

**Menu: Childcare Week 1 5.8.24 - 9.8.24**

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

Serving Size: 140 g



Ingredients

Banana, 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)), Kiwi, Raspberries, Chia Seeds, Honey.

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	17.0 g
Dairy Free:	No	Sugar:	12.4 g
Lactose Free:	No	Sodium:	28 mg
Soy Free:	Yes	Fat (total):	2.7 g
Egg Free:	Yes	Fat (Sat):	1.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	12.2 g
Fish Free:	Yes	Sugar (per 100g)	8.8 g
Red Meat Free:	Yes	Sodium (per 100g):	20 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	487 kJ (116 Cal)	Energy (per 100g):	348 kJ (83 Cal)
Protein:	4.0 g	Protein (per 100g):	2.8 g

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

Serving Size: 190 g



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), Banana, Kiwi, Raspberries, Chia Seeds, Honey.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	23.0 g
Dairy Free:	Yes	Sugar:	11.6 g
Lactose Free:	Yes	Sodium:	6 mg
Soy Free:	Yes	Fat (total):	9.5 g
Egg Free:	Yes	Fat (Sat):	8.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	12.1 g
Fish Free:	Yes	Sugar (per 100g)	6.1 g
Red Meat Free:	Yes	Sodium (per 100g):	3 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.4 g
Energy:	817 kJ (195 Cal)	Energy (per 100g):	430 kJ (103 Cal)
Protein:	2.6 g	Protein (per 100g):	1.4 g

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

Serving Size: 220 g



Ingredients

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

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	48.5 g
Dairy Free:	No	Sugar:	8.3 g
Lactose Free:	No	Sodium:	133 mg
Soy Free:	Yes	Fat (total):	7.8 g
Egg Free:	Yes	Fat (Sat):	2.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	22.0 g
Fish Free:	Yes	Sugar (per 100g)	3.8 g
Red Meat Free:	Yes	Sodium (per 100g):	61 mg
Tomato Free:	No	Fat (total, per 100g):	3.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	1360 kJ (324 Cal)	Energy (per 100g):	616 kJ (147 Cal)
Protein:	10.1 g	Protein (per 100g):	4.6 g

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

Serving Size: 200 g



Ingredients

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

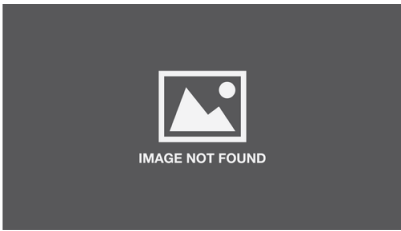
Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	40.7 g
Dairy Free:	Yes	Sugar:	15.4 g
Lactose Free:	Yes	Sodium:	27 mg
Soy Free:	Yes	Fat (total):	11.5 g
Egg Free:	Yes	Fat (Sat):	2.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	20.3 g
Fish Free:	Yes	Sugar (per 100g)	7.7 g
Red Meat Free:	Yes	Sodium (per 100g):	13 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	1220 kJ (291 Cal)	Energy (per 100g):	610 kJ (146 Cal)
Protein:	4.2 g	Protein (per 100g):	2.1 g

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

Serving Size: 215 g



Ingredients

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

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	48.3 g
Dairy Free:	Yes	Sugar:	8.2 g
Lactose Free:	Yes	Sodium:	126 mg
Soy Free:	Yes	Fat (total):	7.0 g
Egg Free:	Yes	Fat (Sat):	2.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	22.5 g
Fish Free:	Yes	Sugar (per 100g)	3.8 g
Red Meat Free:	Yes	Sodium (per 100g):	59 mg
Tomato Free:	No	Fat (total, per 100g):	3.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	1320 kJ (315 Cal)	Energy (per 100g):	613 kJ (147 Cal)
Protein:	9.8 g	Protein (per 100g):	4.6 g

Spinach & Cheese Naan (Afternoon Tea)

Serving Size: 100 g



Ingredients

Black Beans, Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Roasted Capsicum (Red Peppers, Water, Vinegar, Salt, Sugar), Plain Flour Perfection (**Wheat**), Wholemeal Flour (**Wheat**), Chickpeas, Full Cream **Milk**, Pumpkin, 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)), Lemon Juice, Olive Oil Blend, Raw Sugar, Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate), Yeast (Sorbitan Monostearate), Cumin, Garlic, Powder, White Pepper.

Allergy Information

Contains Gluten, Wheat, Milk.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	27.1 g
Dairy Free:	No	Sugar:	1.7 g
Lactose Free:	No	Sodium:	200 mg
Soy Free:	Yes	Fat (total):	5.8 g
Egg Free:	Yes	Fat (Sat):	2.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	27.1 g
Fish Free:	Yes	Sugar (per 100g)	1.7 g
Red Meat Free:	Yes	Sodium (per 100g):	200 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.6 g
Energy:	852 kJ (204 Cal)	Energy (per 100g):	852 kJ (204 Cal)
Protein:	9.0 g	Protein (per 100g):	9.0 g

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

Serving Size: 75 g



Ingredients

Filtered Water, Plain Self Raising Flour (**Wheat** Flour, Raising Agent (339, 341, 450, 500)), Wholemeal Flour (**Wheat** ), Chickpeas, Black Beans, Roasted Capsicum (Red Peppers, Water, Vinegar, Salt, Sugar), Pumpkin, Plant Based 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 Blend, Lemon Juice, Parsley, Raw Sugar, Yeast (Sorbitan Monostearate), Bread Improver (**Wheat**) (**Soy** Flour, Ascorbic Acid, Bread Flour, Enzyme (Amylase).), Cumin, Garlic, Powder, White Pepper.

