple (16%)

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	22.9g
Dairy Free:	Yes	Sugar:	14.4g
Lactose Free:	Yes	Sodium:	61mg
Soy Free:	Yes	Fat (total):	1.1g
Egg Free:	Yes	Fat (Sat):	0.2g
Vegetarian:	Yes	Carbohydrates (per 100g):	12.0g
Fish Free:	Yes	Sugar (per 100g)	7.6g
Red Meat Free:	Yes	Sodium (per 100g):	32mg
Tomato Free:	Yes	Fat (total, per 100g):	0.6g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.1g
Energy:	458kJ (109Cal)	Energy (per 100g):	241kJ (58Cal)
Protein:	1.1g	Protein (per 100g):	0.6g

Tropical Fruit Platter w/ LF Milk (Morning Tea) [Allergy]

Serving Size: 190g



Ingredients

Lactose Free Milk (Full Cream Milk, Enzyme (Lactase)), Banana (16%), Pineapple (16%), Apple (16%)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	17.2g
Dairy Free:	No	Sugar:	16.2g
Lactose Free:	Yes	Sodium:	41mg
Soy Free:	Yes	Fat (total):	3.6g
Egg Free:	Yes	Fat (Sat):	2.2g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.1g
Fish Free:	Yes	Sugar (per 100g)	8.5g
Red Meat Free:	Yes	Sodium (per 100g):	22mg
Tomato Free:	Yes	Fat (total, per 100g):	1.9g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.2g
Energy:	513kJ (123Cal)	Energy (per 100g):	270kJ (65Cal)
Protein:	4.3g	Protein (per 100g):	2.3g

Chicken & Vegetable Noodles (Lunch)

Serving Size: 200g



Ingredients

Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Filtered Water, Chicken Thigh, Spaghetti, Carrot, Onion, Corn, Broccoli, Plain Flour, Skim Milk Powder, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Unsalted Butter (Cream, Water), White Pepper

Allergy Information

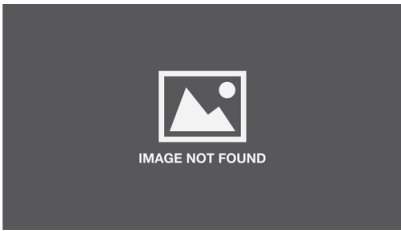
Contains Wheat, Contains Gluten, Milk

Nutrition Info

Gluten Free:	No	Carbohydrates:	30.7g
Dairy Free:	No	Sugar:	5.2g
Lactose Free:	No	Sodium:	184mg
Soy Free:	Yes	Fat (total):	9.3g
Egg Free:	Yes	Fat (Sat):	2.9g
Vegetarian:	No	Carbohydrates (per 100g):	15.4g
Fish Free:	Yes	Sugar (per 100g)	2.6g
Red Meat Free:	Yes	Sodium (per 100g):	92mg
Tomato Free:	Yes	Fat (total, per 100g):	4.6g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.5g
Energy:	1120kJ (266Cal)	Energy (per 100g):	558kJ (133Cal)
Protein:	14.3g	Protein (per 100g):	7.2g

GF & DF Chicken & Vegetable Noodles (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Cauliflower (17%), Thin Rice Noodles (Rice 80%, Water, Potato Starch, Salt, Food Acid (Lactic Acid)), Chicken Thigh (14%), Onion, Carrot, Creamed Corn (Sweet Corn (55%), Water, Sugar, Modified Tapioca Starch, Modified Corn Starch, Salt), Olive Oil, Garlic, Parsley, White Pepper

Allergy Information

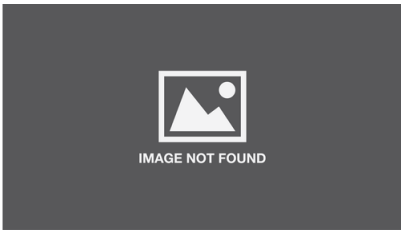
:May Contain Sesame Seeds

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	27.3g
Dairy Free:	Yes	Sugar:	6.5g
Lactose Free:	Yes	Sodium:	279mg
Soy Free:	Yes	Fat (total):	10.0g
Egg Free:	Yes	Fat (Sat):	2.2g
Vegetarian:	No	Carbohydrates (per 100g):	13.6g
Fish Free:	Yes	Sugar (per 100g)	3.3g
Red Meat Free:	Yes	Sodium (per 100g):	140mg
Tomato Free:	Yes	Fat (total, per 100g):	5.0g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1g
Energy:	1120kJ (267Cal)	Energy (per 100g):	558kJ (133Cal)
Protein:	15.2g	Protein (per 100g):	7.6g

Vegetable Noodles (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Cauliflower, Cannellini Beans, Filtered Water, Spaghetti (8%), Carrot, Onion, Creamed Corn (Sweet Corn (55%), Water, Sugar, Modified Tapioca Starch, Modified Corn Starch, Salt), Olive Oil, Garlic, Parsley, White Pepper

