

**Menu: Childcare Week 2 - 15.7.24 - 19.7.24**

Pear, Cheese, Multigrain Corn Thins & Veggie Sticks (Morning Tea)

Serving Size: 108g



Ingredients

Pear, Cheese Slices (15%) ( (Pasturised Milk, Salt, Cultures, Enzyme (Rennet))), Multigrain Corn Thins (11%) (Maize (78%), Sorghum (7%), Brown Rice (7%), Buckwheat (5%), Millet (2%), Sunflower Oil, Sea Salt), Red Capsicum, Cucumber, Carrot

Allergy Information

Contains Milk

Nutrition Info

|                |                |                           |                |
|----------------|----------------|---------------------------|----------------|
| Gluten Free:   | Yes            | Carbohydrates:            | 15.0g          |
| Dairy Free:    | No             | Sugar:                    | 6.2g           |
| Lactose Free:  | No             | Sodium:                   | 149mg          |
| Soy Free:      | Yes            | Fat (total):              | 6.0g           |
| Egg Free:      | Yes            | Fat (Sat):                | 3.7g           |
| Vegetarian:    | Yes            | Carbohydrates (per 100g): | 13.9g          |
| Fish Free:     | Yes            | Sugar (per 100g)          | 5.8g           |
| Red Meat Free: | Yes            | Sodium (per 100g):        | 138mg          |
| Tomato Free:   | Yes            | Fat (total, per 100g):    | 5.6g           |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 3.4g           |
| Energy:        | 601kJ (144Cal) | Energy (per 100g):        | 557kJ (133Cal) |
| Protein:       | 5.7g           | Protein (per 100g):       | 5.2g           |

Pear, Hummus & Rice Crackers w/ Veggie Sticks (AI) (Morning Tea) [Allergy]

Serving Size: 130g



Ingredients

Pear (38%), Chickpeas, Brown Rice Crackers (12%) (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Cucumber (8%), Carrot (8%), Red Capsicum (8%), Lemon Juice, Olive Oil, Garlic Powder, White Pepper

Allergy Information

Nutrition Info

|                |                |                           |                |
|----------------|----------------|---------------------------|----------------|
| Gluten Free:   | Yes            | Carbohydrates:            | 22.1g          |
| Dairy Free:    | Yes            | Sugar:                    | 6.3g           |
| Lactose Free:  | Yes            | Sodium:                   | 148mg          |
| Soy Free:      | Yes            | Fat (total):              | 3.3g           |
| Egg Free:      | Yes            | Fat (Sat):                | 0.4g           |
| Vegetarian:    | Yes            | Carbohydrates (per 100g): | 17.0g          |
| Fish Free:     | Yes            | Sugar (per 100g)          | 4.9g           |
| Red Meat Free: | Yes            | Sodium (per 100g):        | 114mg          |
| Tomato Free:   | Yes            | Fat (total, per 100g):    | 2.5g           |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 0.3g           |
| Energy:        | 596kJ (142Cal) | Energy (per 100g):        | 458kJ (109Cal) |
| Protein:       | 3.9g           | Protein (per 100g):       | 3.0g           |

Pear, LF Cheese & Crackers w/ Veggie Sticks (AI) (Morning Tea) [Allergy]

Serving Size: 111g



Ingredients

Pear (45%), Lactose Free Cheese (14%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Organic Brown Rice Crackers (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Cucumber (9%), Carrot (9%), Red Capsicum (9%)

Allergy Information

Contains Milk

Nutrition Info

|                |                |                           |                |
|----------------|----------------|---------------------------|----------------|
| Gluten Free:   | Yes            | Carbohydrates:            | 17.2g          |
| Dairy Free:    | No             | Sugar:                    | 6.4g           |
| Lactose Free:  | Yes            | Sodium:                   | 205mg          |
| Soy Free:      | Yes            | Fat (total):              | 6.6g           |
| Egg Free:      | Yes            | Fat (Sat):                | 3.6g           |
| Vegetarian:    | Yes            | Carbohydrates (per 100g): | 15.5g          |
| Fish Free:     | Yes            | Sugar (per 100g)          | 5.8g           |
| Red Meat Free: | Yes            | Sodium (per 100g):        | 185mg          |
| Tomato Free:   | Yes            | Fat (total, per 100g):    | 5.9g           |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 3.3g           |
| Energy:        | 646kJ (154Cal) | Energy (per 100g):        | 582kJ (139Cal) |
| Protein:       | 5.6g           | Protein (per 100g):       | 5.1g           |

Chicken Noodle Stir Fry (Lunch)

Serving Size: 200g



Ingredients

Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Chicken Thigh (20%), Rice Noodles (12%) (Rice), Onion, Carrot, Cabbage, Peas, Corn, Olive Oil, Potato Starch, Garlic, Ginger, Five Spice (Cinnamon, Fennel, Pimento, Aniseed, Cloves, Pepper, Star Anise)), White Pepper

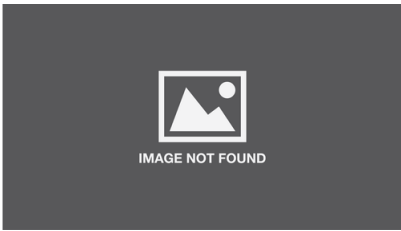
Allergy Information

Nutrition Info

|                |                 |                           |                |
|----------------|-----------------|---------------------------|----------------|
| Gluten Free:   | Yes             | Carbohydrates:            | 31.2g          |
| Dairy Free:    | Yes             | Sugar:                    | 2.4g           |
| Lactose Free:  | Yes             | Sodium:                   | 212mg          |
| Soy Free:      | Yes             | Fat (total):              | 6.7g           |
| Egg Free:      | Yes             | Fat (Sat):                | 2.0g           |
| Vegetarian:    | No              | Carbohydrates (per 100g): | 15.6g          |
| Fish Free:     | Yes             | Sugar (per 100g)          | 1.2g           |
| Red Meat Free: | Yes             | Sodium (per 100g):        | 106mg          |
| Tomato Free:   | Yes             | Fat (total, per 100g):    | 3.4g           |
| Sesame Free:   | Yes             | Fat (Sat, per 100g):      | 1.0g           |
| Energy:        | 1050kJ (251Cal) | Energy (per 100g):        | 525kJ (125Cal) |
| Protein:       | 14.8g           | Protein (per 100g):       | 7.4g           |

Vegetable Noodle Stir Fry (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Lentils (Lentils, Water, Ascorbic Acid), Rice Noodles (Rice), Carrot, Celery, Cabbage, Broccoli, Onion, Corn, Potato Starch, Olive Oil, Garlic, Ginger, Five Spice (Cinnamon, Fennel, Pimento, Aniseed, Cloves, Pepper, Star Anise), White Pepper

Allergy Information

Nutrition Info

|                |                |                           |                |
|----------------|----------------|---------------------------|----------------|
| Gluten Free:   | Yes            | Carbohydrates:            | 46.7g          |
| Dairy Free:    | Yes            | Sugar:                    | 7.0g           |
| Lactose Free:  | Yes            | Sodium:                   | 132mg          |
| Soy Free:      | Yes            | Fat (total):              | 1.5g           |
| Egg Free:      | Yes            | Fat (Sat):                | 0.6g           |
| Vegetarian:    | Yes            | Carbohydrates (per 100g): | 23.4g          |
| Fish Free:     | Yes            | Sugar (per 100g)          | 3.5g           |
| Red Meat Free: | Yes            | Sodium (per 100g):        | 66mg           |
| Tomato Free:   | Yes            | Fat (total, per 100g):    | 0.7g           |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 0.3g           |
| Energy:        | 923kJ (220Cal) | Energy (per 100g):        | 461kJ (110Cal) |
| Protein:       | 6.0g           | Protein (per 100g):       | 3.0g           |

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

Serving Size: 200g



Ingredients

Brown Rice, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Cauliflower, Pumpkin, Coconut Cream (Organic Coconut Meat Extracted (Coconut Cream)), Chickpeas (7%), Peas, Onion, Carrot, 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:            | 38.5g          |
| Dairy Free:    | Yes             | Sugar:                    | 11.0g          |
| Lactose Free:  | Yes             | Sodium:                   | 79mg           |
| Soy Free:      | Yes             | Fat (total):              | 8.6g           |
| Egg Free:      | Yes             | Fat (Sat):                | 4.5g           |
| Vegetarian:    | Yes             | Carbohydrates (per 100g): | 19.3g          |
| Fish Free:     | Yes             | Sugar (per 100g)          | 5.5g           |
| Red Meat Free: | Yes             | Sodium (per 100g):        | 39mg           |
| Tomato Free:   | Yes             | Fat (total, per 100g):    | 4.3g           |
| Sesame Free:   | Yes             | Fat (Sat, per 100g):      | 2.2g           |
| Energy:        | 1040kJ (248Cal) | Energy (per 100g):        | 519kJ (124Cal) |
| Protein:       | 6.1g            | Protein (per 100g):       | 3.1g           |