Allergy Information

Contains Gluten, Wheat, Soy.:

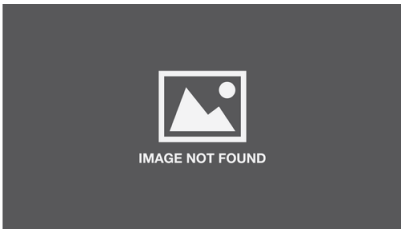
Nutrition Info

Gluten Free:	No	Carbohydrates:	24.8 g
Dairy Free:	Yes	Sugar:	1.1 g
Lactose Free:	Yes	Sodium:	200 mg
Soy Free:	No	Fat (total):	3.9 g
Egg Free:	Yes	Fat (Sat):	1.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	33.1 g
Fish Free:	Yes	Sugar (per 100g)	1.4 g
Red Meat Free:	Yes	Sodium (per 100g):	266 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.2 g
Energy:	666 kJ (159 Cal)	Energy (per 100g):	888 kJ (212 Cal)
Protein:	4.5 g	Protein (per 100g):	5.9 g



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

Serving Size: 75 g



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, Black Beans, Roasted Capsicum (Red Peppers, Water, Vinegar, Salt, Sugar), Pumpkin, Plant Based Cheese (Water, Coconut Oil (29%), Modified Starch (1450, 1442, 1404), Potato Starch, Flavourings, Salt, Bamboo Fibre, Acid (270), Fructose, Gelling Agent (406), Colour (160a).), Parsley, Lemon Juice, Olive Oil Blend, Cumin, Garlic, Powder, White Pepper.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	30.5 g
Dairy Free:	Yes	Sugar:	1.1 g
Lactose Free:	Yes	Sodium:	414 mg
Soy Free:	Yes	Fat (total):	4.9 g
Egg Free:	Yes	Fat (Sat):	1.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	40.6 g
Fish Free:	Yes	Sugar (per 100g)	1.4 g
Red Meat Free:	Yes	Sodium (per 100g):	552 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.3 g
Energy:	755 kJ (181 Cal)	Energy (per 100g):	1010 kJ (241 Cal)
Protein:	2.1 g	Protein (per 100g):	2.8 g

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

Serving Size: 110 g



Ingredients

Watermelon, Wholemeal Muffin (**Soy**) (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), Soy flour, Acidity Regulator (260), Vitamins (Thiamin, Folic Acid)), Cannellini Beans, Avocado, Lemon Juice, Baby Spinach, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil).

Allergy Information

Contains Gluten, Wheat, Soy.:May Contain Egg, Milk, Sesame.

Nutrition Info

Gluten Free:	No	Carbohydrates:	18.2 g
Dairy Free:	Yes	Sugar:	4.7 g
Lactose Free:	Yes	Sodium:	156 mg
Soy Free:	Yes	Fat (total):	2.5 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	16.6 g
Fish Free:	Yes	Sugar (per 100g)	4.3 g
Red Meat Free:	Yes	Sodium (per 100g):	142 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4 g
Energy:	530 kJ (127 Cal)	Energy (per 100g):	482 kJ (115 Cal)
Protein:	5.2 g	Protein (per 100g):	4.7 g

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

Serving Size: 110 g



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, Baby Spinach, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil).

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	21.3 g
Dairy Free:	Yes	Sugar:	6.2 g
Lactose Free:	Yes	Sodium:	184 mg
Soy Free:	Yes	Fat (total):	5.0 g
Egg Free:	Yes	Fat (Sat):	0.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	19.4 g
Fish Free:	Yes	Sugar (per 100g)	5.6 g
Red Meat Free:	Yes	Sodium (per 100g):	167 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.6 g
Energy:	605 kJ (145 Cal)	Energy (per 100g):	550 kJ (132 Cal)
Protein:	1.6 g	Protein (per 100g):	1.5 g

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

Serving Size: 200 g



Ingredients

Tomato Puree, Filtered Water, Gluten Free Pasta (Rice Flour (40%), Corn Flour (22%), Corn Starch (17%), Potato Starch, Yellow Pea Flour), Beef Mince, Onion, Carrot, Celery, Mushroom, Tomato Paste (Citric Acid), Zucchini, Balsamic Vinegar (Naturally Fermented Wine Vinegar, Concentrated Grape Must, Cooked Grape Must), Parsley, Maize Cornflour (Gluten Free), Minced Garlic, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Mixed Herbs (Rosemary, Oregano, Bay Leaves), White Pepper.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	34.5 g
Dairy Free:	Yes	Sugar:	4.1 g
Lactose Free:	Yes	Sodium:	45 mg
Soy Free:	Yes	Fat (total):	4.0 g
Egg Free:	Yes	Fat (Sat):	1.4 g
Vegetarian:	No	Carbohydrates (per 100g):	17.3 g
Fish Free:	Yes	Sugar (per 100g)	2.1 g
Red Meat Free:	No	Sodium (per 100g):	22 mg
Tomato Free:	No	Fat (total, per 100g):	2.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.7 g
Energy:	936 kJ (224 Cal)	Energy (per 100g):	468 kJ (112 Cal)
Protein:	10.4 g	Protein (per 100g):	5.2 g

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

Serving Size: 225 g



Ingredients

Cooked Macaroni (**Wheat**), Beef Mince, Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Tomato, Filtered Water, Onion, Baby Spinach, Tomato Paste (Citric Acid), Carrot, Celery, Mushroom, Zucchini, Potato Starch, Balsamic Vinegar (Naturally Fermented Wine Vinegar, Concentrated Grape Must, Cooked Grape Must), Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Minced Garlic, Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil) (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), White Pepper.