Allergy Information

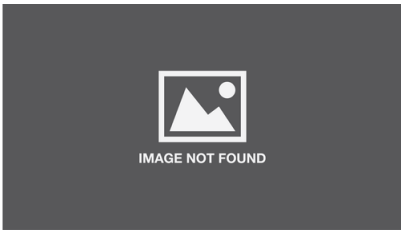
Contains Wheat, Contains Gluten

Nutrition Info

Gluten Free:	No	Carbohydrates:	25.0g
Dairy Free:	Yes	Sugar:	9.4g
Lactose Free:	Yes	Sodium:	43mg
Soy Free:	Yes	Fat (total):	3.7g
Egg Free:	Yes	Fat (Sat):	0.6g
Vegetarian:	Yes	Carbohydrates (per 100g):	12.5g
Fish Free:	Yes	Sugar (per 100g)	4.7g
Red Meat Free:	Yes	Sodium (per 100g):	22mg
Tomato Free:	Yes	Fat (total, per 100g):	1.9g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3g
Energy:	559kJ (133Cal)	Energy (per 100g):	279kJ (67Cal)
Protein:	4.4g	Protein (per 100g):	2.2g

Tropicana Chicken Pizza (Afternoon Tea)

Serving Size: 100g



Ingredients

Roast Chicken Breast (19%), Mozzarella Cheese (17%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Filtered Water, Wholemeal Flour, Plain Self Raising Flour (Wheat Flour, Raising Agent (339, 341, 450, 500)), Pineapple (9%), Tomato Puree, Onion, Carrot, Celery, Olive Oil, Sugar, Tomato Paste (Citric Acid), Yeast (Sorbitan Monostearate), Bread Improver (Soy Flour, Ascorbic Acid, Bread Flour, Enzyme (Amylase)), Garlic, Spring Onion, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Parsley, White Pepper

Allergy Information

Contains Wheat, Contains Gluten, Milk, Soybeans

Nutrition Info

Gluten Free:	No	Carbohydrates:	22.3g
Dairy Free:	No	Sugar:	1.9g
Lactose Free:	No	Sodium:	233mg
Soy Free:	No	Fat (total):	5.7g
Egg Free:	Yes	Fat (Sat):	3.1g
Vegetarian:	No	Carbohydrates (per 100g):	22.3g
Fish Free:	Yes	Sugar (per 100g)	1.9g
Red Meat Free:	Yes	Sodium (per 100g):	233mg
Tomato Free:	No	Fat (total, per 100g):	5.7g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.1g
Energy:	850kJ (203Cal)	Energy (per 100g):	850kJ (203Cal)
Protein:	14.0g	Protein (per 100g):	14.0g

GF & DF Tropicana Pizza Pocket (AI) (Afternoon Tea) [Allergy]

Serving Size: 60g



Ingredients

Gluten Free Slider Bun (Gluten Free Baking Blend (Corn Starch, Tapioca Starch, Cellulose Powder, Xanthan Gum, Potato Starch, Brown Sugar, Psyllium Husk, Baking Powder, Iodised Sea Salt, Buckwheat Flour, Flax Seed Flour, Spirulina), Vegetable Oil, Vinegar, Yeast), Cannellini Beans, Pineapple, Filtered Water, Carrot, Organic Apple Cider Vinegar, Honey, Onion, Beetroot, Olive Oil, Garlic, Potato Starch, Ground Cloves, Cinnamon, Allspice

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	19.3g
Dairy Free:	Yes	Sugar:	4.2g
Lactose Free:	Yes	Sodium:	150mg
Soy Free:	Yes	Fat (total):	3.3g
Egg Free:	Yes	Fat (Sat):	0.4g
Vegetarian:	Yes	Carbohydrates (per 100g):	32.2g
Fish Free:	Yes	Sugar (per 100g)	7.0g
Red Meat Free:	Yes	Sodium (per 100g):	250mg
Tomato Free:	Yes	Fat (total, per 100g):	5.4g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.6g
Energy:	490kJ (117Cal)	Energy (per 100g):	817kJ (195Cal)
Protein:	1.1g	Protein (per 100g):	1.8g

LF Tropicana Pizza (AI) (Afternoon Tea) [Allergy]

Serving Size: 70g



Ingredients

Lactose Free Cheese (19%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Filtered Water, Pineapple (18%), Wholemeal Flour, Plain Flour, Tomato Puree, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Onion, Carrot, Celery, Raw Sugar, Tomato Paste (Citric Acid), Olive Oil, Yeast (Sorbitan Monostearate), Bread Improver (Soy Flour, Ascorbic Acid, Bread Flour, Enzyme (Amylase)), Garlic, Spring Onion, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Parsley, White Pepper