Cheesy Tomato Pinwheel w/ Honeydew (Afternoon Tea)

Serving Size: 110g



Ingredients

Honeydew Melon (45%), Filtered Water, Plain Flour Perfection, Wholemeal Flour 90/10 (Wholemeal Wheat Flour, Wheat Flour, Vitamin (Thiamin)), Mozzarella Cheese (9%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Semi Dried Tomato (4%) (Semi Dried Tomatoes (55%), Canola Oil, Mixed Herbs, Garlic, Salt, E262), Fetta (4%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture, Non-Animal Rennet), Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Raw Sugar, Gluten, Yeast (Sorbitan Monostearate), Bread Improver (Soy Flour, Ascorbic Acid, Bread Flour, Enzyme (Amylase))

Allergy Information

Contains Wheat, Contains Gluten, Milk, Soybeans

Nutrition Info

|                |                |                           |                |
|----------------|----------------|---------------------------|----------------|
| Gluten Free:   | No             | Carbohydrates:            | 25.8g          |
| Dairy Free:    | No             | Sugar:                    | 7.1g           |
| Lactose Free:  | No             | Sodium:                   | 201mg          |
| Soy Free:      | No             | Fat (total):              | 8.0g           |
| Egg Free:      | Yes            | Fat (Sat):                | 2.8g           |
| Vegetarian:    | Yes            | Carbohydrates (per 100g): | 23.5g          |
| Fish Free:     | Yes            | Sugar (per 100g)          | 6.4g           |
| Red Meat Free: | Yes            | Sodium (per 100g):        | 183mg          |
| Tomato Free:   | No             | Fat (total, per 100g):    | 7.2g           |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 2.6g           |
| Energy:        | 877kJ (210Cal) | Energy (per 100g):        | 797kJ (190Cal) |
| Protein:       | 7.7g           | Protein (per 100g):       | 7.0g           |

GF & DF Pesto Pinwheel w/ Honeydew (AI) (Afternoon Tea) [Allergy]

Serving Size: 110g



Ingredients

Honeydew Melon (45%), 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, Cannellini Beans, Pepitas (6%), Basil, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Raw Sugar, Olive Oil, Lemon Juice, Ground Black Pepper

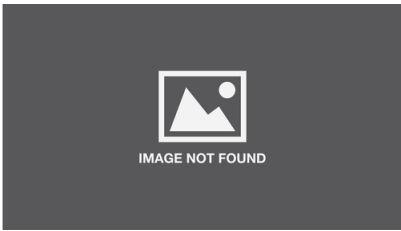
Allergy Information

Nutrition Info

|                |                |                           |                |
|----------------|----------------|---------------------------|----------------|
| Gluten Free:   | Yes            | Carbohydrates:            | 29.2g          |
| Dairy Free:    | Yes            | Sugar:                    | 8.5g           |
| Lactose Free:  | Yes            | Sodium:                   | 90mg           |
| Soy Free:      | Yes            | Fat (total):              | 7.2g           |
| Egg Free:      | Yes            | Fat (Sat):                | 1.1g           |
| Vegetarian:    | Yes            | Carbohydrates (per 100g): | 26.5g          |
| Fish Free:     | Yes            | Sugar (per 100g)          | 7.7g           |
| Red Meat Free: | Yes            | Sodium (per 100g):        | 82mg           |
| Tomato Free:   | Yes            | Fat (total, per 100g):    | 6.6g           |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 1.0g           |
| Energy:        | 736kJ (176Cal) | Energy (per 100g):        | 669kJ (160Cal) |
| Protein:       | 4.2g           | Protein (per 100g):       | 3.8g           |

Blueberry Organic Yoghurt w/ Oats & Banana (Morning Tea)

Serving Size: 157g



Ingredients

Banana, All Natural Yoghurt (32%) (Certified Organic Non-Homogenised Pasteurised Milk, Certified Organic Non-Fat Milk Solids. Contains Active Live Cultures Including L. Acidophilus And B. Lactic)), Rolled Oats (6%), Blueberries (3.5%), Chia Seeds (0.5%), Honey

Allergy Information

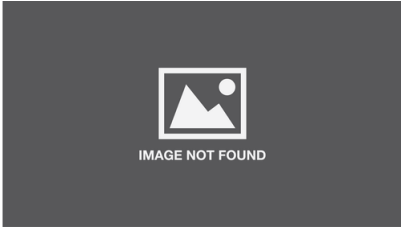
Contains Oats, Contains Gluten, Milk

Nutrition Info

|                |                |                           |                |
|----------------|----------------|---------------------------|----------------|
| Gluten Free:   | No             | Carbohydrates:            | 26.9g          |
| Dairy Free:    | No             | Sugar:                    | 18.2g          |
| Lactose Free:  | No             | Sodium:                   | 29mg           |
| Soy Free:      | Yes            | Fat (total):              | 3.4g           |
| Egg Free:      | Yes            | Fat (Sat):                | 1.6g           |
| Vegetarian:    | Yes            | Carbohydrates (per 100g): | 17.1g          |
| Fish Free:     | Yes            | Sugar (per 100g)          | 11.6g          |
| Red Meat Free: | Yes            | Sodium (per 100g):        | 18mg           |
| Tomato Free:   | Yes            | Fat (total, per 100g):    | 2.1g           |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 1.1g           |
| Energy:        | 721kJ (172Cal) | Energy (per 100g):        | 459kJ (110Cal) |
| Protein:       | 5.6g           | Protein (per 100g):       | 3.6g           |

Banana & Blueberry Coconut Yoghurt Crunch (AI) (Morning Tea) [Allergy]

Serving Size: 170g



Ingredients

Banana, 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), Flaked Corn (Corn, Sugar, Salt, Emulsifier (Sunflower Lecithin)), Blueberries, Chia Seeds, Honey

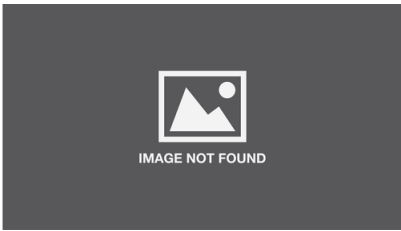
Allergy Information

Nutrition Info

|                |                |                           |                |
|----------------|----------------|---------------------------|----------------|
| Gluten Free:   | Yes            | Carbohydrates:            | 32.4g          |
| Dairy Free:    | Yes            | Sugar:                    | 17.3g          |
| Lactose Free:  | Yes            | Sodium:                   | 35mg           |
| Soy Free:      | Yes            | Fat (total):              | 6.1g           |
| Egg Free:      | Yes            | Fat (Sat):                | 5.4g           |
| Vegetarian:    | Yes            | Carbohydrates (per 100g): | 19.0g          |
| Fish Free:     | Yes            | Sugar (per 100g)          | 10.2g          |
| Red Meat Free: | Yes            | Sodium (per 100g):        | 21mg           |
| Tomato Free:   | Yes            | Fat (total, per 100g):    | 3.6g           |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 3.1g           |
| Energy:        | 850kJ (203Cal) | Energy (per 100g):        | 500kJ (119Cal) |
| Protein:       | 3.2g           | Protein (per 100g):       | 1.9g           |

Banana & Blueberry Coconut Yoghurt w/ Oats (AI) (Morning Tea) [Allergy]

Serving Size: 200g



Ingredients

Blueberry Coconut Yoghurt (Coconut Yoghurt (Water, Coconut Milk, Native Starch, Tapioca Syrup, Carob Bean Extract, Agar, Yoghurt Cultures And Probiotics), Blueberry Blend (Blueberry (6%), Water, Sugar, Rice Starch, Natural Flavour, Natural Colour, Sodium Citrate)), Banana, Rolled Oats (5%)

Allergy Information

Contains Oats, Contains Gluten

Nutrition Info

|                |                |                           |                |
|----------------|----------------|---------------------------|----------------|
| Gluten Free:   | No             | Carbohydrates:            | 31.7g          |
| Dairy Free:    | Yes            | Sugar:                    | 16.3g          |
| Lactose Free:  | Yes            | Sodium:                   | 6mg            |
| Soy Free:      | Yes            | Fat (total):              | 9.8g           |
| Egg Free:      | Yes            | Fat (Sat):                | 8.7g           |
| Vegetarian:    | Yes            | Carbohydrates (per 100g): | 15.9g          |
| Fish Free:     | Yes            | Sugar (per 100g)          | 8.2g           |
| Red Meat Free: | Yes            | Sodium (per 100g):        | 3mg            |
| Tomato Free:   | Yes            | Fat (total, per 100g):    | 4.9g           |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 4.4g           |
| Energy:        | 995kJ (238Cal) | Energy (per 100g):        | 497kJ (119Cal) |
| Protein:       | 4.0g           | Protein (per 100g):       | 2.0g           |

Wholemeal Tuna Pasta Bake w/ Broccoli (Lunch)