Allergy Information

Contains Gluten, Wheat.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	24.6 g
Dairy Free:	Yes	Sugar:	4.3 g
Lactose Free:	Yes	Sodium:	65 mg
Soy Free:	Yes	Fat (total):	5.5 g
Egg Free:	Yes	Fat (Sat):	1.8 g
Vegetarian:	No	Carbohydrates (per 100g):	10.9 g
Fish Free:	Yes	Sugar (per 100g)	1.9 g
Red Meat Free:	No	Sodium (per 100g):	29 mg
Tomato Free:	No	Fat (total, per 100g):	2.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	919 kJ (220 Cal)	Energy (per 100g):	408 kJ (98 Cal)
Protein:	15.8 g	Protein (per 100g):	7.0 g

Beef & Cauliflower Lasagne w/ Salad (Lunch)

Serving Size: 245 g



Ingredients

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

Allergy Information

Contains Gluten, Wheat, Milk.:May Contain Egg, Soy.

Nutrition Info

Gluten Free:	No	Carbohydrates:	22.4 g
Dairy Free:	No	Sugar:	6.3 g
Lactose Free:	No	Sodium:	146 mg
Soy Free:	Yes	Fat (total):	12.5 g
Egg Free:	Yes	Fat (Sat):	5.9 g
Vegetarian:	No	Carbohydrates (per 100g):	9.2 g
Fish Free:	Yes	Sugar (per 100g)	2.6 g
Red Meat Free:	No	Sodium (per 100g):	60 mg
Tomato Free:	No	Fat (total, per 100g):	5.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.4 g
Energy:	1180 kJ (282 Cal)	Energy (per 100g):	482 kJ (115 Cal)

Cheesy Vegetable Lasagne Sml (Lunch) [Allergy]

Serving Size: 250 g



Ingredients

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

Allergy Information

Contains Gluten, Wheat, Milk.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	30.1 g
Dairy Free:	No	Sugar:	5.2 g
Lactose Free:	No	Sodium:	86 mg
Soy Free:	Yes	Fat (total):	10.6 g
Egg Free:	Yes	Fat (Sat):	5.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	12.1 g
Fish Free:	Yes	Sugar (per 100g)	2.1 g
Red Meat Free:	Yes	Sodium (per 100g):	34 mg
Tomato Free:	No	Fat (total, per 100g):	4.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.4 g
Energy:	1150 kJ (274 Cal)	Energy (per 100g):	459 kJ (110 Cal)
Protein:	12.1 g	Protein (per 100g):	4.8 g

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

Serving Size: 200 g



Ingredients

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

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	36.6 g
Dairy Free:	Yes	Sugar:	2.7 g
Lactose Free:	Yes	Sodium:	89 mg
Soy Free:	Yes	Fat (total):	3.0 g
Egg Free:	Yes	Fat (Sat):	0.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	18.3 g
Fish Free:	Yes	Sugar (per 100g)	1.3 g
Red Meat Free:	Yes	Sodium (per 100g):	44 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	842 kJ (201 Cal)	Energy (per 100g):	421 kJ (101 Cal)
Protein:	4.6 g	Protein (per 100g):	2.3 g



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

Serving Size: 68 g



Ingredients

Pear, Cheese Slices ((Pasturised **Milk**, Salt, Cultures, Enzyme (Rennet))), Multigrain Corn Thins (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:	12.6 g
Dairy Free:	No	Sugar:	4.0 g
Lactose Free:	No	Sodium:	143 mg
Soy Free:	Yes	Fat (total):	5.9 g
Egg Free:	Yes	Fat (Sat):	3.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	18.5 g
Fish Free:	Yes	Sugar (per 100g)	5.9 g
Red Meat Free:	Yes	Sodium (per 100g):	210 mg
Tomato Free:	Yes	Fat (total, per 100g):	8.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.4 g
Energy:	547 kJ (131 Cal)	Energy (per 100g):	804 kJ (192 Cal)
Protein:	5.3 g	Protein (per 100g):	7.8 g

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

Serving Size: 30 g



Ingredients

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

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	10.2 g
Dairy Free:	No	Sugar:	0.3 g
Lactose Free:	Yes	Sodium:	193 mg
Soy Free:	Yes	Fat (total):	6.4 g
Egg Free:	Yes	Fat (Sat):	3.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	33.9 g
Fish Free:	Yes	Sugar (per 100g)	0.9 g
Red Meat Free:	Yes	Sodium (per 100g):	644 mg
Tomato Free:	Yes	Fat (total, per 100g):	21.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	12.0 g
Energy:	501 kJ (120 Cal)	Energy (per 100g):	1670 kJ (399 Cal)
Protein:	5.1 g	Protein (per 100g):	16.9 g

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

Serving Size: 77 g



Ingredients

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

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.9 g
Dairy Free:	Yes	Sugar:	4.6 g
Lactose Free:	Yes	Sodium:	58 mg
Soy Free:	Yes	Fat (total):	1.1 g
Egg Free:	Yes	Fat (Sat):	0.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	19.4 g
Fish Free:	Yes	Sugar (per 100g)	6.0 g
Red Meat Free:	Yes	Sodium (per 100g):	76 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2 g
Energy:	359 kJ (86 Cal)	Energy (per 100g):	467 kJ (112 Cal)
Protein:	2.4 g	Protein (per 100g):	3.1 g

Tropical Fruit Platter w/ Organic Milk (Morning Tea)

Serving Size: 190 g



Ingredients

Organic Full Cream **Milk**, Apple, Banana, Pineapple.

