

Menu: Childcare Week 2 - 12.8.24 - 16.8.24

Monday - 12/08/2024

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

Monday - 12/08/2024

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

Serving Size: 130 g



Ingredients

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

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	22.0 g
Dairy Free:	Yes	Sugar:	6.3 g
Lactose Free:	Yes	Sodium:	148 mg
Soy Free:	Yes	Fat (total):	3.2 g
Egg Free:	Yes	Fat (Sat):	0.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	17.0 g
Fish Free:	Yes	Sugar (per 100g)	4.8 g
Red Meat Free:	Yes	Sodium (per 100g):	114 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	582 kJ (139 Cal)	Energy (per 100g):	448 kJ (107 Cal)
Protein:	3.9 g	Protein (per 100g):	3.0 g

Monday - 12/08/2024

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

Serving Size: 111 g



Ingredients

Pear, 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), Capsicum, Carrot, Cucumber.

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	17.2 g
Dairy Free:	No	Sugar:	6.4 g
Lactose Free:	Yes	Sodium:	205 mg
Soy Free:	Yes	Fat (total):	6.6 g
Egg Free:	Yes	Fat (Sat):	3.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	15.5 g
Fish Free:	Yes	Sugar (per 100g)	5.8 g
Red Meat Free:	Yes	Sodium (per 100g):	185 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.3 g
Energy:	656 kJ (157 Cal)	Energy (per 100g):	591 kJ (141 Cal)
Protein:	5.6 g	Protein (per 100g):	5.1 g

Monday - 12/08/2024

Chicken Noodle Stir Fry (Lunch)

Serving Size: 200 g



Ingredients

Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Chicken Thigh, Rice Noodles (Rice), Ginger, White Pepper, Cabbage White, Carrot, Corn, Kernals, Onion, Peas, Minced Garlic, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Potato Starch, Five Spice ((Cinnamon, Fennel, Pimento, Aniseed, Cloves, Pepper, Star Anise)).

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	42.6 g
Dairy Free:	Yes	Sugar:	3.0 g
Lactose Free:	Yes	Sodium:	215 mg
Soy Free:	Yes	Fat (total):	6.7 g
Egg Free:	Yes	Fat (Sat):	1.5 g
Vegetarian:	No	Carbohydrates (per 100g):	21.3 g
Fish Free:	Yes	Sugar (per 100g)	1.5 g
Red Meat Free:	Yes	Sodium (per 100g):	107 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.7 g
Energy:	1360 kJ (325 Cal)	Energy (per 100g):	680 kJ (163 Cal)
Protein:	17.9 g	Protein (per 100g):	9.0 g

Monday - 12/08/2024

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

Serving Size: 200 g



Ingredients

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

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	63.4 g
Dairy Free:	Yes	Sugar:	8.0 g
Lactose Free:	Yes	Sodium:	47 mg
Soy Free:	Yes	Fat (total):	3.0 g
Egg Free:	Yes	Fat (Sat):	0.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	31.7 g
Fish Free:	Yes	Sugar (per 100g)	4.0 g
Red Meat Free:	Yes	Sodium (per 100g):	24 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2 g
Energy:	1490 kJ (357 Cal)	Energy (per 100g):	747 kJ (179 Cal)
Protein:	11.8 g	Protein (per 100g):	5.9 g

Monday - 12/08/2024

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

Serving Size: 200 g



Ingredients

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

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	39.2 g
Dairy Free:	Yes	Sugar:	10.5 g
Lactose Free:	Yes	Sodium:	61 mg
Soy Free:	Yes	Fat (total):	8.4 g
Egg Free:	Yes	Fat (Sat):	4.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	19.6 g
Fish Free:	Yes	Sugar (per 100g)	5.3 g
Red Meat Free:	Yes	Sodium (per 100g):	31 mg
Tomato Free:	Yes	Fat (total, per 100g):	4.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.3 g
Energy:	1130 kJ (269 Cal)	Energy (per 100g):	564 kJ (135 Cal)
Protein:	6.7 g	Protein (per 100g):	3.4 g

Monday - 12/08/2024

Cheesy Tomato Pinwheel w/ Honeydew (Afternoon Tea)

Serving Size: 110 g



Ingredients

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

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	18.3 g
Dairy Free:	No	Sugar:	7.1 g
Lactose Free:	No	Sodium:	208 mg
Soy Free:	No	Fat (total):	6.6 g
Egg Free:	Yes	Fat (Sat):	2.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	16.7 g
Fish Free:	Yes	Sugar (per 100g)	6.4 g
Red Meat Free:	Yes	Sodium (per 100g):	189 mg
Tomato Free:	No	Fat (total, per 100g):	6.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.3 g
Energy:	950 kJ (227 Cal)	Energy (per 100g):	864 kJ (206 Cal)
Protein:	20.6 g	Protein (per 100g):	18.8 g

Monday - 12/08/2024

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

Serving Size: 110 g



Ingredients

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

Allergy Information

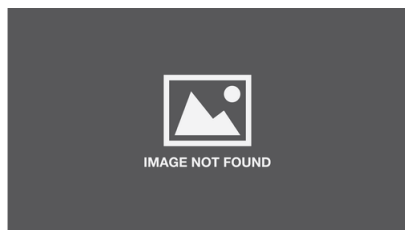
Nutrition Info

Gluten Free:	Yes	Carbohydrates:	28.2 g
Dairy Free:	Yes	Sugar:	7.4 g
Lactose Free:	Yes	Sodium:	119 mg
Soy Free:	Yes	Fat (total):	6.8 g
Egg Free:	Yes	Fat (Sat):	1.2 g
Vegetarian:	Yes	Carbohydrates (per 100g):	25.7 g
Fish Free:	Yes	Sugar (per 100g)	6.7 g
Red Meat Free:	Yes	Sodium (per 100g):	108 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1 g
Energy:	797 kJ (190 Cal)	Energy (per 100g):	724 kJ (173 Cal)
Protein:	3.7 g	Protein (per 100g):	3.4 g

Tuesday - 13/08/2024

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

Serving Size: 157 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), Rolled **Oats**, Frozen Blueberries, Chia Seeds, Honey.