Serving Size: 220g



Ingredients

Wholemeal Pasta (27%) (Durum Wheat Semolina), Tuna (23%) (Skipjack, Light Meat Tuna (92%), Springwater, Salt), Filtered Water, Broccoli (9%), Mixed Vegetables (Peas, Cauliflower, Carrots, Green Beans, Corn Kernels), Mozzarella Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Skim Milk Powder, Plain Flour, Unsalted Butter (Cream, Water), Parsley, White Pepper

Allergy Information

Contains Wheat, Contains Gluten, Fish, Milk

Nutrition Info

|                |                 |                           |                |
|----------------|-----------------|---------------------------|----------------|
| Gluten Free:   | No              | Carbohydrates:            | 21.5g          |
| Dairy Free:    | No              | Sugar:                    | 3.2g           |
| Lactose Free:  | No              | Sodium:                   | 219mg          |
| Soy Free:      | Yes             | Fat (total):              | 7.0g           |
| Egg Free:      | Yes             | Fat (Sat):                | 4.1g           |
| Vegetarian:    | No              | Carbohydrates (per 100g): | 9.8g           |
| Fish Free:     | No              | Sugar (per 100g)          | 1.5g           |
| Red Meat Free: | Yes             | Sodium (per 100g):        | 100mg          |
| Tomato Free:   | Yes             | Fat (total, per 100g):    | 3.2g           |
| Sesame Free:   | Yes             | Fat (Sat, per 100g):      | 1.9g           |
| Energy:        | 1050kJ (252Cal) | Energy (per 100g):        | 479kJ (114Cal) |
| Protein:       | 22.1g           | Protein (per 100g):       | 10.0g          |

Wholemeal Chicken Pasta Bake w/ Broccoli (Lunch)

Serving Size: 220g



Ingredients

Filtered Water, Wholemeal Pasta (23%) (Durum Wheat Semolina), Chicken Breast, Mixed Vegetables (Peas, Cauliflower, Carrots, Green Beans, Corn Kernels), Broccoli (9%), Mozzarella Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Skim Milk Powder, Plain Flour, Unsalted Butter (Cream, Water), Parsley, White Pepper

Allergy Information

Contains Wheat, Contains Gluten, Milk

Nutrition Info

|                |                 |                           |                |
|----------------|-----------------|---------------------------|----------------|
| Gluten Free:   | No              | Carbohydrates:            | 21.5g          |
| Dairy Free:    | No              | Sugar:                    | 4.4g           |
| Lactose Free:  | No              | Sodium:                   | 111mg          |
| Soy Free:      | Yes             | Fat (total):              | 8.4g           |
| Egg Free:      | Yes             | Fat (Sat):                | 5.0g           |
| Vegetarian:    | No              | Carbohydrates (per 100g): | 9.8g           |
| Fish Free:     | Yes             | Sugar (per 100g)          | 2.0g           |
| Red Meat Free: | Yes             | Sodium (per 100g):        | 51mg           |
| Tomato Free:   | Yes             | Fat (total, per 100g):    | 3.8g           |
| Sesame Free:   | Yes             | Fat (Sat, per 100g):      | 2.3g           |
| Energy:        | 1050kJ (250Cal) | Energy (per 100g):        | 476kJ (114Cal) |
| Protein:       | 19.3g           | Protein (per 100g):       | 8.8g           |

GF & DF Chicken & Pumpkin Risotto (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Chicken Thigh (20%), Arborio Rice, Onion, Pumpkin (6%), Carrot, Zucchini, Broccoli, Olive Oil, Garlic, Ground Black Pepper

Allergy Information

Nutrition Info

|                |                 |                           |                |
|----------------|-----------------|---------------------------|----------------|
| Gluten Free:   | Yes             | Carbohydrates:            | 32.6g          |
| Dairy Free:    | Yes             | Sugar:                    | 12.3g          |
| Lactose Free:  | Yes             | Sodium:                   | 53mg           |
| Soy Free:      | Yes             | Fat (total):              | 13.4g          |
| Egg Free:      | Yes             | Fat (Sat):                | 2.6g           |
| Vegetarian:    | No              | Carbohydrates (per 100g): | 16.3g          |
| Fish Free:     | Yes             | Sugar (per 100g)          | 6.2g           |
| Red Meat Free: | Yes             | Sodium (per 100g):        | 27mg           |
| Tomato Free:   | Yes             | Fat (total, per 100g):    | 6.7g           |
| Sesame Free:   | Yes             | Fat (Sat, per 100g):      | 1.3g           |
| Energy:        | 1140kJ (273Cal) | Energy (per 100g):        | 572kJ (137Cal) |
| Protein:       | 13.2g           | Protein (per 100g):       | 6.6g           |

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           |

DF Guacamole & Corn Chips (AI) (Afternoon Tea) [Allergy]

Serving Size: 50g



Ingredients

Avocado, Corn Chips (Cornflour (72%), Vegetable Oil, Water, Salt), Lemon Juice, Olive Oil

Allergy Information

Nutrition Info

|                |                |                           |                 |
|----------------|----------------|---------------------------|-----------------|
| Gluten Free:   | Yes            | Carbohydrates:            | 11.9g           |
| Dairy Free:    | Yes            | Sugar:                    | 0.4g            |
| Lactose Free:  | Yes            | Sodium:                   | 51mg            |
| Soy Free:      | Yes            | Fat (total):              | 12.7g           |
| Egg Free:      | Yes            | Fat (Sat):                | 3.6g            |
| Vegetarian:    | Yes            | Carbohydrates (per 100g): | 23.7g           |
| Fish Free:     | Yes            | Sugar (per 100g)          | 0.9g            |
| Red Meat Free: | Yes            | Sodium (per 100g):        | 102mg           |
| Tomato Free:   | Yes            | Fat (total, per 100g):    | 25.4g           |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 7.1g            |
| Energy:        | 720kJ (172Cal) | Energy (per 100g):        | 1440kJ (344Cal) |
| Protein:       | 2.0g           | Protein (per 100g):       | 3.9g            |

Cheesy Bean Quesadillas (AI) (Afternoon Tea) [Allergy]

Serving Size: 60g



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)), Mozzarella Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Refried Beans, Red Capsicum, Black Beans, Corn, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil)

Allergy Information

Contains Wheat, Contains Gluten, Milk, Soybeans

Nutrition Info

|                |                |                           |                |
|----------------|----------------|---------------------------|----------------|
| Gluten Free:   | No             | Carbohydrates:            | 15.1g          |
| Dairy Free:    | No             | Sugar:                    | 1.6g           |
| Lactose Free:  | No             | Sodium:                   | 196mg          |
| Soy Free:      | No             | Fat (total):              | 5.2g           |
| Egg Free:      | Yes            | Fat (Sat):                | 3.0g           |
| Vegetarian:    | Yes            | Carbohydrates (per 100g): | 25.1g          |
| Fish Free:     | Yes            | Sugar (per 100g)          | 2.6g           |
| Red Meat Free: | Yes            | Sodium (per 100g):        | 327mg          |
| Tomato Free:   | Yes            | Fat (total, per 100g):    | 8.6g           |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 4.9g           |
| Energy:        | 571kJ (136Cal) | Energy (per 100g):        | 951kJ (227Cal) |
| Protein:       | 5.9g           | Protein (per 100g):       | 9.9g           |

Mexican Bean Nachos (Afternoon Tea)

Serving Size: 60g



Ingredients

Corn Chips (42%) (Cornflour (72%), Vegetable Oil, Water, Salt), Mozzarella Cheese (17%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Tomato Puree, Red Kidney Beans, Filtered Water, Onion, Carrot, Celery, Red Capsicum, Zucchini, Tomato Paste (Citric Acid), Olive Oil, Garlic, Cumin, Paprika, Turmeric, White Pepper

Allergy Information

Contains Milk

Nutrition Info

|                |                |                           |                 |
|----------------|----------------|---------------------------|-----------------|
| Gluten Free:   | Yes            | Carbohydrates:            | 16.7g           |
| Dairy Free:    | No             | Sugar:                    | 1.2g            |
| Lactose Free:  | No             | Sodium:                   | 138mg           |
| Soy Free:      | Yes            | Fat (total):              | 9.8g            |
| Egg Free:      | Yes            | Fat (Sat):                | 4.1g            |
| Vegetarian:    | Yes            | Carbohydrates (per 100g): | 27.8g           |
| Fish Free:     | Yes            | Sugar (per 100g)          | 1.9g            |
| Red Meat Free: | Yes            | Sodium (per 100g):        | 230mg           |
| Tomato Free:   | No             | Fat (total, per 100g):    | 16.4g           |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 6.9g            |
| Energy:        | 755kJ (180Cal) | Energy (per 100g):        | 1260kJ (301Cal) |
| Protein:       | 5.2g           | Protein (per 100g):       | 8.6g            |