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	17.4 g
Dairy Free:	No	Sugar:	15.2 g
Lactose Free:	No	Sodium:	38 mg
Soy Free:	Yes	Fat (total):	4.2 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.2 g
Fish Free:	Yes	Sugar (per 100g)	8.0 g
Red Meat Free:	Yes	Sodium (per 100g):	20 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.4 g
Energy:	553 kJ (132 Cal)	Energy (per 100g):	291 kJ (70 Cal)
Protein:	4.2 g	Protein (per 100g):	2.2 g

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

Serving Size: 190 g



Ingredients

Soy Milk, Apple, Banana, Pineapple.

Allergy Information

Contains Soy.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	16.4 g
Dairy Free:	Yes	Sugar:	12.9 g
Lactose Free:	Yes	Sodium:	30 mg
Soy Free:	No	Fat (total):	4.0 g
Egg Free:	Yes	Fat (Sat):	0.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	8.6 g
Fish Free:	Yes	Sugar (per 100g)	6.8 g
Red Meat Free:	Yes	Sodium (per 100g):	16 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	513 kJ (123 Cal)	Energy (per 100g):	270 kJ (65 Cal)
Protein:	3.7 g	Protein (per 100g):	1.9 g

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

Serving Size: 190 g



Ingredients

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

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	21.7 g
Dairy Free:	Yes	Sugar:	13.7 g
Lactose Free:	Yes	Sodium:	65 mg
Soy Free:	Yes	Fat (total):	1.5 g
Egg Free:	Yes	Fat (Sat):	less than 0.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	11.4 g
Fish Free:	Yes	Sugar (per 100g)	7.2 g
Red Meat Free:	Yes	Sodium (per 100g):	34 mg
Tomato Free:	Yes	Fat (total, per 100g):	0.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	less than 0.1 g
Energy:	474 kJ (113 Cal)	Energy (per 100g):	250 kJ (60 Cal)
Protein:	1.5 g	Protein (per 100g):	0.8 g

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

Serving Size: 190 g



Ingredients

Lactose Free **Milk** (Full Cream **Milk**, Enzyme (Lactase)), Apple, Banana, Pineapple.

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	17.2 g
Dairy Free:	No	Sugar:	14.8 g
Lactose Free:	Yes	Sodium:	39 mg
Soy Free:	Yes	Fat (total):	2.4 g
Egg Free:	Yes	Fat (Sat):	1.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.1 g
Fish Free:	Yes	Sugar (per 100g)	7.8 g
Red Meat Free:	Yes	Sodium (per 100g):	20 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	478 kJ (114 Cal)	Energy (per 100g):	252 kJ (60 Cal)
Protein:	3.9 g	Protein (per 100g):	2.1 g

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

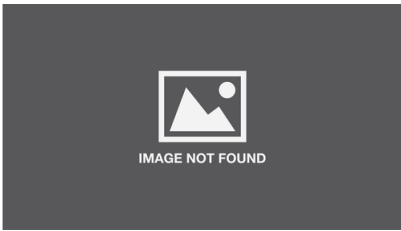
Nutrition Info

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: 200 g



Ingredients

Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Cauliflower, Rice Noodles (Rice 72%, Water, Potato Starch, Salt, Food Acid (Lactic Acid)), Chicken Thigh, Carrot, Onion, Creamed Corn (Sweet Corn(55%), Water, Sugar, Modified Tapioca Starch, Modified Corn Starch, Salt), Olive Oil Blend, Parsley, White Pepper, Minced Garlic.

Allergy Information

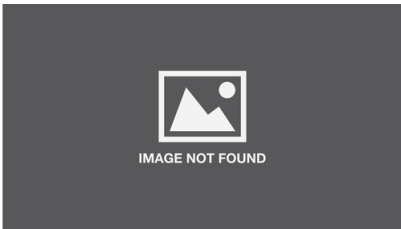
:May Contain Sesame.

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	29.3 g
Dairy Free:	Yes	Sugar:	6.8 g
Lactose Free:	Yes	Sodium:	319 mg
Soy Free:	Yes	Fat (total):	8.6 g
Egg Free:	Yes	Fat (Sat):	2.0 g
Vegetarian:	No	Carbohydrates (per 100g):	14.7 g
Fish Free:	Yes	Sugar (per 100g)	3.4 g
Red Meat Free:	Yes	Sodium (per 100g):	159 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	1110 kJ (265 Cal)	Energy (per 100g):	554 kJ (132 Cal)
Protein:	15.2 g	Protein (per 100g):	7.6 g

Vegetable Noodles (AI) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

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

Allergy Information

Contains Gluten, Wheat.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	26.2 g
Dairy Free:	Yes	Sugar:	9.8 g
Lactose Free:	Yes	Sodium:	130 mg
Soy Free:	Yes	Fat (total):	3.6 g
Egg Free:	Yes	Fat (Sat):	0.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	13.1 g
Fish Free:	Yes	Sugar (per 100g)	4.9 g
Red Meat Free:	Yes	Sodium (per 100g):	65 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4 g
Energy:	689 kJ (165 Cal)	Energy (per 100g):	345 kJ (82 Cal)
Protein:	5.0 g	Protein (per 100g):	2.5 g

Tropicana Chicken Pizza (Afternoon Tea)

Serving Size: 90 g



Ingredients

Roast Chicken Breast, Filtered Water, Plain Self Raising Flour (**Wheat** Flour, Raising Agent (339, 341, 450, 500)), Wholemeal Flour (**Wheat**), Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Pineapple, Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Carrot, Onion, Zucchini, Capsicum, Tomato Paste (Citric Acid), Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Raw Sugar, Olive Oil Blend, Yeast (Sorbitan Monostearate), Bread Improver (**Wheat**) (**Soy** Flour, Ascorbic Acid, Bread Flour, Enzyme (Amylase).), Minced Garlic, Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil) (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Ground Black Pepper.