Allergy Information

Contains Gluten, Milk.:

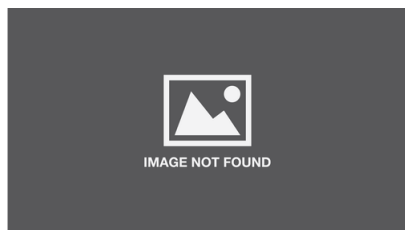
Nutrition Info

Gluten Free:	No	Carbohydrates:	26.1 g
Dairy Free:	No	Sugar:	14.5 g
Lactose Free:	No	Sodium:	28 mg
Soy Free:	Yes	Fat (total):	3.6 g
Egg Free:	Yes	Fat (Sat):	1.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	16.6 g
Fish Free:	Yes	Sugar (per 100g)	9.2 g
Red Meat Free:	Yes	Sodium (per 100g):	18 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	702 kJ (168 Cal)	Energy (per 100g):	447 kJ (107 Cal)
Protein:	5.3 g	Protein (per 100g):	3.3 g

Tuesday - 13/08/2024

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

Serving Size: 170 g



Ingredients

Banana, Coconut Yoghurt (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)), Frozen Blueberries, Chia Seeds, Honey.

Allergy Information

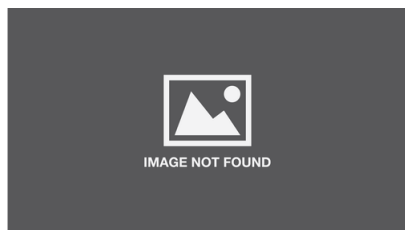
Nutrition Info

Gluten Free:	Yes	Carbohydrates:	32.1 g
Dairy Free:	Yes	Sugar:	13.6 g
Lactose Free:	Yes	Sodium:	34 mg
Soy Free:	Yes	Fat (total):	6.2 g
Egg Free:	Yes	Fat (Sat):	5.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	18.9 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):	3.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.1 g
Energy:	862 kJ (206 Cal)	Energy (per 100g):	507 kJ (121 Cal)
Protein:	2.9 g	Protein (per 100g):	1.7 g

Tuesday - 13/08/2024

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

Serving Size: 200 g



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**.

Allergy Information

Contains Gluten.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	30.9 g
Dairy Free:	Yes	Sugar:	12.6 g
Lactose Free:	Yes	Sodium:	5 mg
Soy Free:	Yes	Fat (total):	10.0 g
Egg Free:	Yes	Fat (Sat):	8.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	15.5 g
Fish Free:	Yes	Sugar (per 100g)	6.3 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):	4.3 g
Energy:	992 kJ (237 Cal)	Energy (per 100g):	496 kJ (119 Cal)
Protein:	3.6 g	Protein (per 100g):	1.8 g

Tuesday - 13/08/2024

Wholemeal Tuna Pasta Bake w/ Broccoli (Lunch)

Serving Size: 220 g



Ingredients

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

Allergy Information

Contains Gluten, Wheat, Fish, Milk.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	19.6 g
Dairy Free:	No	Sugar:	1.2 g
Lactose Free:	No	Sodium:	197 mg
Soy Free:	Yes	Fat (total):	6.8 g
Egg Free:	Yes	Fat (Sat):	3.8 g
Vegetarian:	No	Carbohydrates (per 100g):	8.9 g
Fish Free:	No	Sugar (per 100g)	0.6 g
Red Meat Free:	Yes	Sodium (per 100g):	89 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.7 g
Energy:	968 kJ (231 Cal)	Energy (per 100g):	440 kJ (105 Cal)
Protein:	20.3 g	Protein (per 100g):	9.2 g

Tuesday - 13/08/2024

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

Tuesday - 13/08/2024

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

Serving Size: 200 g



Ingredients

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

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	32.5 g
Dairy Free:	Yes	Sugar:	12.3 g
Lactose Free:	Yes	Sodium:	52 mg
Soy Free:	Yes	Fat (total):	12.7 g
Egg Free:	Yes	Fat (Sat):	2.6 g
Vegetarian:	No	Carbohydrates (per 100g):	16.3 g
Fish Free:	Yes	Sugar (per 100g)	6.2 g
Red Meat Free:	Yes	Sodium (per 100g):	26 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.3 g
Energy:	1270 kJ (303 Cal)	Energy (per 100g):	634 kJ (152 Cal)
Protein:	13.0 g	Protein (per 100g):	6.5 g

Tuesday - 13/08/2024

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

Tuesday - 13/08/2024

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

Serving Size: 50 g



Ingredients

Avocado, Corn Chips (Cornflour (72%), Vegetable Oil, Water, Salt), Lemon Juice, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil).

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	11.8 g
Dairy Free:	Yes	Sugar:	0.3 g
Lactose Free:	Yes	Sodium:	52 mg
Soy Free:	Yes	Fat (total):	10.4 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	23.5 g
Fish Free:	Yes	Sugar (per 100g)	0.6 g
Red Meat Free:	Yes	Sodium (per 100g):	104 mg
Tomato Free:	Yes	Fat (total, per 100g):	20.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	5.4 g
Energy:	642 kJ (154 Cal)	Energy (per 100g):	1280 kJ (307 Cal)
Protein:	1.9 g	Protein (per 100g):	3.7 g

Tuesday - 13/08/2024

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

Serving Size: 60 g



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, Capsicum, Black Beans, Corn, Kernal, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil).