Allergy Information

Contains Wheat, Contains Gluten, Milk, Soybeans

Nutrition Info

Gluten Free:	No	Carbohydrates:	20.9g
Dairy Free:	No	Sugar:	2.5g
Lactose Free:	Yes	Sodium:	122mg
Soy Free:	No	Fat (total):	9.1g
Egg Free:	Yes	Fat (Sat):	3.9g
Vegetarian:	Yes	Carbohydrates (per 100g):	29.9g
Fish Free:	Yes	Sugar (per 100g)	3.6g
Red Meat Free:	Yes	Sodium (per 100g):	174mg
Tomato Free:	Yes	Fat (total, per 100g):	13.0g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.6g
Energy:	835kJ (200Cal)	Energy (per 100g):	1190kJ (285Cal)
Protein:	7.7g	Protein (per 100g):	11.0g

GF & DF Tropicana Pinwheel (AI) (Afternoon Tea) [Allergy]

Serving Size: 60g



Ingredients

Gluten Free Flour (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)), Filtered Water, Refried Beans, Red Capsicum, Pineapple (8%), Black Beans, Corn, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Raw Sugar

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	23.3g
Dairy Free:	Yes	Sugar:	3.1g
Lactose Free:	Yes	Sodium:	110mg
Soy Free:	Yes	Fat (total):	2.8g
Egg Free:	Yes	Fat (Sat):	0.3g
Vegetarian:	Yes	Carbohydrates (per 100g):	38.8g
Fish Free:	Yes	Sugar (per 100g)	5.2g
Red Meat Free:	Yes	Sodium (per 100g):	184mg
Tomato Free:	No	Fat (total, per 100g):	4.7g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4g
Energy:	435kJ (104Cal)	Energy (per 100g):	725kJ (173Cal)
Protein:	1.4g	Protein (per 100g):	2.4g

Tropicana Pizza (Afternoon Tea) [Allergy]

Serving Size: 70g



Ingredients

Mozzarella Cheese (21%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Filtered Water, Wholemeal Flour, Plain Flour, Pineapple, Tomato Puree, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Onion, Carrot, Celery, Raw Sugar, Tomato Paste (Citric Acid), Olive Oil, Yeast (Sorbitan Monostearate), Bread Improver (Soy Flour, Ascorbic Acid, Bread Flour, Enzyme (Amylase)), Garlic, Spring Onion, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Parsley, White Pepper

Allergy Information

Contains Wheat, Contains Gluten, Milk, Soybeans

Nutrition Info

Gluten Free:	No	Carbohydrates:	22.5g
Dairy Free:	No	Sugar:	2.0g
Lactose Free:	No	Sodium:	106mg
Soy Free:	No	Fat (total):	8.4g
Egg Free:	Yes	Fat (Sat):	3.3g
Vegetarian:	Yes	Carbohydrates (per 100g):	32.2g
Fish Free:	Yes	Sugar (per 100g)	2.8g
Red Meat Free:	Yes	Sodium (per 100g):	152mg
Tomato Free:	No	Fat (total, per 100g):	11.9g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.8g
Energy:	854kJ (204Cal)	Energy (per 100g):	1220kJ (291Cal)
Protein:	8.6g	Protein (per 100g):	12.3g

Cucumber, Hummus, Orange, Capsicum & Crackers (Morning Tea)

Serving Size: 107.5g



Ingredients

Orange (43%), Cucumber (17%), Chickpeas, Organic Brown Rice Crackers (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Red Capsicum, Pumpkin, Lemon Juice, Olive Oil, Cumin, Garlic Powder, White Pepper

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	17.8g
Dairy Free:	Yes	Sugar:	6.0g
Lactose Free:	Yes	Sodium:	100mg
Soy Free:	Yes	Fat (total):	2.8g
Egg Free:	Yes	Fat (Sat):	0.4g
Vegetarian:	Yes	Carbohydrates (per 100g):	16.5g
Fish Free:	Yes	Sugar (per 100g)	5.5g
Red Meat Free:	Yes	Sodium (per 100g):	93mg
Tomato Free:	Yes	Fat (total, per 100g):	2.6g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4g
Energy:	472kJ (113Cal)	Energy (per 100g):	439kJ (105Cal)
Protein:	3.0g	Protein (per 100g):	2.8g

Tuna & Potato Curry w/ Brown Rice & Vegetables (Lunch)

Serving Size: 220g



Ingredients

Brown Rice (34%), Filtered Water, Tuna (Skipjack, Light Meat Tuna (92%), Springwater, Salt), Skim Milk Powder, Carrot (4.5%), Broccoli (4.5%), Green Beans (3.5%), Sweet Potato, Onion, Plain Flour, Red Capsicum (2%), Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Unsalted Butter (Cream, Water), Curry Powder (Rice Cereal, Tumeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper)