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	19.9 g
Dairy Free:	No	Sugar:	2.5 g
Lactose Free:	No	Sodium:	163 mg
Soy Free:	No	Fat (total):	4.7 g
Egg Free:	Yes	Fat (Sat):	1.9 g
Vegetarian:	No	Carbohydrates (per 100g):	22.1 g
Fish Free:	Yes	Sugar (per 100g)	2.8 g
Red Meat Free:	Yes	Sodium (per 100g):	181 mg
Tomato Free:	No	Fat (total, per 100g):	5.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.1 g
Energy:	718 kJ (172 Cal)	Energy (per 100g):	797 kJ (191 Cal)

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

Serving Size: 60 g



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 Blend, Minced Garlic, Allspice, Cinnamon, Cloves, Potato Starch.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	20.0 g
Dairy Free:	Yes	Sugar:	4.7 g
Lactose Free:	Yes	Sodium:	190 mg
Soy Free:	Yes	Fat (total):	3.3 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	33.3 g
Fish Free:	Yes	Sugar (per 100g)	7.8 g
Red Meat Free:	Yes	Sodium (per 100g):	317 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.7 g
Energy:	511 kJ (122 Cal)	Energy (per 100g):	852 kJ (204 Cal)
Protein:	1.4 g	Protein (per 100g):	2.3 g

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

Serving Size: 70 g



Ingredients

Lactose Free Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Pineapple, Filtered Water, Plain Flour (**Wheat**), Wholemeal Flour (**Wheat**), Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Carrot, Onion, Zucchini, Capsicum, Tomato Paste (Citric Acid), Raw Sugar, Yeast (Sorbitan Monostearate), Bread Improver (**Wheat**) (**Soy** Flour, Ascorbic Acid, Bread Flour, Enzyme (Amylase).), Minced Garlic, Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil) (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Ground Black Pepper.

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	20.8 g
Dairy Free:	No	Sugar:	2.9 g
Lactose Free:	Yes	Sodium:	121 mg
Soy Free:	No	Fat (total):	8.8 g
Egg Free:	Yes	Fat (Sat):	4.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	29.8 g
Fish Free:	Yes	Sugar (per 100g)	4.2 g
Red Meat Free:	Yes	Sodium (per 100g):	173 mg
Tomato Free:	Yes	Fat (total, per 100g):	12.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.8 g
Energy:	832 kJ (199 Cal)	Energy (per 100g):	1190 kJ (284 Cal)

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

Serving Size: 60 g



Ingredients

Gluten Free Self Raising 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, Capsicum, Pineapple, Black Beans, Corn, Kernals, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Raw Sugar.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	23.3 g
Dairy Free:	Yes	Sugar:	3.2 g
Lactose Free:	Yes	Sodium:	100 mg
Soy Free:	Yes	Fat (total):	2.6 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	38.8 g
Fish Free:	Yes	Sugar (per 100g)	5.3 g
Red Meat Free:	Yes	Sodium (per 100g):	167 mg
Tomato Free:	No	Fat (total, per 100g):	4.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.7 g
Energy:	528 kJ (126 Cal)	Energy (per 100g):	880 kJ (210 Cal)
Protein:	1.4 g	Protein (per 100g):	2.3 g

Tropicana Pizza (Afternoon Tea) [Allergy]

Serving Size: 70 g



Ingredients

Mozzarella Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet)), Filtered Water, Plain Flour ( **Wheat**), Wholemeal Flour (**Wheat**), Pineapple, Tomato Crushed (Peeled Crushed Tomatoes (99%)), Salt, Food Acid (330)), Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Carrot, Onion, Zucchini, Capsicum, Tomato Paste (Citric Acid), Raw Sugar, Yeast (Sorbitan Monostearate), Bread Improver (**Wheat**) (**Soy** Flour, Ascorbic Acid, Bread Flour, Enzyme (Amylase).), Minced Garlic, Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil) (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Ground Black Pepper.

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	22.3 g
Dairy Free:	No	Sugar:	2.3 g
Lactose Free:	No	Sodium:	100 mg
Soy Free:	No	Fat (total):	7.8 g
Egg Free:	Yes	Fat (Sat):	3.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	31.9 g
Fish Free:	Yes	Sugar (per 100g)	3.3 g
Red Meat Free:	Yes	Sodium (per 100g):	143 mg
Tomato Free:	No	Fat (total, per 100g):	11.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.3 g
Energy:	834 kJ (199 Cal)	Energy (per 100g):	1190 kJ (285 Cal)

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

Serving Size: 70 g



Ingredients

Roast Chicken Breast, Pineapple, Gluten (Wheat), Yeast (Sorbitan Monostearate), Filtered Water, Plain Flour Perfection (Wheat), Wholemeal Flour (Wholemeal Wheat Flour, Wheat Flour, Vitamin (Thiamin)), Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Carrot, Onion, Zucchini, Capsicum, Tomato Paste (Citric Acid), Bread Improver (Wheat) (Soy Flour, Ascorbic Acid, Bread Flour, Enzyme (Amylase).), Raw Sugar, Minced Garlic, Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil) (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Ground Black Pepper.