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	15.0 g
Dairy Free:	No	Sugar:	1.5 g
Lactose Free:	No	Sodium:	183 mg
Soy Free:	No	Fat (total):	5.0 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	25.0 g
Fish Free:	Yes	Sugar (per 100g)	2.5 g
Red Meat Free:	Yes	Sodium (per 100g):	305 mg
Tomato Free:	Yes	Fat (total, per 100g):	8.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.5 g
Energy:	562 kJ (134 Cal)	Energy (per 100g):	937 kJ (224 Cal)
Protein:	5.9 g	Protein (per 100g):	9.8 g

Tuesday - 13/08/2024

Mexican Bean Nachos (Afternoon Tea)

Serving Size: 60 g



Ingredients

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

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	16.7 g
Dairy Free:	No	Sugar:	1.2 g
Lactose Free:	No	Sodium:	135 mg
Soy Free:	Yes	Fat (total):	9.7 g
Egg Free:	Yes	Fat (Sat):	3.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	27.8 g
Fish Free:	Yes	Sugar (per 100g)	1.9 g
Red Meat Free:	Yes	Sodium (per 100g):	225 mg
Tomato Free:	No	Fat (total, per 100g):	16.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	6.4 g
Energy:	746 kJ (178 Cal)	Energy (per 100g):	1240 kJ (297 Cal)
Protein:	5.1 g	Protein (per 100g):	8.6 g

Tuesday - 13/08/2024

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

Serving Size: 60 g



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, Capsicum, Black Beans, Corn, Kernals, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil).

Allergy Information

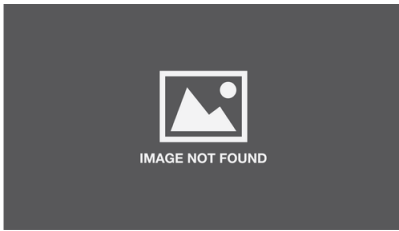
Nutrition Info

Gluten Free:	Yes	Carbohydrates:	23.7 g
Dairy Free:	Yes	Sugar:	1.3 g
Lactose Free:	Yes	Sodium:	205 mg
Soy Free:	Yes	Fat (total):	1.2 g
Egg Free:	Yes	Fat (Sat):	0.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	39.4 g
Fish Free:	Yes	Sugar (per 100g)	2.2 g
Red Meat Free:	Yes	Sodium (per 100g):	341 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.6 g
Energy:	500 kJ (119 Cal)	Energy (per 100g):	833 kJ (199 Cal)
Protein:	1.7 g	Protein (per 100g):	2.9 g

Tuesday - 13/08/2024

Mexican Bean Burrito (Afternoon Tea)

Serving Size: 66 g



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)), Tomato Puree, Kidney Beans, Red, Filtered Water, Onion, Capsicum, Carrot, Celery, Zucchini, Tomato Paste (Citric Acid), Olive Oil Blend, Minced Garlic, Cumin, Ground Turmeric, Paprika, White Pepper.

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

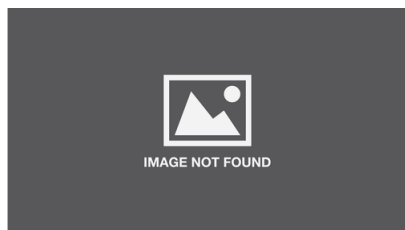
Nutrition Info

Gluten Free:	No	Carbohydrates:	15.9 g
Dairy Free:	No	Sugar:	2.0 g
Lactose Free:	No	Sodium:	179 mg
Soy Free:	No	Fat (total):	5.2 g
Egg Free:	Yes	Fat (Sat):	2.8 g
Vegetarian:	Yes	Carbohydrates (per 100g):	24.1 g
Fish Free:	Yes	Sugar (per 100g)	3.1 g
Red Meat Free:	Yes	Sodium (per 100g):	271 mg
Tomato Free:	No	Fat (total, per 100g):	7.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.2 g
Energy:	584 kJ (140 Cal)	Energy (per 100g):	885 kJ (212 Cal)
Protein:	5.9 g	Protein (per 100g):	9.0 g

Tuesday - 13/08/2024

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

Serving Size: 66 g



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)), Tomato Puree, Kidney Beans, Red, Filtered Water, Onion, Capsicum, Carrot, Celery, Zucchini, Tomato Paste (Citric Acid), Olive Oil Blend, Minced Garlic, Cumin, Ground Turmeric, Paprika, White Pepper.

Allergy Information

Contains Gluten, Wheat, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	16.7 g
Dairy Free:	Yes	Sugar:	2.4 g
Lactose Free:	Yes	Sodium:	134 mg
Soy Free:	No	Fat (total):	3.2 g
Egg Free:	Yes	Fat (Sat):	1.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	25.3 g
Fish Free:	Yes	Sugar (per 100g)	3.6 g
Red Meat Free:	Yes	Sodium (per 100g):	203 mg
Tomato Free:	No	Fat (total, per 100g):	4.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.3 g
Energy:	491 kJ (117 Cal)	Energy (per 100g):	743 kJ (178 Cal)
Protein:	3.6 g	Protein (per 100g):	5.5 g

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

Serving Size: 87.69999694824219 g



Ingredients

Carrot, Cucumber, 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)), Capsicum, Cream Cheese (**Milk**, Cream, Salt, Stabiliser (410,412), Starter Culture.), Ricotta (**Milk**), Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), Baby Spinach, Onion, Filtered Water, Olive Oil Blend, Curry Powder (Rice Cereal, Tumeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper).