Allergy Information

Contains Wheat, Contains Gluten, Fish, Milk

Nutrition Info

Gluten Free:	No	Carbohydrates:	38.1g
Dairy Free:	No	Sugar:	9.6g
Lactose Free:	No	Sodium:	197mg
Soy Free:	Yes	Fat (total):	6.0g
Egg Free:	Yes	Fat (Sat):	1.9g
Vegetarian:	No	Carbohydrates (per 100g):	17.3g
Fish Free:	No	Sugar (per 100g)	4.4g
Red Meat Free:	Yes	Sodium (per 100g):	90mg
Tomato Free:	Yes	Fat (total, per 100g):	2.7g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9g
Energy:	1210kJ (288Cal)	Energy (per 100g):	549kJ (131Cal)
Protein:	18.5g	Protein (per 100g):	8.4g

Chicken & Pineapple Curry w/ Brown Rice & Vegetables (Lunch)

Serving Size: 240g



Ingredients

Brown Rice (29%), Chicken Thigh (14%), Carrot (11%), Coconut Cream (Organic Coconut Meat Extracted (Coconut Cream)), Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Broccoli (6%), Zucchini (6%), Onion, Pineapple (5%), Green Beans (5%), Cauliflower (5%), Potato Starch, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Garlic, Ground Coriander, Cumin, Paprika, Turmeric, Cinnamon, White Pepper

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	30.2g
Dairy Free:	Yes	Sugar:	5.2g
Lactose Free:	Yes	Sodium:	88mg
Soy Free:	Yes	Fat (total):	8.7g
Egg Free:	Yes	Fat (Sat):	4.4g
Vegetarian:	No	Carbohydrates (per 100g):	12.6g
Fish Free:	Yes	Sugar (per 100g)	2.2g
Red Meat Free:	Yes	Sodium (per 100g):	37mg
Tomato Free:	Yes	Fat (total, per 100g):	3.6g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.8g
Energy:	1070kJ (255Cal)	Energy (per 100g):	444kJ (106Cal)
Protein:	12.1g	Protein (per 100g):	5.0g

GF & DF Vegetable Curry, Brown Rice & Veggies (AI) (Lunch) [Allergy]

Serving Size: 220g



Ingredients

Brown Rice (32%), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Cauliflower (9%), Pumpkin, Carrot (7%), Coconut Cream (Organic Coconut Meat Extracted (Coconut Cream)), Chickpeas, Peas, Onion, Zucchini (3%), Broccoli (2.5%), Sultana (Sultanas, Vegetable Oil), Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Garlic, Curry Powder (Rice Cereal, Tumeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper), White Pepper

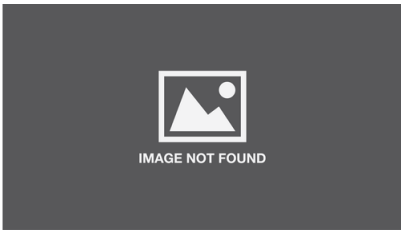
Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	39.1g
Dairy Free:	Yes	Sugar:	11.5g
Lactose Free:	Yes	Sodium:	83mg
Soy Free:	Yes	Fat (total):	8.6g
Egg Free:	Yes	Fat (Sat):	4.5g
Vegetarian:	Yes	Carbohydrates (per 100g):	17.8g
Fish Free:	Yes	Sugar (per 100g)	5.3g
Red Meat Free:	Yes	Sodium (per 100g):	38mg
Tomato Free:	Yes	Fat (total, per 100g):	3.9g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.0g
Energy:	1060kJ (254Cal)	Energy (per 100g):	483kJ (115Cal)
Protein:	6.5g	Protein (per 100g):	3.0g

Blueberry Danish w/ Organic Yoghurt (Afternoon Tea)

Serving Size: 110g



Ingredients

All Natural Yoghurt (45%) (Certified Organic Non-Homogenised Pasteurised Milk, Certified Organic Non-Fat Milk Solids. Contains Active Live Cultures Including L. Acidophilus And B. Lactic)), Apple (Apple, Acidity Regulator (Citric Acid), Calcium Lactate), Blueberries (15%), Filtered Water, Butter (Pasteurised Cream (From Cow's Milk), Water), Plain Flour, Wholemeal Flour, Maize Cornflour (Gluten Free)

Allergy Information

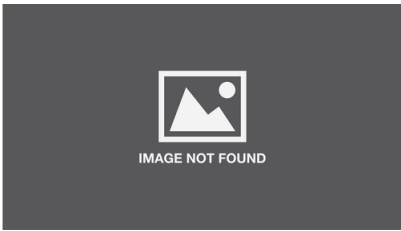
Contains Wheat, Contains Gluten, Milk

Nutrition Info

Gluten Free:	No	Carbohydrates:	15.8g
Dairy Free:	No	Sugar:	5.6g
Lactose Free:	No	Sodium:	30mg
Soy Free:	Yes	Fat (total):	7.8g
Egg Free:	Yes	Fat (Sat):	5.0g
Vegetarian:	Yes	Carbohydrates (per 100g):	14.4g
Fish Free:	Yes	Sugar (per 100g)	5.1g
Red Meat Free:	Yes	Sodium (per 100g):	27mg
Tomato Free:	Yes	Fat (total, per 100g):	7.1g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.6g
Energy:	654kJ (156Cal)	Energy (per 100g):	594kJ (142Cal)
Protein:	4.0g	Protein (per 100g):	3.7g