Allergy Information

Contains Gluten, Wheat, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	12.0 g
Dairy Free:	Yes	Sugar:	3.0 g
Lactose Free:	Yes	Sodium:	20 mg
Soy Free:	No	Fat (total):	3.7 g
Egg Free:	Yes	Fat (Sat):	0.8 g
Vegetarian:	Yes	Carbohydrates (per 100g):	17.1 g
Fish Free:	Yes	Sugar (per 100g)	4.2 g
Red Meat Free:	Yes	Sodium (per 100g):	29 mg
Tomato Free:	No	Fat (total, per 100g):	5.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.2 g
Energy:	689 kJ (165 Cal)	Energy (per 100g):	984 kJ (235 Cal)
Protein:	18.4 g	Protein (per 100g):	26.4 g



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

Serving Size: 107.5 g



Ingredients

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

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	17.1 g
Dairy Free:	Yes	Sugar:	5.4 g
Lactose Free:	Yes	Sodium:	99 mg
Soy Free:	Yes	Fat (total):	3.1 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	15.9 g
Fish Free:	Yes	Sugar (per 100g)	5.1 g
Red Meat Free:	Yes	Sodium (per 100g):	92 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4 g
Energy:	476 kJ (114 Cal)	Energy (per 100g):	443 kJ (106 Cal)
Protein:	3.0 g	Protein (per 100g):	2.8 g

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

Serving Size: 220 g



Ingredients

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

Allergy Information

Contains Gluten, Wheat, Fish, Milk.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	32.2 g
Dairy Free:	No	Sugar:	2.7 g
Lactose Free:	No	Sodium:	112 mg
Soy Free:	Yes	Fat (total):	5.8 g
Egg Free:	Yes	Fat (Sat):	2.0 g
Vegetarian:	No	Carbohydrates (per 100g):	14.6 g
Fish Free:	No	Sugar (per 100g)	1.2 g
Red Meat Free:	Yes	Sodium (per 100g):	51 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	1030 kJ (247 Cal)	Energy (per 100g):	470 kJ (112 Cal)
Protein:	14.4 g	Protein (per 100g):	6.6 g

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: 220 g



Ingredients

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

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	39.9 g
Dairy Free:	Yes	Sugar:	11.1 g
Lactose Free:	Yes	Sodium:	68 mg
Soy Free:	Yes	Fat (total):	8.5 g
Egg Free:	Yes	Fat (Sat):	4.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	18.1 g
Fish Free:	Yes	Sugar (per 100g)	5.1 g
Red Meat Free:	Yes	Sodium (per 100g):	31 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.1 g
Energy:	1150 kJ (275 Cal)	Energy (per 100g):	523 kJ (125 Cal)
Protein:	7.0 g	Protein (per 100g):	3.2 g

Blueberry Danish w/ Organic Yoghurt (Afternoon Tea)

Serving Size: 110 g



Ingredients

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)), Diced Apple (Apple, Acidity Regulator (Citric Acid), Calcium Lactate), Frozen Blueberries, Filtered Water, Unsalted Butter Sheets (Pasteurised Cream (From Cow's **Milk**), Water), Plain Flour (**Wheat**), Wholemeal Flour (**Wheat**), Maize Cornflour (Gluten Free).

Allergy Information

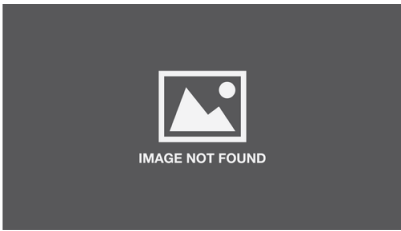
Contains Gluten, Wheat, Milk.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	15.6 g
Dairy Free:	No	Sugar:	5.6 g
Lactose Free:	No	Sodium:	30 mg
Soy Free:	Yes	Fat (total):	7.8 g
Egg Free:	Yes	Fat (Sat):	5.0 g
Vegetarian:	Yes	Carbohydrates (per 100g):	14.1 g
Fish Free:	Yes	Sugar (per 100g)	5.1 g
Red Meat Free:	Yes	Sodium (per 100g):	28 mg
Tomato Free:	Yes	Fat (total, per 100g):	7.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.5 g
Energy:	631 kJ (151 Cal)	Energy (per 100g):	574 kJ (137 Cal)
Protein:	4.0 g	Protein (per 100g):	3.6 g

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

Serving Size: 160 g



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 (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.), Diced Apple (Apple, Acidity Regulator (Citric Acid), Calcium Lactate), Frozen Blueberries.

Allergy Information

Contains Soy.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	25.0 g
Dairy Free:	No	Sugar:	4.9 g
Lactose Free:	Yes	Sodium:	64 mg
Soy Free:	No	Fat (total):	16.1 g
Egg Free:	Yes	Fat (Sat):	12.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	15.6 g
Fish Free:	Yes	Sugar (per 100g)	3.1 g
Red Meat Free:	Yes	Sodium (per 100g):	40 mg
Tomato Free:	Yes	Fat (total, per 100g):	10.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	7.9 g
Energy:	1070 kJ (256 Cal)	Energy (per 100g):	668 kJ (160 Cal)
Protein:	2.4 g	Protein (per 100g):	1.5 g

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

Serving Size: 160 g



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 Self Raising 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, Frozen Blueberries, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar), Raw Sugar, Cinnamon.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	39.7 g
Dairy Free:	Yes	Sugar:	8.8 g
Lactose Free:	Yes	Sodium:	99 mg
Soy Free:	Yes	Fat (total):	14.8 g
Egg Free:	Yes	Fat (Sat):	9.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	24.8 g
Fish Free:	Yes	Sugar (per 100g)	5.5 g
Red Meat Free:	Yes	Sodium (per 100g):	62 mg
Tomato Free:	Yes	Fat (total, per 100g):	9.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.8 g
Energy:	1270 kJ (305 Cal)	Energy (per 100g):	797 kJ (190 Cal)

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

Serving Size: 200 g



Ingredients

Full Cream **Milk**, Apple, Banana, Mandarin.