Allergy Information

Contains Gluten, Wheat, Milk, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	8.5 g
Dairy Free:	No	Sugar:	3.0 g
Lactose Free:	No	Sodium:	118 mg
Soy Free:	No	Fat (total):	6.1 g
Egg Free:	Yes	Fat (Sat):	3.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.7 g
Fish Free:	Yes	Sugar (per 100g)	3.5 g
Red Meat Free:	Yes	Sodium (per 100g):	134 mg
Tomato Free:	Yes	Fat (total, per 100g):	7.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.0 g
Energy:	458 kJ (109 Cal)	Energy (per 100g):	522 kJ (125 Cal)
Protein:	4.0 g	Protein (per 100g):	4.6 g

Wednesday - 14/08/2024

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

Serving Size: 50 g



Ingredients

Lentils (Lentils, Water, Ascorbic Acid), Organic Brown Rice Crackers (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Onion, Baby Spinach, Filtered Water, Olive Oil Blend, Cumin.

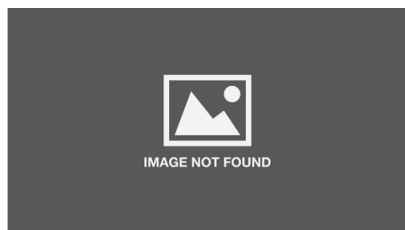
Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.5 g
Dairy Free:	Yes	Sugar:	0.7 g
Lactose Free:	Yes	Sodium:	90 mg
Soy Free:	Yes	Fat (total):	2.8 g
Egg Free:	Yes	Fat (Sat):	0.4 g
Vegetarian:	Yes	Carbohydrates (per 100g):	29.0 g
Fish Free:	Yes	Sugar (per 100g)	1.4 g
Red Meat Free:	Yes	Sodium (per 100g):	179 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	416 kJ (99 Cal)	Energy (per 100g):	832 kJ (199 Cal)
Protein:	3.0 g	Protein (per 100g):	6.1 g

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

Serving Size: 87.69999694824219 g



Ingredients

Carrot, Cucumber, 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), Capsicum, Onion, Baby Spinach, Filtered Water, Olive Oil Blend, Cumin.

Allergy Information

Contains Gluten, Wheat, Soy.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	10.5 g
Dairy Free:	Yes	Sugar:	2.9 g
Lactose Free:	Yes	Sodium:	58 mg
Soy Free:	No	Fat (total):	2.3 g
Egg Free:	Yes	Fat (Sat):	0.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	12.0 g
Fish Free:	Yes	Sugar (per 100g)	3.3 g
Red Meat Free:	Yes	Sodium (per 100g):	66 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	338 kJ (81 Cal)	Energy (per 100g):	386 kJ (92 Cal)
Protein:	3.0 g	Protein (per 100g):	3.4 g

Wednesday - 14/08/2024

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

Serving Size: 195 g



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)), Chat Potato, Beef Mince, Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), Onion, Carrot, Zucchini, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Baby 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).), Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Capsicum, Tomato Paste (Citric Acid), Filtered Water, Paprika, Minced Garlic, 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, 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, Mixed Herbs (Rosemary, Oregano, Bay Leaves).

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	32.9 g
Dairy Free:	No	Sugar:	4.1 g
Lactose Free:	No	Sodium:	326 mg
Soy Free:	No	Fat (total):	11.4 g
Egg Free:	Yes	Fat (Sat):	4.6 g
Vegetarian:	No	Carbohydrates (per 100g):	16.8 g
Fish Free:	Yes	Sugar (per 100g)	2.1 g
Red Meat Free:	No	Sodium (per 100g):	167 mg

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

Serving Size: 200 g



Ingredients

Sweet Potato, Organic Brown Lentils, Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Carrot, Onion, Zucchini, Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt.), Gluten Free Crispi Bread Crumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier (Diglyceride Of Vegetables)), Capsicum, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), White Pepper, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Tomato Paste (Citric Acid), Minced Garlic, Garlic, Powder, Parsley, 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

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	32.6 g
Dairy Free:	Yes	Sugar:	10.3 g
Lactose Free:	Yes	Sodium:	68 mg
Soy Free:	Yes	Fat (total):	3.7 g
Egg Free:	Yes	Fat (Sat):	0.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	16.3 g
Fish Free:	Yes	Sugar (per 100g)	5.1 g
Red Meat Free:	Yes	Sodium (per 100g):	34 mg
Tomato Free:	No	Fat (total, per 100g):	1.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	844 kJ (202 Cal)	Energy (per 100g):	422 kJ (101 Cal)
Protein:	5.7 g	Protein (per 100g):	2.9 g

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

Serving Size: 185 g



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)), Chat Potato, Beef Mince, Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Onion, Carrot, Zucchini, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Baby 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).), Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Capsicum, Tomato Paste (Citric Acid), Filtered Water, Paprika, Minced Garlic, 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, 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, Mixed Herbs (Rosemary, Oregano, Bay Leaves).