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

Serving Size: 60g



Ingredients

Gluten Free Wrap (Tapioca Starch (53%), Water, White Corn Masa Flour (8%), Stabilisers (Glycerin, Xanthan Gum), Quinoa Flour (4%), Amaranth Flour, Emulsifier (Mono- And Di-Glycerides Of Fatty Acids), Salt), Refried Beans (14%), Red Capsicum, Black Beans (7%), Corn, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil)

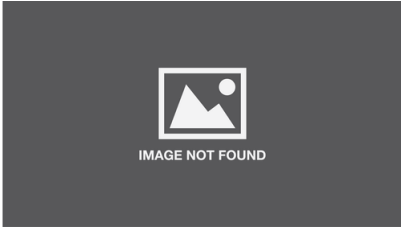
Allergy Information

Nutrition Info

|                |                |                           |                |
|----------------|----------------|---------------------------|----------------|
| Gluten Free:   | Yes            | Carbohydrates:            | 23.8g          |
| Dairy Free:    | Yes            | Sugar:                    | 1.4g           |
| Lactose Free:  | Yes            | Sodium:                   | 217mg          |
| Soy Free:      | Yes            | Fat (total):              | 1.3g           |
| Egg Free:      | Yes            | Fat (Sat):                | 0.3g           |
| Vegetarian:    | Yes            | Carbohydrates (per 100g): | 39.6g          |
| Fish Free:     | Yes            | Sugar (per 100g)          | 2.3g           |
| Red Meat Free: | Yes            | Sodium (per 100g):        | 361mg          |
| Tomato Free:   | Yes            | Fat (total, per 100g):    | 2.1g           |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 0.5g           |
| Energy:        | 501kJ (120Cal) | Energy (per 100g):        | 835kJ (200Cal) |
| Protein:       | 1.8g           | Protein (per 100g):       | 3.0g           |

Mexican Bean Burrito (Afternoon Tea) [Allergy]

Serving Size: 66g



Ingredients

Wholemeal Wrap (48%) (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)), Mozzarella Cheese (15%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Tomato Puree, Red Kidney Beans, Filtered Water, Onion, Carrot, Celery, Red Capsicum, Zucchini, Tomato Paste (Citric Acid), Olive Oil, Garlic, Cumin, Paprika, Turmeric, White Pepper

Allergy Information

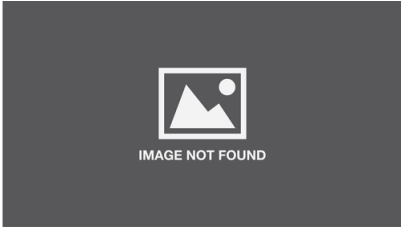
Contains Wheat, Contains Gluten, Milk, Soybeans

Nutrition Info

|                |                |                           |                |
|----------------|----------------|---------------------------|----------------|
| Gluten Free:   | Yes            | Carbohydrates:            | 15.9g          |
| Dairy Free:    | No             | Sugar:                    | 2.0g           |
| Lactose Free:  | No             | Sodium:                   | 182mg          |
| Soy Free:      | No             | Fat (total):              | 5.3g           |
| Egg Free:      | Yes            | Fat (Sat):                | 3.0g           |
| Vegetarian:    | Yes            | Carbohydrates (per 100g): | 24.1g          |
| Fish Free:     | Yes            | Sugar (per 100g)          | 3.1g           |
| Red Meat Free: | Yes            | Sodium (per 100g):        | 276mg          |
| Tomato Free:   | No             | Fat (total, per 100g):    | 8.1g           |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 4.6g           |
| Energy:        | 593kJ (142Cal) | Energy (per 100g):        | 899kJ (215Cal) |
| Protein:       | 5.9g           | Protein (per 100g):       | 9.0g           |

Mexican Bean Burrito (No Cheese) (Afternoon Tea) [Allergy]

Serving Size: 66g



Ingredients

Wholemeal Wrap (48%) (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)), Tomato Puree, Red Kidney Beans, Filtered Water, Onion, Carrot, Celery, Red Capsicum, Zucchini, Tomato Paste (Citric Acid), Olive Oil, Garlic, Cumin, Paprika, Turmeric, White Pepper

Allergy Information

Contains Wheat, Contains Gluten, Soybeans

Nutrition Info

|                |                |                           |                |
|----------------|----------------|---------------------------|----------------|
| Gluten Free:   | No             | Carbohydrates:            | 16.7g          |
| Dairy Free:    | Yes            | Sugar:                    | 2.4g           |
| Lactose Free:  | Yes            | Sodium:                   | 134mg          |
| Soy Free:      | No             | Fat (total):              | 3.3g           |
| Egg Free:      | Yes            | Fat (Sat):                | 1.5g           |
| Vegetarian:    | Yes            | Carbohydrates (per 100g): | 25.3g          |
| Fish Free:     | Yes            | Sugar (per 100g)          | 3.6g           |
| Red Meat Free: | Yes            | Sodium (per 100g):        | 204mg          |
| Tomato Free:   | No             | Fat (total, per 100g):    | 4.9g           |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 2.3g           |
| Energy:        | 494kJ (118Cal) | Energy (per 100g):        | 748kJ (179Cal) |
| Protein:       | 3.7g           | Protein (per 100g):       | 5.6g           |

Spinach & Cheese Dip w/ Tortilla & Crudites (Morning Tea)

Serving Size: 87.7g



Ingredients

Cucumber (23%), Carrot, 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)), Red Capsicum (11%), Cream Cheese (6%) (Milk, Cream, Salt, Stabiliser (410, 412), Starter Culture), Ricotta, Cheddar Cheese (Pasteurised Milk, Salt, Starter Cultures, Non Animal Rennet), Onion, Spinach (4.5%), Filtered Water, Olive Oil, Curry Powder (Rice Cereal, Tumeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper)

Allergy Information

Contains Wheat, Contains Gluten, Milk, Soybeans

Nutrition Info

|                |                |                           |                |
|----------------|----------------|---------------------------|----------------|
| Gluten Free:   | No             | Carbohydrates:            | 8.6g           |
| Dairy Free:    | No             | Sugar:                    | 3.1g           |
| Lactose Free:  | No             | Sodium:                   | 111mg          |
| Soy Free:      | No             | Fat (total):              | 5.7g           |
| Egg Free:      | Yes            | Fat (Sat):                | 3.2g           |
| Vegetarian:    | Yes            | Carbohydrates (per 100g): | 9.9g           |
| Fish Free:     | Yes            | Sugar (per 100g)          | 3.5g           |
| Red Meat Free: | Yes            | Sodium (per 100g):        | 127mg          |
| Tomato Free:   | Yes            | Fat (total, per 100g):    | 6.5g           |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 3.7g           |
| Energy:        | 438kJ (105Cal) | Energy (per 100g):        | 499kJ (119Cal) |
| Protein:       | 4.1g           | Protein (per 100g):       | 4.7g           |

Spinach & Lentil Dip W/ Brown Rice Crackers (AI) (Morning Tea) [Allergy]

Serving Size: 50g



Ingredients

Lentils (33%) (Lentils, Water, Ascorbic Acid), Brown Rice Crackers (30%) (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Onion, Spinach (11%), Filtered Water, Olive Oil, Cumin

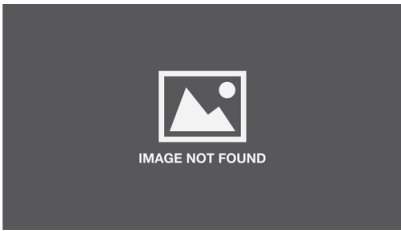
Allergy Information

Nutrition Info

|                |               |                           |                |
|----------------|---------------|---------------------------|----------------|
| Gluten Free:   | Yes           | Carbohydrates:            | 12.5g          |
| Dairy Free:    | Yes           | Sugar:                    | 0.6g           |
| Lactose Free:  | Yes           | Sodium:                   | 125mg          |
| Soy Free:      | Yes           | Fat (total):              | 2.8g           |
| Egg Free:      | Yes           | Fat (Sat):                | 0.4g           |
| Vegetarian:    | Yes           | Carbohydrates (per 100g): | 24.9g          |
| Fish Free:     | Yes           | Sugar (per 100g)          | 1.2g           |
| Red Meat Free: | Yes           | Sodium (per 100g):        | 250mg          |
| Tomato Free:   | Yes           | Fat (total, per 100g):    | 5.6g           |
| Sesame Free:   | Yes           | Fat (Sat, per 100g):      | 0.7g           |
| Energy:        | 360kJ (86Cal) | Energy (per 100g):        | 720kJ (172Cal) |
| Protein:       | 2.1g          | Protein (per 100g):       | 4.1g           |

Spinach & Lentil Dip w/ Tortilla & Crudites (AI) (Morning Tea) [Allergy]

Serving Size: 87.7g



Ingredients

Cucumber (23%), Carrot, 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)), Lentils (Lentils, Water, Ascorbic Acid), Red Capsicum (11%), Onion, Spinach (4.5%), Filtered Water, Olive Oil, Cumin