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	19.1 g
Dairy Free:	No	Sugar:	17.2 g
Lactose Free:	No	Sodium:	38 mg
Soy Free:	Yes	Fat (total):	4.2 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.6 g
Fish Free:	Yes	Sugar (per 100g)	8.6 g
Red Meat Free:	Yes	Sodium (per 100g):	19 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.4 g
Energy:	582 kJ (139 Cal)	Energy (per 100g):	291 kJ (70 Cal)
Protein:	4.2 g	Protein (per 100g):	2.1 g



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

Serving Size: 200 g



Ingredients

**Soy** Milk, Apple, Banana, Mandarin.

Allergy Information

Contains Soy.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	18.1 g
Dairy Free:	Yes	Sugar:	14.9 g
Lactose Free:	Yes	Sodium:	30 mg
Soy Free:	No	Fat (total):	3.9 g
Egg Free:	Yes	Fat (Sat):	0.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.1 g
Fish Free:	Yes	Sugar (per 100g)	7.4 g
Red Meat Free:	Yes	Sodium (per 100g):	15 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2 g
Energy:	542 kJ (129 Cal)	Energy (per 100g):	271 kJ (65 Cal)
Protein:	3.7 g	Protein (per 100g):	1.9 g

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

Serving Size: 200 g



Ingredients

Lactose Free **Milk** (Full Cream **Milk**, Enzyme (Lactase)), Apple, Banana, Mandarin.

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	18.9 g
Dairy Free:	No	Sugar:	16.8 g
Lactose Free:	Yes	Sodium:	39 mg
Soy Free:	Yes	Fat (total):	2.4 g
Egg Free:	Yes	Fat (Sat):	1.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.5 g
Fish Free:	Yes	Sugar (per 100g)	8.4 g
Red Meat Free:	Yes	Sodium (per 100g):	20 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	507 kJ (121 Cal)	Energy (per 100g):	253 kJ (61 Cal)
Protein:	4.0 g	Protein (per 100g):	2.0 g

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

Serving Size: 200 g



Ingredients

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

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	23.4 g
Dairy Free:	Yes	Sugar:	15.7 g
Lactose Free:	Yes	Sodium:	65 mg
Soy Free:	Yes	Fat (total):	1.4 g
Egg Free:	Yes	Fat (Sat):	less than 0.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	11.7 g
Fish Free:	Yes	Sugar (per 100g)	7.8 g
Red Meat Free:	Yes	Sodium (per 100g):	32 mg
Tomato Free:	Yes	Fat (total, per 100g):	0.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	less than 0.1 g
Energy:	503 kJ (120 Cal)	Energy (per 100g):	251 kJ (60 Cal)
Protein:	1.5 g	Protein (per 100g):	0.7 g

Wholemeal Cheese Burger & Sweet Potato Chips (Lunch)

Serving Size: 220 g



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 Mince, Cheese Slices ((Pasturised **Milk**, Salt, Cultures, Enzyme (Rennet))), 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).), Carrot, Onion, Zucchini, Paprika, 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, Ground Black Pepper, Mixed Herbs (Rosemary, Oregano, Bay Leaves).

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:May Contain Egg, Sesame.

Nutrition Info

Gluten Free:	No	Carbohydrates:	47.4 g
Dairy Free:	No	Sugar:	5.5 g
Lactose Free:	No	Sodium:	525 mg
Soy Free:	No	Fat (total):	13.1 g
Egg Free:	Yes	Fat (Sat):	5.8 g
Vegetarian:	No	Carbohydrates (per 100g):	21.5 g
Fish Free:	Yes	Sugar (per 100g)	2.5 g
Red Meat Free:	No	Sodium (per 100g):	238 mg
Tomato Free:	No	Fat (total, per 100g):	6.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.6 g
Energy:	1810 kJ (432 Cal)	Energy (per 100g):	822 kJ (197 Cal)

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

Serving Size: 80 g



Ingredients

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

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	20.3 g
Dairy Free:	Yes	Sugar:	3.0 g
Lactose Free:	Yes	Sodium:	91 mg
Soy Free:	Yes	Fat (total):	5.3 g
Egg Free:	Yes	Fat (Sat):	0.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	25.4 g
Fish Free:	Yes	Sugar (per 100g)	3.7 g
Red Meat Free:	Yes	Sodium (per 100g):	114 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	638 kJ (153 Cal)	Energy (per 100g):	798 kJ (191 Cal)
Protein:	3.9 g	Protein (per 100g):	4.9 g

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

Serving Size: 80 g



Ingredients

Chicken Mince, Ground Black Pepper, Corn, Kernals, Gluten Free Breadcrumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier From Vegetable (471)), Onion, Zucchini, Filtered Water, Garlic, Powder, Mixed Herbs (Rosemary, Oregano, Bay Leaves), Egg Replacer (Rice Flour, Potato Starch, Tapioca Starch, Corn Starch, Baking Powder, Vegetable Emulsifier (Mono Diglycerides), Chia Seeds, Flaxseed Flour, Psyllium Husk, Citric Acid.).