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	32.8 g
Dairy Free:	Yes	Sugar:	4.1 g
Lactose Free:	Yes	Sodium:	261 mg
Soy Free:	No	Fat (total):	7.9 g
Egg Free:	Yes	Fat (Sat):	2.3 g
Vegetarian:	No	Carbohydrates (per 100g):	17.7 g
Fish Free:	Yes	Sugar (per 100g)	2.2 g
Red Meat Free:	No	Sodium (per 100g):	141 mg

Wednesday - 14/08/2024

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

Serving Size: 200 g



Ingredients

Sweet Potato, Beef Mince, Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Carrot, Onion, Zucchini, Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt.), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Gluten Free Crispi Bread Crumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier (Diglyceride Of Vegetables)), White Pepper, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Capsicum, Tomato Paste (Citric Acid), Minced Garlic, Paprika, 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), Garlic, Powder, Ground Black Pepper.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	26.8 g
Dairy Free:	Yes	Sugar:	9.9 g
Lactose Free:	Yes	Sodium:	89 mg
Soy Free:	Yes	Fat (total):	6.5 g
Egg Free:	Yes	Fat (Sat):	1.7 g
Vegetarian:	No	Carbohydrates (per 100g):	13.4 g
Fish Free:	No	Sugar (per 100g)	4.9 g
Red Meat Free:	No	Sodium (per 100g):	44 mg
Tomato Free:	No	Fat (total, per 100g):	3.2 g
Sesame Free:	No	Fat (Sat, per 100g):	0.9 g
Energy:	944 kJ (226 Cal)	Energy (per 100g):	472 kJ (113 Cal)
Protein:	11.9 g	Protein (per 100g):	6.0 g

Wednesday - 14/08/2024

Sticky Date Pudding w/ Orange Wedges (Afternoon Tea)

Serving Size: 110 g



Ingredients

Orange, Dates, Plain Self Raising Flour (**Wheat** Flour, Raising Agent (339, 341, 450, 500)), Water, Banana, Wholemeal **Wheat** Flour, Raising Agents (339, 341, 450, 500), Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar), Unsalted Butter (**Milk**) (Cream, Water), Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Raw Sugar, Cinnamon, Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate).

Allergy Information

Contains Gluten, Wheat, Milk.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	29.9 g
Dairy Free:	No	Sugar:	18.6 g
Lactose Free:	No	Sodium:	123 mg
Soy Free:	Yes	Fat (total):	6.4 g
Egg Free:	Yes	Fat (Sat):	2.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	27.2 g
Fish Free:	Yes	Sugar (per 100g)	17.0 g
Red Meat Free:	Yes	Sodium (per 100g):	112 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.4 g
Energy:	826 kJ (197 Cal)	Energy (per 100g):	751 kJ (179 Cal)
Protein:	2.5 g	Protein (per 100g):	2.3 g

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

Serving Size: 110 g



Ingredients

Orange, 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, Olive Oil Blend, Dates, Raw Sugar, Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate), Cinnamon, Natural Organic Vanilla Extract (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol.), Organic Sugar).

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	36.2 g
Dairy Free:	Yes	Sugar:	12.7 g
Lactose Free:	Yes	Sodium:	163 mg
Soy Free:	Yes	Fat (total):	5.5 g
Egg Free:	Yes	Fat (Sat):	0.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	32.9 g
Fish Free:	Yes	Sugar (per 100g)	11.5 g
Red Meat Free:	Yes	Sodium (per 100g):	149 mg
Tomato Free:	Yes	Fat (total, per 100g):	5.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8 g
Energy:	870 kJ (208 Cal)	Energy (per 100g):	791 kJ (189 Cal)
Protein:	1.5 g	Protein (per 100g):	1.3 g

Thursday - 15/08/2024

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

Thursday - 15/08/2024

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

Thursday - 15/08/2024

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

Thursday - 15/08/2024

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

Thursday - 15/08/2024

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

Serving Size: 220 g



Ingredients

Water, Cooked Macaroni (**Wheat**), Carrot, Broccoli, Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), Skim **Milk** Powder, Baby Spinach, Plain Flour (**Wheat**), Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Unsalted Butter (**Milk**) (Cream, Water), White Pepper.

Allergy Information

Contains Gluten, Wheat, Milk.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	20.9 g
Dairy Free:	No	Sugar:	1.7 g
Lactose Free:	No	Sodium:	100 mg
Soy Free:	Yes	Fat (total):	8.5 g
Egg Free:	Yes	Fat (Sat):	4.3 g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.5 g
Fish Free:	Yes	Sugar (per 100g)	0.8 g
Red Meat Free:	Yes	Sodium (per 100g):	46 mg
Tomato Free:	Yes	Fat (total, per 100g):	3.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.0 g
Energy:	834 kJ (199 Cal)	Energy (per 100g):	379 kJ (91 Cal)
Protein:	8.0 g	Protein (per 100g):	3.7 g

Thursday - 15/08/2024

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

Serving Size: 200 g



Ingredients

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

Allergy Information

Contains Gluten, Wheat.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	31.9 g
Dairy Free:	Yes	Sugar:	5.4 g
Lactose Free:	Yes	Sodium:	115 mg
Soy Free:	Yes	Fat (total):	3.3 g
Egg Free:	Yes	Fat (Sat):	0.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	15.9 g
Fish Free:	Yes	Sugar (per 100g)	2.7 g
Red Meat Free:	Yes	Sodium (per 100g):	57 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	853 kJ (204 Cal)	Energy (per 100g):	426 kJ (102 Cal)
Protein:	8.3 g	Protein (per 100g):	4.1 g

GF & DF Pumpkin & Pea Pasta (AI) (Lunch) [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.), Filtered Water, Gluten Free Pasta (Rice Flour (40%), Corn Flour (22%), Corn Starch (17%), Potato Starch, Yellow Pea Flour), Pumpkin, Cannellini Beans, Peas, Gluten Free Plain Flour (Starch (Maize,Tapioca), Rice Flour, Vegetable Gums (Hydroxypropyl Methyl Cellulose, Xanthan Gum)), Nuttelex, Olive Oil (Vegetable Oils (Olive Oil 14%), Water, Salt, Emulsifiers (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene).), Onion, Nutritional Yeast, Minced Garlic, Ground Black Pepper.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	43.5 g
Dairy Free:	Yes	Sugar:	5.3 g
Lactose Free:	Yes	Sodium:	114 mg
Soy Free:	Yes	Fat (total):	3.6 g
Egg Free:	Yes	Fat (Sat):	0.9 g
Vegetarian:	Yes	Carbohydrates (per 100g):	21.8 g
Fish Free:	Yes	Sugar (per 100g)	2.6 g
Red Meat Free:	Yes	Sodium (per 100g):	57 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4 g
Energy:	1030 kJ (245 Cal)	Energy (per 100g):	513 kJ (123 Cal)
Protein:	6.7 g	Protein (per 100g):	3.4 g