Allergy Information

Contains Wheat, Contains Gluten, Soybeans

Nutrition Info

|                |               |                           |               |
|----------------|---------------|---------------------------|---------------|
| Gluten Free:   | No            | Carbohydrates:            | 9.1g          |
| Dairy Free:    | Yes           | Sugar:                    | 2.8g          |
| Lactose Free:  | Yes           | Sodium:                   | 83mg          |
| Soy Free:      | No            | Fat (total):              | 2.4g          |
| Egg Free:      | Yes           | Fat (Sat):                | 0.7g          |
| Vegetarian:    | Yes           | Carbohydrates (per 100g): | 10.4g         |
| Fish Free:     | Yes           | Sugar (per 100g)          | 3.2g          |
| Red Meat Free: | Yes           | Sodium (per 100g):        | 95mg          |
| Tomato Free:   | Yes           | Fat (total, per 100g):    | 2.7g          |
| Sesame Free:   | Yes           | Fat (Sat, per 100g):      | 0.8g          |
| Energy:        | 294kJ (70Cal) | Energy (per 100g):        | 335kJ (80Cal) |
| Protein:       | 2.3g          | Protein (per 100g):       | 2.6g          |

Cheesy Meatball Sub w/ Spinach & Roast Potatoes (Lunch)

Serving Size: 195g



Ingredients

Wholemeal Mini Torp (Unbleached Wholemeal Wheat Flour (59%), Water, Baker's Yeast, Wheat Gluten, Vinegar, Canola Oil, Soy Flour, Iodised Salt, Sugar, Vegetable Emulsifiers (481, 471, 472e), Vitamins (Thiamin, Folic Acid)), Potato, Beef (17%), Tomato Puree, Cheddar Cheese (5%) (Pasteurised Milk, Salt, Starter Cultures, Non Animal Rennet), Onion, Carrot, Filtered Water, Spinach, 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)), Zucchini, Celery, Tomato Paste (Citric Acid), Olive Oil, Garlic, Spring Onion, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), 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, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Parsley, Ground Black Pepper, Mixed Herbs, White Pepper

Allergy Information

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

Nutrition Info

|                  |     |                            |       |
|------------------|-----|----------------------------|-------|
| Gluten Free:     | No  | Carbohydrates:             | 30.8g |
| Dairy Free:      | No  | Sugar:                     | 3.8g  |
| Lactose Free:    | No  | Sodium:                    | 329mg |
| Soy Free:        | No  | Fat (total):               | 12.0g |
| Egg Free:        | Yes | Fat (Sat):                 | 4.6g  |
| Vegetarian:      | No  | Carbohydrates (per 100g):  | 15.8g |
| Fish Free:       | Yes | Sugar (per 100g)           | 2.0g  |
| Red Meat Free:   | No  | Sodium (per 100g):         | 169mg |
| Tomato Free:     | No  | Fat (total, per 100g):     | 6.2g  |
| Canola Oil Free: | No  | Fat (Saturates, per 100g): | 2.0g  |

GF & DF Vegetable Balls & Sweet Potato Mash (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Sweet Potato (45%), Tomato Puree, Potato (9%), Onion (5%), Carrot, Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt), Filtered Water, Zucchini (2.5%), Red Capsicum (2.5%), Corn, Besan, Olive Oil, Celery, Tomato Paste (Citric Acid), Garlic, Spring Onion, Parsley, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), White Pepper

Allergy Information

Nutrition Info

|                |                |                           |               |
|----------------|----------------|---------------------------|---------------|
| Gluten Free:   | Yes            | Carbohydrates:            | 25.0g         |
| Dairy Free:    | Yes            | Sugar:                    | 9.5g          |
| Lactose Free:  | Yes            | Sodium:                   | 35mg          |
| Soy Free:      | Yes            | Fat (total):              | 6.0g          |
| Egg Free:      | Yes            | Fat (Sat):                | 0.8g          |
| Vegetarian:    | Yes            | Carbohydrates (per 100g): | 12.5g         |
| Fish Free:     | Yes            | Sugar (per 100g)          | 4.8g          |
| Red Meat Free: | Yes            | Sodium (per 100g):        | 17mg          |
| Tomato Free:   | Yes            | Fat (total, per 100g):    | 3.0g          |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 0.4g          |
| Energy:        | 787kJ (188Cal) | Energy (per 100g):        | 393kJ (94Cal) |
| Protein:       | 5.1g           | Protein (per 100g):       | 2.6g          |

Meatball Sub w/ Spinach & Potatoes (No Cheese) (Lunch) [Allergy]

Serving Size: 185g



Ingredients

Wholemeal Mini Torp (Unbleached Wholemeal Wheat Flour (59%), Water, Baker's Yeast, Wheat Gluten, Vinegar, Canola Oil, Soy Flour, Iodised Salt, Sugar, Vegetable Emulsifiers (481, 471, 472e), Vitamins (Thiamin, Folic Acid)), Potato, Beef (18%), Tomato Puree, Onion, Carrot, Filtered Water, Spinach, 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)), Zucchini, Celery, Tomato Paste (Citric Acid), Olive Oil, Garlic, Spring Onion, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), 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, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Parsley, Ground Black Pepper, Mixed Herbs, White Pepper

Allergy Information

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

Nutrition Info

|                |     |                           |       |
|----------------|-----|---------------------------|-------|
| Gluten Free:   | No  | Carbohydrates:            | 30.7g |
| Dairy Free:    | Yes | Sugar:                    | 3.8g  |
| Lactose Free:  | Yes | Sodium:                   | 264mg |
| Soy Free:      | No  | Fat (total):              | 8.5g  |
| Egg Free:      | Yes | Fat (Sat):                | 2.2g  |
| Vegetarian:    | No  | Carbohydrates (per 100g): | 16.6g |
| Fish Free:     | Yes | Sugar (per 100g)          | 2.1g  |
| Red Meat Free: | No  | Sodium (per 100g):        | 143mg |
| Tomato Free:   | No  | Fat (total, per 100g):    | 4.6g  |
| Sesame Free:   | Yes | Fat (Sat, per 100g):      | 1.2g  |

GF & DF Beef Meatballs & Sweet Potato Mash (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Sweet Potato (45%), Beef (13%), Tomato Puree, Onion, Carrot, Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt), Filtered Water, Zucchini, Gluten Free Bread (Water, Organic Rice Flour, Tapioca Starch, Organic Pumpkin (11%), Organic Rice Flour, Organic Buckwheat Flour, Organic Sunflower Oil, Cultured Rice Flour, Salt (Non-Iodised), Vegetable Gum (Guar)), Celery, Olive Oil, Tomato Paste (Citric Acid), Garlic, Spring Onion, Parsley, Paprika, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), White Pepper, Garlic Powder

Allergy Information

Nutrition Info

|                |                |                           |               |
|----------------|----------------|---------------------------|---------------|
| Gluten Free:   | Yes            | Carbohydrates:            | 22.2g         |
| Dairy Free:    | Yes            | Sugar:                    | 9.0g          |
| Lactose Free:  | Yes            | Sodium:                   | 88mg          |
| Soy Free:      | Yes            | Fat (total):              | 6.2g          |
| Egg Free:      | Yes            | Fat (Sat):                | 1.6g          |
| Vegetarian:    | No             | Carbohydrates (per 100g): | 11.1g         |
| Fish Free:     | No             | Sugar (per 100g)          | 4.5g          |
| Red Meat Free: | No             | Sodium (per 100g):        | 44mg          |
| Tomato Free:   | No             | Fat (total, per 100g):    | 3.1g          |
| Sesame Free:   | No             | Fat (Sat, per 100g):      | 0.8g          |
| Energy:        | 827kJ (198Cal) | Energy (per 100g):        | 414kJ (99Cal) |
| Protein:       | 10.5g          | Protein (per 100g):       | 5.3g          |

Sticky Date Pudding w/ Orange Wedges (Afternoon Tea)

Serving Size: 110g



Ingredients

Orange (45%), Dried Dates (14%), Water, Plain Self Raising Flour (Wheat Flour, Raising Agent (339, 341, 450, 500)), Banana, Wholemeal Self Raising Flour, Unsalted Butter (Cream, Water), 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), Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate), Cinnamon

Allergy Information

Contains Wheat, Contains Gluten, Milk

Nutrition Info

|                |                |                           |                |
|----------------|----------------|---------------------------|----------------|
| Gluten Free:   | No             | Carbohydrates:            | 29.5g          |
| Dairy Free:    | No             | Sugar:                    | 18.7g          |
| Lactose Free:  | No             | Sodium:                   | 142mg          |
| Soy Free:      | Yes            | Fat (total):              | 6.8g           |
| Egg Free:      | Yes            | Fat (Sat):                | 2.5g           |
| Vegetarian:    | Yes            | Carbohydrates (per 100g): | 26.8g          |
| Fish Free:     | Yes            | Sugar (per 100g)          | 17.0g          |
| Red Meat Free: | Yes            | Sodium (per 100g):        | 129mg          |
| Tomato Free:   | Yes            | Fat (total, per 100g):    | 6.2g           |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 2.3g           |
| Energy:        | 807kJ (193Cal) | Energy (per 100g):        | 734kJ (175Cal) |
| Protein:       | 2.5g           | Protein (per 100g):       | 2.3g           |