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	21.2 g
Dairy Free:	Yes	Sugar:	8.6 g
Lactose Free:	Yes	Sodium:	86 mg
Soy Free:	Yes	Fat (total):	4.3 g
Egg Free:	Yes	Fat (Sat):	1.1 g
Vegetarian:	No	Carbohydrates (per 100g):	26.6 g
Fish Free:	Yes	Sugar (per 100g)	10.8 g
Red Meat Free:	Yes	Sodium (per 100g):	107 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.4 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.4 g
Energy:	861 kJ (206 Cal)	Energy (per 100g):	1080 kJ (257 Cal)
Protein:	14.6 g	Protein (per 100g):	18.2 g

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

Serving Size: 80 g



Ingredients

Beef Mince, Carrot, Gluten Free Crispi Bread Crumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier (Diglyceride Of Vegetables)), Onion, Zucchini, 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 (Rosemary, Oregano, Bay Leaves), Ground Black Pepper.

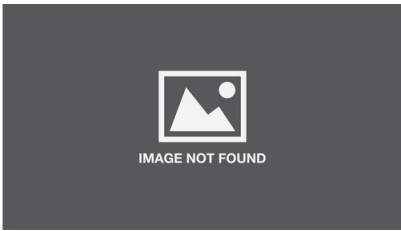
Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.6 g
Dairy Free:	Yes	Sugar:	2.1 g
Lactose Free:	Yes	Sodium:	118 mg
Soy Free:	Yes	Fat (total):	4.9 g
Egg Free:	Yes	Fat (Sat):	1.8 g
Vegetarian:	No	Carbohydrates (per 100g):	18.2 g
Fish Free:	Yes	Sugar (per 100g)	2.6 g
Red Meat Free:	No	Sodium (per 100g):	147 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.2 g
Energy:	658 kJ (157 Cal)	Energy (per 100g):	822 kJ (197 Cal)
Protein:	12.6 g	Protein (per 100g):	15.7 g

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

Serving Size: 210 g



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 Mince, 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).), Carrot, Onion, Zucchini, Paprika, 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, Ground Black Pepper, Mixed Herbs (Rosemary, Oregano, Bay Leaves).

Allergy Information

Contains Gluten, Wheat, Soy.:May Contain Egg, Milk, Sesame.

Nutrition Info

Gluten Free:	No	Carbohydrates:	47.4 g
Dairy Free:	Yes	Sugar:	5.5 g
Lactose Free:	Yes	Sodium:	413 mg
Soy Free:	No	Fat (total):	7.7 g
Egg Free:	Yes	Fat (Sat):	2.2 g
Vegetarian:	No	Carbohydrates (per 100g):	22.6 g
Fish Free:	Yes	Sugar (per 100g)	2.6 g
Red Meat Free:	No	Sodium (per 100g):	197 mg
Tomato Free:	No	Fat (total, per 100g):	3.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	1540 kJ (367 Cal)	Energy (per 100g):	732 kJ (175 Cal)
Protein:	21.2 g	Protein (per 100g):	10.1 g



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

Serving Size: 70 g



Ingredients

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)), Corn, Kernals, Capsicum, Celery, Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Ricotta (**Milk**), Onion, Olive Oil Blend, White Pepper.

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	9.4 g
Dairy Free:	No	Sugar:	2.8 g
Lactose Free:	No	Sodium:	88 mg
Soy Free:	No	Fat (total):	4.3 g
Egg Free:	Yes	Fat (Sat):	2.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	13.4 g
Fish Free:	Yes	Sugar (per 100g)	4.0 g
Red Meat Free:	Yes	Sodium (per 100g):	126 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.4 g
Energy:	388 kJ (93 Cal)	Energy (per 100g):	554 kJ (132 Cal)
Protein:	3.0 g	Protein (per 100g):	4.3 g

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

Serving Size: 30 g



Ingredients

Lactose Free Cheese (Pasteurised **Milk**, Salt, Cultures, Enzyme (Non Animal Rennet, Non Animal Lipase)), Vita Weat Crackers (**Barley**) (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 Gluten, Wheat, Milk, Soy.:May Contain Egg, Peanut, Tree Nuts, Sesame.

Nutrition Info

Gluten Free:	No	Carbohydrates:	9.2 g
Dairy Free:	No	Sugar:	0.7 g
Lactose Free:	Yes	Sodium:	175 mg
Soy Free:	No	Fat (total):	7.2 g
Egg Free:	Yes	Fat (Sat):	3.8 g
Vegetarian:	Yes	Carbohydrates (per 100g):	30.5 g
Fish Free:	Yes	Sugar (per 100g)	2.3 g
Red Meat Free:	Yes	Sodium (per 100g):	582 mg
Tomato Free:	Yes	Fat (total, per 100g):	24.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	12.5 g
Energy:	525 kJ (126 Cal)	Energy (per 100g):	1750 kJ (418 Cal)
Protein:	5.5 g	Protein (per 100g):	18.4 g

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

Serving Size: 50 g



Ingredients

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

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	15.7 g
Dairy Free:	Yes	Sugar:	0.2 g
Lactose Free:	Yes	Sodium:	142 mg
Soy Free:	Yes	Fat (total):	3.1 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	31.4 g
Fish Free:	Yes	Sugar (per 100g)	0.3 g
Red Meat Free:	Yes	Sodium (per 100g):	284 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	444 kJ (106 Cal)	Energy (per 100g):	888 kJ (212 Cal)
Protein:	3.4 g	Protein (per 100g):	6.8 g