Thursday - 15/08/2024

Beef & Kale Sausage Rolls (Afternoon Tea)

Serving Size: 60 g



Ingredients

Filtered Water, Garlic, Powder, Unsalted Butter Sheets (Pasteurised Cream (From Cow's **Milk**), Water), Plain Flour (**Wheat**), Wholemeal Flour (**Wheat**), 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)), White Pepper, Carrot, Celery, Onion, Kale, Poppy Seeds, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil).

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	28.8 g
Dairy Free:	No	Sugar:	1.2 g
Lactose Free:	No	Sodium:	52 mg
Soy Free:	No	Fat (total):	9.4 g
Egg Free:	Yes	Fat (Sat):	4.9 g
Vegetarian:	No	Carbohydrates (per 100g):	48.1 g
Fish Free:	Yes	Sugar (per 100g)	2.0 g
Red Meat Free:	No	Sodium (per 100g):	87 mg
Tomato Free:	Yes	Fat (total, per 100g):	15.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	8.2 g
Energy:	1040 kJ (250 Cal)	Energy (per 100g):	1740 kJ (416 Cal)

Thursday - 15/08/2024

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

Serving Size: 60 g



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 Mince, Gluten Free Breadcrumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier From Vegetable (471)), Carrot, Onion, Celery, Filtered Water, Olive Oil Blend, Kale, Garlic, Powder, Mixed Herbs (Rosemary, Oregano, Bay Leaves), White Pepper.

Allergy Information

Contains Soy.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	17.3 g
Dairy Free:	Yes	Sugar:	1.2 g
Lactose Free:	Yes	Sodium:	89 mg
Soy Free:	Yes	Fat (total):	8.9 g
Egg Free:	Yes	Fat (Sat):	4.7 g
Vegetarian:	No	Carbohydrates (per 100g):	28.9 g
Fish Free:	Yes	Sugar (per 100g)	2.0 g
Red Meat Free:	No	Sodium (per 100g):	148 mg
Tomato Free:	Yes	Fat (total, per 100g):	14.9 g
Sesame Free:	Yes	Fat (Sat, per 100g):	7.8 g
Energy:	702 kJ (168 Cal)	Energy (per 100g):	1170 kJ (280 Cal)
Protein:	4.1 g	Protein (per 100g):	6.8 g

Thursday - 15/08/2024

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

Serving Size: 60 g



Ingredients

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

Allergy Information

Contains Gluten, Wheat, Milk.:

Nutrition Info

Gluten Free:	No	Carbohydrates:	20.7 g
Dairy Free:	Yes	Sugar:	1.3 g
Lactose Free:	Yes	Sodium:	40 mg
Soy Free:	Yes	Fat (total):	9.4 g
Egg Free:	Yes	Fat (Sat):	4.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	34.5 g
Fish Free:	Yes	Sugar (per 100g)	2.2 g
Red Meat Free:	Yes	Sodium (per 100g):	66 mg
Tomato Free:	Yes	Fat (total, per 100g):	15.7 g
Sesame Free:	Yes	Fat (Sat, per 100g):	7.9 g
Energy:	790 kJ (189 Cal)	Energy (per 100g):	1320 kJ (315 Cal)
Protein:	4.1 g	Protein (per 100g):	6.8 g

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

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	29.1 g
Dairy Free:	Yes	Sugar:	3.0 g
Lactose Free:	Yes	Sodium:	97 mg
Soy Free:	Yes	Fat (total):	4.5 g
Egg Free:	Yes	Fat (Sat):	0.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	48.6 g
Fish Free:	Yes	Sugar (per 100g)	5.1 g
Red Meat Free:	Yes	Sodium (per 100g):	162 mg
Tomato Free:	Yes	Fat (total, per 100g):	7.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.2 g
Energy:	724 kJ (173 Cal)	Energy (per 100g):	1210 kJ (289 Cal)
Protein:	2.9 g	Protein (per 100g):	4.8 g

Friday - 16/08/2024

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

Serving Size: 180 g



Ingredients

Full Cream **Milk**, Kiwi, Mandarin, Pear.

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	12.5 g
Dairy Free:	No	Sugar:	12.5 g
Lactose Free:	No	Sodium:	39 mg
Soy Free:	Yes	Fat (total):	4.2 g
Egg Free:	Yes	Fat (Sat):	2.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	7.0 g
Fish Free:	Yes	Sugar (per 100g)	7.0 g
Red Meat Free:	Yes	Sodium (per 100g):	22 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.5 g
Energy:	465 kJ (111 Cal)	Energy (per 100g):	258 kJ (62 Cal)
Protein:	4.2 g	Protein (per 100g):	2.3 g

Friday - 16/08/2024

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

Serving Size: 180 g



Ingredients

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

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	17.5 g
Dairy Free:	Yes	Sugar:	11.1 g
Lactose Free:	Yes	Sodium:	67 mg
Soy Free:	Yes	Fat (total):	1.4 g
Egg Free:	Yes	Fat (Sat):	0.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.7 g
Fish Free:	Yes	Sugar (per 100g)	6.2 g
Red Meat Free:	Yes	Sodium (per 100g):	37 mg
Tomato Free:	Yes	Fat (total, per 100g):	0.8 g
Sesame Free:	Yes	Fat (Sat, per 100g):	less than 0.1 g
Energy:	395 kJ (94 Cal)	Energy (per 100g):	219 kJ (52 Cal)
Protein:	1.4 g	Protein (per 100g):	0.8 g