GF & DF Blueberry Danish w/ Coconut Yoghurt (AI) (Afternoon Tea) [Allergy]

Serving Size: 160g



Ingredients

Yoghurt Coconut (Coconut Yoghurt (Water, Coconut Milk, Native Starch, Tapioca Syrup, Carob Bean Extract, Agar, Yoghurt Cultures And Probiotics) Yoghurt Cultures & Probiotics (Vegan): Bifidobacterium, L. Acidophilus, L. Bulgaricus, L. Paracasei, S. Thermophilus), Gluten Free Puff Pastry (21%) (Gluten Free Pastry (Maize Starch, Rice Flour, Yellow Pea Flour, Besan Flour, Faba Bean Flour, Thickener (464, 415), Flaxseed Flour, Bamboo Fibre, Potato Starch, Dextrose, Buckwheat Flour, Salt), Water, Pro Ve Shortening (Vegetable Oil, Emulsifiers (471, Soybean Lecithin), Antioxidant (307b), Naturalcolour (160a)), Vegetable Fibre), Apple (12%) (Apple, Acidity Regulator (Citric Acid), Calcium Lactate), Blueberries (9%)

Allergy Information

Contains Soybeans

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	25.0g
Dairy Free:	No	Sugar:	4.9g
Lactose Free:	Yes	Sodium:	64mg
Soy Free:	No	Fat (total):	16.1g
Egg Free:	Yes	Fat (Sat):	12.6g
Vegetarian:	Yes	Carbohydrates (per 100g):	15.6g
Fish Free:	Yes	Sugar (per 100g)	3.1g
Red Meat Free:	Yes	Sodium (per 100g):	40mg
Tomato Free:	Yes	Fat (total, per 100g):	10.0g
Sesame Free:	Yes	Fat (Sat, per 100g):	7.9g
Energy:	1070kJ (255Cal)	Energy (per 100g):	668kJ (160Cal)
Protein:	2.4g	Protein (per 100g):	1.5g

GF & DF Blueberry Muffin w/ Coconut Yoghurt (AI) (Afternoon Tea) [Allergy]

Serving Size: 160g



Ingredients

Yoghurt Coconut (Coconut Yoghurt (Water, Coconut Milk, Native Starch, Tapioca Syrup, Carob Bean Extract, Agar, Yoghurt Cultures And Probiotics) Yoghurt Cultures & Probiotics (Vegan): Bifidobacterium, L. Acidophilus, L. Bulgaricus, L. Paracasei, S. Thermophilus), Gluten Free Flour (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, Blueberries (5%), Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Raw Sugar, Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol), Organic Sugar), Cinnamon

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	39.2g
Dairy Free:	Yes	Sugar:	8.7g
Lactose Free:	Yes	Sodium:	98mg
Soy Free:	Yes	Fat (total):	15.2g
Egg Free:	Yes	Fat (Sat):	9.0g
Vegetarian:	Yes	Carbohydrates (per 100g):	24.5g
Fish Free:	Yes	Sugar (per 100g)	5.4g
Red Meat Free:	Yes	Sodium (per 100g):	61mg
Tomato Free:	Yes	Fat (total, per 100g):	9.5g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.6g
Energy:	1150kJ (275Cal)	Energy (per 100g):	721kJ (172Cal)
Protein:	2.0g	Protein (per 100g):	1.3g

Organic Milk w/ Banana, Mandarin & Apple (Morning Tea)

Serving Size: 200g



Ingredients

Organic Full Cream Milk (50%), Apple (25%), Mandarin (13%), Banana (13%)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	18.7g
Dairy Free:	No	Sugar:	17.7g
Lactose Free:	No	Sodium:	38mg
Soy Free:	Yes	Fat (total):	4.2g
Egg Free:	Yes	Fat (Sat):	2.7g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.4g
Fish Free:	Yes	Sugar (per 100g)	8.9g
Red Meat Free:	Yes	Sodium (per 100g):	19mg
Tomato Free:	Yes	Fat (total, per 100g):	2.1g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.4g
Energy:	571kJ (136Cal)	Energy (per 100g):	286kJ (68Cal)
Protein:	4.3g	Protein (per 100g):	2.2g

Organic Soy Milk w/ Banana, Mandarin & Apple (Morning Tea) [Allergy]

Serving Size: 200g



Ingredients

Soy Milk, Apple (25%), Mandarin (13%), Banana (13%)