GF & DF Sticky Date Pudding w/ Orange Wedges (AI) (Afternoon Tea) [Allergy]

Serving Size: 110g



Ingredients

Orange, 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 (8%), Olive Oil, Dried Dates, Raw Sugar, Natural Organic Vanilla Extract (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:            | 36.3g          |
| Dairy Free:    | Yes            | Sugar:                    | 13.1g          |
| Lactose Free:  | Yes            | Sodium:                   | 109mg          |
| Soy Free:      | Yes            | Fat (total):              | 6.0g           |
| Egg Free:      | Yes            | Fat (Sat):                | 0.9g           |
| Vegetarian:    | Yes            | Carbohydrates (per 100g): | 33.0g          |
| Fish Free:     | Yes            | Sugar (per 100g)          | 11.9g          |
| Red Meat Free: | Yes            | Sodium (per 100g):        | 99mg           |
| Tomato Free:   | Yes            | Fat (total, per 100g):    | 5.5g           |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 0.8g           |
| Energy:        | 771kJ (184Cal) | Energy (per 100g):        | 701kJ (167Cal) |
| Protein:       | 1.4g           | Protein (per 100g):       | 1.2g           |

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          |

Mean Green Mac & Cheese w/ Carrot Batons (Lunch)

Serving Size: 220g



Ingredients

Water, Macaroni (32%), Carrot Sticks (9%), Broccoli (8%), Cheddar Cheese (Pasteurised Milk, Salt, Starter Cultures, Non Animal Rennet), Skim Milk Powder, Spinach, Plain Flour, 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:            | 26.5g          |
| Dairy Free:    | No             | Sugar:                    | 6.2g           |
| Lactose Free:  | No             | Sodium:                   | 125mg          |
| Soy Free:      | Yes            | Fat (total):              | 8.5g           |
| Egg Free:      | Yes            | Fat (Sat):                | 4.0g           |
| Vegetarian:    | Yes            | Carbohydrates (per 100g): | 12.0g          |
| Fish Free:     | Yes            | Sugar (per 100g)          | 2.8g           |
| Red Meat Free: | Yes            | Sodium (per 100g):        | 57mg           |
| Tomato Free:   | Yes            | Fat (total, per 100g):    | 3.9g           |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 1.8g           |
| Energy:        | 974kJ (233Cal) | Energy (per 100g):        | 443kJ (106Cal) |
| Protein:       | 11.3g          | Protein (per 100g):       | 5.1g           |

DF Pumpkin & Pea Pasta (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Macaroni, Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt), Pumpkin (17%), Cannellini Beans, Peas (10%), Nuttelex (Vegetable Oils (Olive Oil 14%), Water, Salt, Emulsifiers (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene)), Gluten Free Plain Flour (Starch (Maize, Tapioca), Rice Flour, Vegetable Gums (Hydroxypropyl Methyl Cellulose, Xanthan Gum)), Onion, Nutritional Yeast, Garlic, Ground Black Pepper

Allergy Information

Contains Wheat, Contains Gluten

Nutrition Info

|                |                |                           |               |
|----------------|----------------|---------------------------|---------------|
| Gluten Free:   | No             | Carbohydrates:            | 32.2g         |
| Dairy Free:    | Yes            | Sugar:                    | 4.6g          |
| Lactose Free:  | Yes            | Sodium:                   | 59mg          |
| Soy Free:      | Yes            | Fat (total):              | 3.1g          |
| Egg Free:      | Yes            | Fat (Sat):                | 0.8g          |
| Vegetarian:    | Yes            | Carbohydrates (per 100g): | 16.1g         |
| Fish Free:     | Yes            | Sugar (per 100g)          | 2.3g          |
| Red Meat Free: | Yes            | Sodium (per 100g):        | 30mg          |
| Tomato Free:   | Yes            | Fat (total, per 100g):    | 1.5g          |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 0.4g          |
| Energy:        | 831kJ (199Cal) | Energy (per 100g):        | 416kJ (99Cal) |
| Protein:       | 7.9g           | Protein (per 100g):       | 3.9g          |

GF & DF Pumpkin & Pea Pasta (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt), Gluten Free Pasta (Rice Flour (40%), Corn Flour (22%), Corn Starch (17%), Potato Starch, Yellow Pea Flour), Filtered Water, Pumpkin (17%), Cannellini Beans, Peas, Nuttelex (Vegetable Oils (Olive Oil 14%), Water, Salt, Emulsifiers (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene)), Gluten Free Plain Flour (Starch (Maize, Tapioca), Rice Flour, Vegetable Gums (Hydroxypropyl Methyl Cellulose, Xanthan Gum)), Onion, Nutritional Yeast, Garlic, Ground Black Pepper

Allergy Information

Nutrition Info

|                |                 |                           |                |
|----------------|-----------------|---------------------------|----------------|
| Gluten Free:   | Yes             | Carbohydrates:            | 42.3g          |
| Dairy Free:    | Yes             | Sugar:                    | 5.1g           |
| Lactose Free:  | Yes             | Sodium:                   | 74mg           |
| Soy Free:      | Yes             | Fat (total):              | 3.7g           |
| Egg Free:      | Yes             | Fat (Sat):                | 1.2g           |
| Vegetarian:    | Yes             | Carbohydrates (per 100g): | 21.1g          |
| Fish Free:     | Yes             | Sugar (per 100g)          | 2.6g           |
| Red Meat Free: | Yes             | Sodium (per 100g):        | 37mg           |
| Tomato Free:   | Yes             | Fat (total, per 100g):    | 1.8g           |
| Sesame Free:   | Yes             | Fat (Sat, per 100g):      | 0.6g           |
| Energy:        | 1010kJ (241Cal) | Energy (per 100g):        | 504kJ (120Cal) |
| Protein:       | 7.1g            | Protein (per 100g):       | 3.5g           |

Beef & Kale Sausage Rolls (Afternoon Tea)

Serving Size: 60g



Ingredients

Filtered Water, Beef (15%), Butter (Pasteurised Cream (From Cow's Milk), Water), Plain Flour, Wholemeal Flour, 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)), Onion, Carrot, Celery, Kale (3.5%), Olive Oil, Garlic Powder, White Pepper, Poppy Seeds

Allergy Information

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

Nutrition Info

|                |                |                           |                 |
|----------------|----------------|---------------------------|-----------------|
| Gluten Free:   | No             | Carbohydrates:            | 11.3g           |
| Dairy Free:    | No             | Sugar:                    | 0.6g            |
| Lactose Free:  | No             | Sodium:                   | 40mg            |
| Soy Free:      | No             | Fat (total):              | 8.7g            |
| Egg Free:      | Yes            | Fat (Sat):                | 4.8g            |
| Vegetarian:    | No             | Carbohydrates (per 100g): | 18.8g           |
| Fish Free:     | Yes            | Sugar (per 100g)          | 1.0g            |
| Red Meat Free: | No             | Sodium (per 100g):        | 66mg            |
| Tomato Free:   | Yes            | Fat (total, per 100g):    | 14.6g           |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 8.1g            |
| Energy:        | 622kJ (149Cal) | Energy (per 100g):        | 1040kJ (248Cal) |
| Protein:       | 4.8g           | Protein (per 100g):       | 8.1g            |

GF & DF Beef & Kale Sausage Roll (AI) (Afternoon Tea) [Allergy]

Serving Size: 60g



Ingredients

Gluten Free Puff Pastry (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), Beef, Crispi Premium Breadcrumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier From Vegetable (471)), Onion, Carrot, Celery, Filtered Water, Olive Oil, Kale, Mixed Herbs, Garlic Powder, White Pepper

Allergy Information

Contains Soybeans

Nutrition Info

|                |                |                           |                 |
|----------------|----------------|---------------------------|-----------------|
| Gluten Free:   | Yes            | Carbohydrates:            | 17.3g           |
| Dairy Free:    | Yes            | Sugar:                    | 1.2g            |
| Lactose Free:  | Yes            | Sodium:                   | 89mg            |
| Soy Free:      | Yes            | Fat (total):              | 9.0g            |
| Egg Free:      | Yes            | Fat (Sat):                | 4.7g            |
| Vegetarian:    | No             | Carbohydrates (per 100g): | 28.9g           |
| Fish Free:     | Yes            | Sugar (per 100g)          | 2.0g            |
| Red Meat Free: | No             | Sodium (per 100g):        | 149mg           |
| Tomato Free:   | Yes            | Fat (total, per 100g):    | 15.0g           |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 7.8g            |
| Energy:        | 705kJ (168Cal) | Energy (per 100g):        | 1170kJ (281Cal) |
| Protein:       | 4.1g           | Protein (per 100g):       | 6.9g            |