Friday - 16/08/2024

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

Serving Size: 180 g



Ingredients

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

Allergy Information

Contains Milk.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	13.0 g
Dairy Free:	No	Sugar:	12.2 g
Lactose Free:	Yes	Sodium:	41 mg
Soy Free:	Yes	Fat (total):	2.4 g
Egg Free:	Yes	Fat (Sat):	1.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	7.2 g
Fish Free:	Yes	Sugar (per 100g)	6.8 g
Red Meat Free:	Yes	Sodium (per 100g):	23 mg
Tomato Free:	Yes	Fat (total, per 100g):	1.3 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9 g
Energy:	399 kJ (95 Cal)	Energy (per 100g):	221 kJ (53 Cal)
Protein:	3.9 g	Protein (per 100g):	2.2 g

Friday - 16/08/2024

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

Serving Size: 180 g



Ingredients

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

Allergy Information

Contains Soy.:

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	12.2 g
Dairy Free:	Yes	Sugar:	10.3 g
Lactose Free:	Yes	Sodium:	32 mg
Soy Free:	No	Fat (total):	3.9 g
Egg Free:	Yes	Fat (Sat):	0.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	6.8 g
Fish Free:	Yes	Sugar (per 100g)	5.7 g
Red Meat Free:	Yes	Sodium (per 100g):	18 mg
Tomato Free:	Yes	Fat (total, per 100g):	2.2 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	434 kJ (104 Cal)	Energy (per 100g):	241 kJ (58 Cal)
Protein:	3.7 g	Protein (per 100g):	2.0 g

Friday - 16/08/2024

Spaghetti Bolognese w/ Cheddar Cheese (Lunch)

Serving Size: 220 g



Ingredients

Filtered Water, Beef Mince, Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Spaghetti (**Wheat**), Cheddar Cheese (Pasteurised **Milk**, Salt, Starter Cultures, Non Animal Rennet), Onion, 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, Milk.:May Contain Egg.

Nutrition Info

Gluten Free:	No	Carbohydrates:	31.0 g
Dairy Free:	No	Sugar:	4.6 g
Lactose Free:	No	Sodium:	198 mg
Soy Free:	Yes	Fat (total):	13.2 g
Egg Free:	Yes	Fat (Sat):	6.6 g
Vegetarian:	No	Carbohydrates (per 100g):	14.1 g
Fish Free:	Yes	Sugar (per 100g)	2.1 g
Red Meat Free:	No	Sodium (per 100g):	90 mg
Tomato Free:	No	Fat (total, per 100g):	6.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.0 g
Energy:	1380 kJ (330 Cal)	Energy (per 100g):	627 kJ (150 Cal)
Protein:	20.8 g	Protein (per 100g):	9.4 g

Friday - 16/08/2024

Spaghetti Bolognese (No Cheese) (Lunch) [Allergy]

Serving Size: 200 g



Ingredients

Filtered Water, Beef Mince, Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Spaghetti (**Wheat**), Onion, 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.:May Contain Egg.

Nutrition Info

Gluten Free:	No	Carbohydrates:	30.9 g
Dairy Free:	Yes	Sugar:	4.6 g
Lactose Free:	Yes	Sodium:	68 mg
Soy Free:	Yes	Fat (total):	6.2 g
Egg Free:	Yes	Fat (Sat):	2.0 g
Vegetarian:	No	Carbohydrates (per 100g):	15.5 g
Fish Free:	Yes	Sugar (per 100g)	2.3 g
Red Meat Free:	No	Sodium (per 100g):	34 mg
Tomato Free:	No	Fat (total, per 100g):	3.1 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	1030 kJ (247 Cal)	Energy (per 100g):	516 kJ (123 Cal)
Protein:	15.8 g	Protein (per 100g):	7.9 g

Friday - 16/08/2024

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

Serving Size: 200 g



Ingredients

Filtered Water, Tomato Puree, Spaghetti (**Wheat**), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Onion, Capsicum, Carrot, Zucchini, Cannellini Beans, Celery, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Potato Starch, Tomato Paste (Citric Acid), 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).

Allergy Information

Contains Gluten, Wheat.:May Contain Egg.

Nutrition Info

Gluten Free:	No	Carbohydrates:	35.0 g
Dairy Free:	Yes	Sugar:	7.4 g
Lactose Free:	Yes	Sodium:	47 mg
Soy Free:	Yes	Fat (total):	3.2 g
Egg Free:	Yes	Fat (Sat):	0.6 g
Vegetarian:	Yes	Carbohydrates (per 100g):	17.5 g
Fish Free:	Yes	Sugar (per 100g)	3.7 g
Red Meat Free:	Yes	Sodium (per 100g):	24 mg
Tomato Free:	No	Fat (total, per 100g):	1.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	827 kJ (198 Cal)	Energy (per 100g):	413 kJ (99 Cal)
Protein:	6.0 g	Protein (per 100g):	3.0 g

Friday - 16/08/2024

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

Serving Size: 200 g



Ingredients

Filtered Water, Tomato Puree, Gluten Free Spaghetti (White Corn Flour 60%, Yellow Corn Flour 29.5%, Emulsifier (Mono And Diglycerides Of Fatty Acids)), Beef Mince, Onion, Carrot, Celery, Mushroom, Tomato Paste (Citric Acid), Zucchini, Balsamic Vinegar (Naturally Fermented Wine Vinegar, Concentrated Grape Must, Cooked Grape Must), 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