Allergy Information

Contains Soybeans

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	18.6g
Dairy Free:	Yes	Sugar:	14.7g
Lactose Free:	Yes	Sodium:	45mg
Soy Free:	No	Fat (total):	3.4g
Egg Free:	Yes	Fat (Sat):	0.4g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.3g
Fish Free:	Yes	Sugar (per 100g)	7.3g
Red Meat Free:	Yes	Sodium (per 100g):	23mg
Tomato Free:	Yes	Fat (total, per 100g):	1.7g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2g
Energy:	524kJ (125Cal)	Energy (per 100g):	262kJ (63Cal)
Protein:	3.8g	Protein (per 100g):	1.9g

LF Milk w/ Banana, Mandarin & Apple (Morning Tea) [Allergy]

Serving Size: 200g



Ingredients

Lactose Free Milk (Full Cream Milk, Enzyme (Lactase)), Apple, Mandarin, Banana (13%)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	18.5g
Dairy Free:	No	Sugar:	17.5g
Lactose Free:	Yes	Sodium:	41mg
Soy Free:	Yes	Fat (total):	3.6g
Egg Free:	Yes	Fat (Sat):	2.2g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.2g
Fish Free:	Yes	Sugar (per 100g)	8.7g
Red Meat Free:	Yes	Sodium (per 100g):	21mg
Tomato Free:	Yes	Fat (total, per 100g):	1.8g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1g
Energy:	538kJ (129Cal)	Energy (per 100g):	269kJ (64Cal)
Protein:	4.3g	Protein (per 100g):	2.2g

Organic Rice Milk w/ Banana, Mandarin & Apple (Morning Tea) [Allergy]

Serving Size: 200g



Ingredients

Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt), Apple (25%), Mandarin (13%), Banana (13%)

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	24.1g
Dairy Free:	Yes	Sugar:	15.7g
Lactose Free:	Yes	Sodium:	61mg
Soy Free:	Yes	Fat (total):	1.1g
Egg Free:	Yes	Fat (Sat):	0.2g
Vegetarian:	Yes	Carbohydrates (per 100g):	12.1g
Fish Free:	Yes	Sugar (per 100g)	7.9g
Red Meat Free:	Yes	Sodium (per 100g):	31mg
Tomato Free:	Yes	Fat (total, per 100g):	0.5g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.1g
Energy:	483kJ (115Cal)	Energy (per 100g):	242kJ (58Cal)
Protein:	1.1g	Protein (per 100g):	0.6g

Wholemeal Cheese Burger & Sweet Potato Chips (Lunch)

Serving Size: 220g



Ingredients

Wholemeal Lunch Roll (Unbleached Wholemeal Wheat Flour (58%), Water, Baker's Yeast, Wheat Bran, Wheat Gluten, Vinegar, Canola Oil, Iodised Salt, Soy Flour, Sugar, Emulsifiers (481, 471, 472 (E)), Vitamins (Thiamin, Folic Acid)), Sweet Potato, Beef (16%), Cheese Slices ( (Pasturised Milk, Salt, Cultures, Enzyme (Rennet))), Onion, Carrot, Zucchini, Bread Crumbs (Unbleached Wholegrain Wheat Flour (50%), Water, Whole & Kibbled Grains (13%) (Wheat, Triticale, Linseed, Sunflower, Rye, Barley, Soy), Baker's Yeast, Wheat Gluten, Vinegar, Iodised Salt, Canola Oil, Vegetable Emulsifiers (481, 471, 472 (E)), Soy Flour, Vitamins (Thiamin, Folic Acid)), Filtered Water, Paprika, Egg Replacer (Rice Flour, Potato Starch, Tapioca Starch, Corn Starch, Baking Powder, Vegetable Emulsifier (Mono Diglycerides), Chia Seeds, Flaxseed Flour, Psyllium Husk, Citric Acid), Garlic Powder, Ground Black Pepper, Mixed Herbs

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	46.7g
Dairy Free:	No	Sugar:	5.2g
Lactose Free:	No	Sodium:	530mg
Soy Free:	No	Fat (total):	12.6g
Egg Free:	Yes	Fat (Sat):	5.7g
Vegetarian:	No	Carbohydrates (per 100g):	21.2g
Fish Free:	Yes	Sugar (per 100g)	2.4g
Red Meat Free:	No	Sodium (per 100g):	241mg
Tomato Free:	No	Fat (total, per 100g):	5.8g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.6g
Energy:	1790kJ (427Cal)	Energy (per 100g):	812kJ (194Cal)

GF & DF Veggie Burger Pattie (AI) (Lunch) [Allergy]

Serving Size: 80g



Ingredients

Sweet Potato (21%), Crispi Premium Breadcrumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier From Vegetable (471)), Onion, Black Beans, Carrot (10%), Broccoli (10%), Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Red Capsicum (5%), Potato Starch, Filtered Water, Egg Replacer (Rice Flour, Potato Starch, Tapioca Starch, Corn Starch, Baking Powder, Vegetable Emulsifier (Mono Diglycerides), Chia Seeds, Flaxseed Flour, Psyllium Husk, Citric Acid), Garlic Powder, Cumin