Vegetable Sausage Roll (AI) (Afternoon Tea) [Allergy]

Serving Size: 60g



Ingredients

Sweet Potato, Filtered Water, Chickpeas, Butter (Pasteurised Cream (From Cow's Milk), Water), Plain Flour, Wholemeal Flour, Onion, Peas, Gluten Free Bread Crumbs Crispi (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier (Diglyceride Of Vegetables)), Olive Oil, Garlic Powder, Cumin

Allergy Information

Contains Wheat, Contains Gluten, Milk

Nutrition Info

|                |                |                           |                 |
|----------------|----------------|---------------------------|-----------------|
| Gluten Free:   | No             | Carbohydrates:            | 17.4g           |
| Dairy Free:    | Yes            | Sugar:                    | 2.1g            |
| Lactose Free:  | Yes            | Sodium:                   | 36mg            |
| Soy Free:      | Yes            | Fat (total):              | 8.0g            |
| Egg Free:      | Yes            | Fat (Sat):                | 4.5g            |
| Vegetarian:    | Yes            | Carbohydrates (per 100g): | 29.0g           |
| Fish Free:     | Yes            | Sugar (per 100g)          | 3.5g            |
| Red Meat Free: | Yes            | Sodium (per 100g):        | 59mg            |
| Tomato Free:   | Yes            | Fat (total, per 100g):    | 13.2g           |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 7.5g            |
| Energy:        | 676kJ (162Cal) | Energy (per 100g):        | 1130kJ (269Cal) |
| Protein:       | 3.7g           | Protein (per 100g):       | 6.1g            |

GF & DF Vegetable Empanada (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)), Sweet Potato (23%), Filtered Water, Chickpeas (14%), Onion, Peas, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Raw Sugar, Gluten Free Bread Crumbs Crispi (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier (Diglyceride Of Vegetables)), Olive Oil, Garlic Powder, Cumin

Allergy Information

Nutrition Info

|                |                |                           |                |
|----------------|----------------|---------------------------|----------------|
| Gluten Free:   | Yes            | Carbohydrates:            | 25.7g          |
| Dairy Free:    | Yes            | Sugar:                    | 3.9g           |
| Lactose Free:  | Yes            | Sodium:                   | 94mg           |
| Soy Free:      | Yes            | Fat (total):              | 3.2g           |
| Egg Free:      | Yes            | Fat (Sat):                | 0.3g           |
| Vegetarian:    | Yes            | Carbohydrates (per 100g): | 42.8g          |
| Fish Free:     | Yes            | Sugar (per 100g)          | 6.4g           |
| Red Meat Free: | Yes            | Sodium (per 100g):        | 156mg          |
| Tomato Free:   | Yes            | Fat (total, per 100g):    | 5.3g           |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 0.6g           |
| Energy:        | 531kJ (127Cal) | Energy (per 100g):        | 885kJ (211Cal) |
| Protein:       | 2.5g           | Protein (per 100g):       | 4.1g           |

Organic Milk, Kiwi, Pear & Mandarin (Morning Tea)

Serving Size: 180g



Ingredients

Organic Full Cream Milk (56%), Mandarin (17%), Kiwi (17%), Pear (11%) (Diced Pears (62% Min), Refined Fruit Juice)

Allergy Information

Contains Milk

Nutrition Info

|                |                |                           |               |
|----------------|----------------|---------------------------|---------------|
| Gluten Free:   | Yes            | Carbohydrates:            | 13.0g         |
| Dairy Free:    | No             | Sugar:                    | 12.4g         |
| Lactose Free:  | No             | Sodium:                   | 40mg          |
| Soy Free:      | Yes            | Fat (total):              | 4.5g          |
| Egg Free:      | Yes            | Fat (Sat):                | 2.8g          |
| Vegetarian:    | Yes            | Carbohydrates (per 100g): | 7.2g          |
| Fish Free:     | Yes            | Sugar (per 100g)          | 6.9g          |
| Red Meat Free: | Yes            | Sodium (per 100g):        | 22mg          |
| Tomato Free:   | Yes            | Fat (total, per 100g):    | 2.5g          |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 1.5g          |
| Energy:        | 468kJ (112Cal) | Energy (per 100g):        | 260kJ (62Cal) |
| Protein:       | 4.2g           | Protein (per 100g):       | 2.4g          |

**Friday - 19/07/2024**

## Organic Rice Milk, Kiwi, Pear & Mandarin (Morning Tea) [Allergy]

Serving Size: 180g



## Ingredients

Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt), Mandarin (17%), Kiwi (17%), Pear (11%) (Diced Pears (62% Min), Refined Fruit Juice)

### Allergy Information

### Nutrition Info

|                |               |                           |               |
|----------------|---------------|---------------------------|---------------|
| Gluten Free:   | Yes           | Carbohydrates:            | 18.4g         |
| Dairy Free:    | Yes           | Sugar:                    | 10.4g         |
| Lactose Free:  | Yes           | Sodium:                   | 63mg          |
| Soy Free:      | Yes           | Fat (total):              | 1.4g          |
| Egg Free:      | Yes           | Fat (Sat):                | 0.3g          |
| Vegetarian:    | Yes           | Carbohydrates (per 100g): | 10.2g         |
| Fish Free:     | Yes           | Sugar (per 100g)          | 5.8g          |
| Red Meat Free: | Yes           | Sodium (per 100g):        | 35mg          |
| Tomato Free:   | Yes           | Fat (total, per 100g):    | 0.8g          |
| Sesame Free:   | Yes           | Fat (Sat, per 100g):      | 0.1g          |
| Energy:        | 380kJ (91Cal) | Energy (per 100g):        | 211kJ (51Cal) |
| Protein:       | 1.0g          | Protein (per 100g):       | 0.6g          |

LF Milk, Kiwi, Pear & Mandarin (Morning Tea) [Allergy]

Serving Size: 180g



Ingredients

Lactose Free Milk (Full Cream Milk, Enzyme (Lactase)), Mandarin (17%), Kiwi (17%), Pear (11%) (Diced Pears (62% Min), Refined Fruit Juice)

Allergy Information

Contains Milk

Nutrition Info

|                |                |                           |               |
|----------------|----------------|---------------------------|---------------|
| Gluten Free:   | Yes            | Carbohydrates:            | 12.7g         |
| Dairy Free:    | No             | Sugar:                    | 12.1g         |
| Lactose Free:  | Yes            | Sodium:                   | 43mg          |
| Soy Free:      | Yes            | Fat (total):              | 3.9g          |
| Egg Free:      | Yes            | Fat (Sat):                | 2.3g          |
| Vegetarian:    | Yes            | Carbohydrates (per 100g): | 7.1g          |
| Fish Free:     | Yes            | Sugar (per 100g)          | 6.7g          |
| Red Meat Free: | Yes            | Sodium (per 100g):        | 24mg          |
| Tomato Free:   | Yes            | Fat (total, per 100g):    | 2.2g          |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 1.3g          |
| Energy:        | 435kJ (104Cal) | Energy (per 100g):        | 242kJ (58Cal) |
| Protein:       | 4.2g           | Protein (per 100g):       | 2.4g          |

Organic Soy Milk, Kiwi, Pear & Mandarin (Morning Tea) [Allergy]

Serving Size: 180g



Ingredients

Soy Milk, Mandarin (17%), Kiwi (17%), Pear (11%) (Diced Pears (62% Min), Refined Fruit Juice)

Allergy Information

Contains Soybeans

Nutrition Info

|                |                |                           |               |
|----------------|----------------|---------------------------|---------------|
| Gluten Free:   | Yes            | Carbohydrates:            | 12.8g         |
| Dairy Free:    | Yes            | Sugar:                    | 9.3g          |
| Lactose Free:  | Yes            | Sodium:                   | 47mg          |
| Soy Free:      | No             | Fat (total):              | 3.7g          |
| Egg Free:      | Yes            | Fat (Sat):                | 0.4g          |
| Vegetarian:    | Yes            | Carbohydrates (per 100g): | 7.1g          |
| Fish Free:     | Yes            | Sugar (per 100g)          | 5.2g          |
| Red Meat Free: | Yes            | Sodium (per 100g):        | 26mg          |
| Tomato Free:   | Yes            | Fat (total, per 100g):    | 2.0g          |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 0.2g          |
| Energy:        | 421kJ (101Cal) | Energy (per 100g):        | 234kJ (56Cal) |
| Protein:       | 3.7g           | Protein (per 100g):       | 2.1g          |

Lamb & Barley Soup w/ Wholemeal Bread (Lunch)

Serving Size: 235g



Ingredients

Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Grain Fusion Bread (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)), Lamb (14%), Carrot, Onion, Barley (6%), Potato, Green Beans, Celery, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Garlic, Paprika, Ground Black Pepper, Thyme