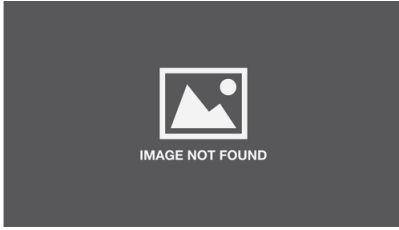
Nutrition Info

Gluten Free:	Yes	Carbohydrates:	37.3 g
Dairy Free:	Yes	Sugar:	4.0 g
Lactose Free:	Yes	Sodium:	40 mg
Soy Free:	Yes	Fat (total):	4.0 g
Egg Free:	Yes	Fat (Sat):	1.2 g
Vegetarian:	No	Carbohydrates (per 100g):	18.7 g
Fish Free:	Yes	Sugar (per 100g)	2.0 g
Red Meat Free:	No	Sodium (per 100g):	20 mg
Tomato Free:	No	Fat (total, per 100g):	2.0 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.6 g
Energy:	979 kJ (234 Cal)	Energy (per 100g):	490 kJ (117 Cal)
Protein:	10.4 g	Protein (per 100g):	5.2 g

Friday - 16/08/2024

GF & DF 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)), Tomato Puree, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Onion, Capsicum, Carrot, Zucchini, Cannellini Beans, Celery, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Potato Starch, Tomato Paste (Citric Acid), 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).

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	40.0 g
Dairy Free:	Yes	Sugar:	6.7 g
Lactose Free:	Yes	Sodium:	37 mg
Soy Free:	Yes	Fat (total):	3.1 g
Egg Free:	Yes	Fat (Sat):	0.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	20.0 g
Fish Free:	Yes	Sugar (per 100g)	3.4 g
Red Meat Free:	Yes	Sodium (per 100g):	18 mg
Tomato Free:	No	Fat (total, per 100g):	1.5 g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3 g
Energy:	888 kJ (212 Cal)	Energy (per 100g):	444 kJ (106 Cal)
Protein:	4.2 g	Protein (per 100g):	2.1 g

Friday - 16/08/2024

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

Serving Size: 56 g



Ingredients

Tomato, 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)), Cheese Slices ((Pasturised **Milk**, Salt, Cultures, Enzyme (Rennet))).

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	13.5 g
Dairy Free:	No	Sugar:	1.2 g
Lactose Free:	No	Sodium:	197 mg
Soy Free:	No	Fat (total):	8.1 g
Egg Free:	Yes	Fat (Sat):	4.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	24.0 g
Fish Free:	Yes	Sugar (per 100g)	2.2 g
Red Meat Free:	Yes	Sodium (per 100g):	352 mg
Tomato Free:	No	Fat (total, per 100g):	14.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	7.3 g
Energy:	652 kJ (156 Cal)	Energy (per 100g):	1160 kJ (278 Cal)
Protein:	6.0 g	Protein (per 100g):	10.8 g

Friday - 16/08/2024

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

Friday - 16/08/2024

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

Serving Size: 36 g



Ingredients

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

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	12.9 g
Dairy Free:	No	Sugar:	0.7 g
Lactose Free:	No	Sodium:	196 mg
Soy Free:	No	Fat (total):	8.1 g
Egg Free:	Yes	Fat (Sat):	4.1 g
Vegetarian:	Yes	Carbohydrates (per 100g):	35.7 g
Fish Free:	Yes	Sugar (per 100g)	2.1 g
Red Meat Free:	Yes	Sodium (per 100g):	545 mg
Tomato Free:	Yes	Fat (total, per 100g):	22.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	11.3 g
Energy:	636 kJ (152 Cal)	Energy (per 100g):	1770 kJ (422 Cal)
Protein:	5.9 g	Protein (per 100g):	16.4 g

Friday - 16/08/2024

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

Serving Size: 50 g



Ingredients

Cannellini Beans, Organic Brown Rice Crackers (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Filtered Water, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Lemon Juice, Cumin, Garlic, Powder.

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.1 g
Dairy Free:	Yes	Sugar:	0.8 g
Lactose Free:	Yes	Sodium:	167 mg
Soy Free:	Yes	Fat (total):	3.3 g
Egg Free:	Yes	Fat (Sat):	0.5 g
Vegetarian:	Yes	Carbohydrates (per 100g):	28.2 g
Fish Free:	Yes	Sugar (per 100g)	1.6 g
Red Meat Free:	Yes	Sodium (per 100g):	333 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.6 g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0 g
Energy:	433 kJ (103 Cal)	Energy (per 100g):	865 kJ (207 Cal)
Protein:	3.0 g	Protein (per 100g):	5.9 g

Friday - 16/08/2024

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

Serving Size: 65 g



Ingredients

Cannellini Beans, Tomato, 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)), Filtered Water, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Lemon Juice, Cumin, Garlic, Powder.

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	15.9 g
Dairy Free:	Yes	Sugar:	1.7 g
Lactose Free:	Yes	Sodium:	145 mg
Soy Free:	No	Fat (total):	4.2 g
Egg Free:	Yes	Fat (Sat):	0.7 g
Vegetarian:	Yes	Carbohydrates (per 100g):	24.4 g
Fish Free:	Yes	Sugar (per 100g)	2.7 g
Red Meat Free:	Yes	Sodium (per 100g):	223 mg
Tomato Free:	Yes	Fat (total, per 100g):	6.4 g
Sesame Free:	No	Fat (Sat, per 100g):	1.1 g
Energy:	512 kJ (122 Cal)	Energy (per 100g):	788 kJ (188 Cal)
Protein:	3.5 g	Protein (per 100g):	5.4 g