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	20.9g
Dairy Free:	Yes	Sugar:	2.8g
Lactose Free:	Yes	Sodium:	88mg
Soy Free:	Yes	Fat (total):	5.5g
Egg Free:	Yes	Fat (Sat):	0.5g
Vegetarian:	Yes	Carbohydrates (per 100g):	26.1g
Fish Free:	Yes	Sugar (per 100g)	3.5g
Red Meat Free:	Yes	Sodium (per 100g):	110mg
Tomato Free:	Yes	Fat (total, per 100g):	6.9g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.6g
Energy:	624kJ (149Cal)	Energy (per 100g):	780kJ (186Cal)
Protein:	3.1g	Protein (per 100g):	3.9g

**Friday - 12/07/2024**

## GF & DF Chicken Burger Pattie (AI) (Lunch) [Allergy]

Serving Size: 80g



## Ingredients

Chicken (48%), Onion, Corn, Zucchini, Crispi Premium Breadcrumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier From Vegetable (471)), Filtered Water, Egg Replacer (Rice Flour, Potato Starch, Tapioca Starch, Corn Starch, Baking Powder, Vegetable Emulsifier (Mono Diglycerides), Chia Seeds, Flaxseed Flour, Psyllium Husk, Citric Acid), Garlic Powder, Mixed Herbs, Ground Black Pepper

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	12.5g
Dairy Free:	Yes	Sugar:	1.5g
Lactose Free:	Yes	Sodium:	92mg
Soy Free:	Yes	Fat (total):	4.6g
Egg Free:	Yes	Fat (Sat):	1.3g
Vegetarian:	No	Carbohydrates (per 100g):	15.6g
Fish Free:	Yes	Sugar (per 100g)	1.9g
Red Meat Free:	Yes	Sodium (per 100g):	115mg
Tomato Free:	Yes	Fat (total, per 100g):	5.8g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.6g
Energy:	594kJ (142Cal)	Energy (per 100g):	742kJ (177Cal)
Protein:	11.6g	Protein (per 100g):	14.5g

GF & DF Beef Burger Pattie (AI) (Lunch) [Allergy]

Serving Size: 80g



Ingredients

Beef (48%), Onion, Carrot, Zucchini, Gluten Free Bread Crumbs Crispi (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier (Diglyceride Of Vegetables)), Egg Replacer (Rice Flour, Potato Starch, Tapioca Starch, Corn Starch, Baking Powder, Vegetable Emulsifier (Mono Diglycerides), Chia Seeds, Flaxseed Flour, Psyllium Husk, Citric Acid), Paprika, Garlic Powder, Mixed Herbs, Ground Black Pepper

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.6g
Dairy Free:	Yes	Sugar:	2.1g
Lactose Free:	Yes	Sodium:	119mg
Soy Free:	Yes	Fat (total):	4.9g
Egg Free:	Yes	Fat (Sat):	1.8g
Vegetarian:	No	Carbohydrates (per 100g):	18.3g
Fish Free:	Yes	Sugar (per 100g)	2.6g
Red Meat Free:	No	Sodium (per 100g):	149mg
Tomato Free:	Yes	Fat (total, per 100g):	6.1g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.2g
Energy:	659kJ (157Cal)	Energy (per 100g):	824kJ (197Cal)
Protein:	12.7g	Protein (per 100g):	15.8g

Wholemeal Beef Burger & Sweet Potato Chips (Lunch) [Allergy]

Serving Size: 210g



Ingredients

Wholemeal Lunch Roll (Unbleached Wholemeal Wheat Flour (58%), Water, Baker's Yeast, Wheat Bran, Wheat Gluten, Vinegar, Canola Oil, Iodised Salt, Soy Flour, Sugar, Emulsifiers (481, 471, 472 (E)), Vitamins (Thiamin, Folic Acid)), Sweet Potato, Beef (17%), Onion, Carrot, Zucchini, Bread Crumbs (Unbleached Wholegrain Wheat Flour (50%), Water, Whole & Kibbled Grains (13%) (Wheat, Triticale, Linseed, Sunflower, Rye, Barley, Soy), Baker's Yeast, Wheat Gluten, Vinegar, Iodised Salt, Canola Oil, Vegetable Emulsifiers (481, 471, 472 (E)), Soy Flour, Vitamins (Thiamin, Folic Acid)), Filtered Water, Paprika, Egg Replacer (Rice Flour, Potato Starch, Tapioca Starch, Corn Starch, Baking Powder, Vegetable Emulsifier (Mono Diglycerides), Chia Seeds, Flaxseed Flour, Psyllium Husk, Citric Acid), Garlic Powder, Ground Black Pepper, Mixed Herbs