Allergy Information

Contains Wheat, Rye, Barley, Oats, Contains Gluten, Soybeans

Nutrition Info

|                |                |                           |               |
|----------------|----------------|---------------------------|---------------|
| Gluten Free:   | No             | Carbohydrates:            | 27.0g         |
| Dairy Free:    | Yes            | Sugar:                    | 2.8g          |
| Lactose Free:  | Yes            | Sodium:                   | 298mg         |
| Soy Free:      | No             | Fat (total):              | 5.4g          |
| Egg Free:      | Yes            | Fat (Sat):                | 1.3g          |
| Vegetarian:    | No             | Carbohydrates (per 100g): | 11.5g         |
| Fish Free:     | Yes            | Sugar (per 100g)          | 1.2g          |
| Red Meat Free: | No             | Sodium (per 100g):        | 127mg         |
| Tomato Free:   | Yes            | Fat (total, per 100g):    | 2.3g          |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 0.6g          |
| Energy:        | 962kJ (230Cal) | Energy (per 100g):        | 410kJ (98Cal) |
| Protein:       | 15.0g          | Protein (per 100g):       | 6.4g          |

Vegetable & Barley Soup w/ Wholemeal Bread (AI) (Lunch) [Allergy]

Serving Size: 285g



Ingredients

Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Grain Fusion Bread (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)), Lentils (Lentils, Water, Ascorbic Acid), Carrot, Green Beans, Potato, Onion, Celery, Barley, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Garlic, Parsley, Ground Black Pepper

Allergy Information

Contains Wheat, Rye, Barley, Oats, Contains Gluten, Soybeans

Nutrition Info

|                |                |                           |               |
|----------------|----------------|---------------------------|---------------|
| Gluten Free:   | No             | Carbohydrates:            | 39.4g         |
| Dairy Free:    | Yes            | Sugar:                    | 13.7g         |
| Lactose Free:  | Yes            | Sodium:                   | 242mg         |
| Soy Free:      | No             | Fat (total):              | 6.5g          |
| Egg Free:      | Yes            | Fat (Sat):                | 0.8g          |
| Vegetarian:    | Yes            | Carbohydrates (per 100g): | 13.8g         |
| Fish Free:     | Yes            | Sugar (per 100g)          | 4.8g          |
| Red Meat Free: | Yes            | Sodium (per 100g):        | 85mg          |
| Tomato Free:   | Yes            | Fat (total, per 100g):    | 2.3g          |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 0.3g          |
| Energy:        | 910kJ (217Cal) | Energy (per 100g):        | 319kJ (76Cal) |
| Protein:       | 7.5g           | Protein (per 100g):       | 2.6g          |

Cheese & Vita-Weats w/ Tomato (Afternoon Tea)

Serving Size: 56g



Ingredients

Vita-Weat Crackers (36%) (Wholegrain (45%) (Whole Wheat Flour, Oats), Wheat Flour, Vegetable Oil, Cornflour, Seeds (6%) (Linseed, Poppy, Canola, Sunflower Kernals), Sugar, Yeast, Salt, Emulsifier (Soy Lecithin)), Tomato, Cheese Slices (29%) ( (Pasturised Milk, Salt, Cultures, Enzyme (Rennet)))

Allergy Information

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

Nutrition Info

|                |                |                           |                 |
|----------------|----------------|---------------------------|-----------------|
| Gluten Free:   | No             | Carbohydrates:            | 13.3g           |
| Dairy Free:    | No             | Sugar:                    | 1.1g            |
| Lactose Free:  | No             | Sodium:                   | 197mg           |
| Soy Free:      | No             | Fat (total):              | 8.2g            |
| Egg Free:      | Yes            | Fat (Sat):                | 4.1g            |
| Vegetarian:    | Yes            | Carbohydrates (per 100g): | 23.7g           |
| Fish Free:     | Yes            | Sugar (per 100g)          | 2.0g            |
| Red Meat Free: | Yes            | Sodium (per 100g):        | 352mg           |
| Tomato Free:   | No             | Fat (total, per 100g):    | 14.6g           |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 7.3g            |
| Energy:        | 649kJ (155Cal) | Energy (per 100g):        | 1160kJ (277Cal) |
| Protein:       | 6.1g           | Protein (per 100g):       | 10.9g           |

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           |

Cheese & Vita-Weats (No Tomato) (Afternoon Tea) [Allergy]

Serving Size: 36g



Ingredients

Vita-Weat Crackers (Wholegrain (45%) (Whole Wheat Flour, Oats), Wheat Flour, Vegetable Oil, Cornflour, Seeds (6%) (Linseed, Poppy, Canola, Sunflower Kernals), Sugar, Yeast, Salt, Emulsifier (Soy Lecithin)), Cheese Slices (44%) (Pasturised Milk, Salt, Cultures, Enzyme (Rennet)))

Allergy Information

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

Nutrition Info

|                |                |                           |                 |
|----------------|----------------|---------------------------|-----------------|
| Gluten Free:   | No             | Carbohydrates:            | 12.9g           |
| Dairy Free:    | No             | Sugar:                    | 0.8g            |
| Lactose Free:  | No             | Sodium:                   | 196mg           |
| Soy Free:      | No             | Fat (total):              | 8.2g            |
| Egg Free:      | Yes            | Fat (Sat):                | 4.1g            |
| Vegetarian:    | Yes            | Carbohydrates (per 100g): | 35.8g           |
| Fish Free:     | Yes            | Sugar (per 100g)          | 2.1g            |
| Red Meat Free: | Yes            | Sodium (per 100g):        | 545mg           |
| Tomato Free:   | Yes            | Fat (total, per 100g):    | 22.6g           |
| Sesame Free:   | Yes            | Fat (Sat, per 100g):      | 11.3g           |
| Energy:        | 636kJ (152Cal) | Energy (per 100g):        | 1770kJ (422Cal) |
| Protein:       | 5.9g           | Protein (per 100g):       | 16.4g           |

White Bean Dip & Brown Rice Crackers (AI) (Afternoon Tea) [Allergy]

Serving Size: 50g



Ingredients

Cannellini Beans (57%), Brown Rice Crackers (30%) (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Filtered Water, Olive Oil, Lemon Juice, Garlic Powder, Cumin

Allergy Information

Nutrition Info

|                |               |                           |                |
|----------------|---------------|---------------------------|----------------|
| Gluten Free:   | Yes           | Carbohydrates:            | 13.2g          |
| Dairy Free:    | Yes           | Sugar:                    | 0.2g           |
| Lactose Free:  | Yes           | Sodium:                   | 84mg           |
| Soy Free:      | Yes           | Fat (total):              | 3.3g           |
| Egg Free:      | Yes           | Fat (Sat):                | 0.4g           |
| Vegetarian:    | Yes           | Carbohydrates (per 100g): | 26.3g          |
| Fish Free:     | Yes           | Sugar (per 100g)          | 0.3g           |
| Red Meat Free: | Yes           | Sodium (per 100g):        | 168mg          |
| Tomato Free:   | Yes           | Fat (total, per 100g):    | 6.7g           |
| Sesame Free:   | Yes           | Fat (Sat, per 100g):      | 0.9g           |
| Energy:        | 397kJ (95Cal) | Energy (per 100g):        | 795kJ (190Cal) |
| Protein:       | 2.3g          | Protein (per 100g):       | 4.6g           |

White Bean Dip & Vita-Weats w/ Tomato (AI) (Afternoon Tea) [Allergy]

Serving Size: 65g



Ingredients

Cannellini Beans (31%), Vita-Weat Crackers (31%) (Wholegrain (45%) (Whole Wheat Flour, Oats), Wheat Flour, Vegetable Oil, Cornflour, Seeds (6%) (Linseed, Poppy, Canola, Sunflower Kernals), Sugar, Yeast, Salt, Emulsifier (Soy Lecithin)), Tomato, Filtered Water, Olive Oil, Lemon Juice, Garlic Powder, Cumin

Allergy Information

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

Nutrition Info

|                |                |                           |                |
|----------------|----------------|---------------------------|----------------|
| Gluten Free:   | No             | Carbohydrates:            | 15.0g          |
| Dairy Free:    | Yes            | Sugar:                    | 1.2g           |
| Lactose Free:  | Yes            | Sodium:                   | 86mg           |
| Soy Free:      | No             | Fat (total):              | 4.2g           |
| Egg Free:      | Yes            | Fat (Sat):                | 0.7g           |
| Vegetarian:    | Yes            | Carbohydrates (per 100g): | 23.0g          |
| Fish Free:     | Yes            | Sugar (per 100g)          | 1.8g           |
| Red Meat Free: | Yes            | Sodium (per 100g):        | 133mg          |
| Tomato Free:   | Yes            | Fat (total, per 100g):    | 6.5g           |
| Sesame Free:   | No             | Fat (Sat, per 100g):      | 1.0g           |
| Energy:        | 488kJ (117Cal) | Energy (per 100g):        | 751kJ (179Cal) |
| Protein:       | 3.1g           | Protein (per 100g):       | 4.8g           |