Allergy Information

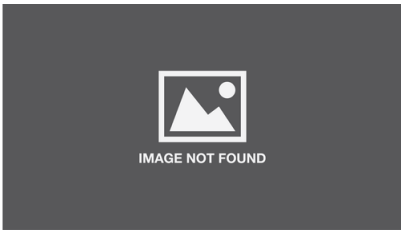
Contains Wheat, Contains Gluten, Soybeans:May Contain Sesame Seeds

Nutrition Info

Gluten Free:	No	Carbohydrates:	46.7g
Dairy Free:	Yes	Sugar:	5.2g
Lactose Free:	Yes	Sodium:	419mg
Soy Free:	No	Fat (total):	7.2g
Egg Free:	Yes	Fat (Sat):	2.1g
Vegetarian:	No	Carbohydrates (per 100g):	22.2g
Fish Free:	Yes	Sugar (per 100g)	2.5g
Red Meat Free:	No	Sodium (per 100g):	200mg
Tomato Free:	No	Fat (total, per 100g):	3.4g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0g
Energy:	1510kJ (362Cal)	Energy (per 100g):	721kJ (172Cal)
Protein:	20.8g	Protein (per 100g):	9.9g

Sweet Corn Dip w/ Tortilla & Crudites (Afternoon Tea)

Serving Size: 70g



Ingredients

Wholemeal Wrap (Wholemeal Wheat Flour (49%), Water, Wheat Flour, Vegetable Oil, Vegetable Emulsifiers (471, 481), Humectant (422), Cultured Wheat Flour, Raising Agents (341, 450, 500), Stabiliser (412), Wheat Gluten, Acidity Regulator (297), Iodised Salt, Soy Flour, Vitamins (Thiamin, Folic Acid), Antioxidant (307b)), Carrot, Corn, Celery, Red Capsicum, Cream Cheese (Milk, Cream, Salt, Stabiliser (410, 412), Starter Culture), Ricotta, Onion, Olive Oil, White Pepper

Allergy Information

Contains Wheat, Contains Gluten, Milk, Soybeans

Nutrition Info

Gluten Free:	No	Carbohydrates:	9.4g
Dairy Free:	No	Sugar:	2.8g
Lactose Free:	No	Sodium:	84mg
Soy Free:	No	Fat (total):	3.9g
Egg Free:	Yes	Fat (Sat):	2.1g
Vegetarian:	Yes	Carbohydrates (per 100g):	13.4g
Fish Free:	Yes	Sugar (per 100g)	4.0g
Red Meat Free:	Yes	Sodium (per 100g):	121mg
Tomato Free:	Yes	Fat (total, per 100g):	5.5g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.0g
Energy:	375kJ (90Cal)	Energy (per 100g):	535kJ (128Cal)
Protein:	3.2g	Protein (per 100g):	4.6g

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, Non Animal Lipase)), Vita-Weat Crackers (47%) (Wholegrain (45%) (Whole Wheat Flour, Oats), Wheat Flour, Vegetable Oil, Cornflour, Seeds (6%) (Linseed, Poppy, Canola, Sunflower Kernals), Sugar, Yeast, Salt, Emulsifier (Soy Lecithin))

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	9.2g
Dairy Free:	No	Sugar:	0.7g
Lactose Free:	Yes	Sodium:	175mg
Soy Free:	No	Fat (total):	7.2g
Egg Free:	Yes	Fat (Sat):	3.8g
Vegetarian:	Yes	Carbohydrates (per 100g):	30.5g
Fish Free:	Yes	Sugar (per 100g)	2.3g
Red Meat Free:	Yes	Sodium (per 100g):	582mg
Tomato Free:	Yes	Fat (total, per 100g):	24.0g
Sesame Free:	Yes	Fat (Sat, per 100g):	12.5g
Energy:	525kJ (125Cal)	Energy (per 100g):	1750kJ (418Cal)
Protein:	5.5g	Protein (per 100g):	18.4g

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

Serving Size: 50g



Ingredients

Chickpeas, Brown Rice Crackers (30%) (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Lemon Juice, Olive Oil, Garlic Powder, White Pepper

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	15.7g
Dairy Free:	Yes	Sugar:	0.2g
Lactose Free:	Yes	Sodium:	142mg
Soy Free:	Yes	Fat (total):	3.2g
Egg Free:	Yes	Fat (Sat):	0.4g
Vegetarian:	Yes	Carbohydrates (per 100g):	31.5g
Fish Free:	Yes	Sugar (per 100g)	0.3g
Red Meat Free:	Yes	Sodium (per 100g):	284mg
Tomato Free:	Yes	Fat (total, per 100g):	6.4g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9g
Energy:	461kJ (110Cal)	Energy (per 100g):	922kJ (220Cal)
Protein:	3.4g	Protein (per 100g):	6.8g