

Menu: Childcare Week 3

Full Cream Milk 2L (Morning Tea)

Serving Size: 100g



Ingredients

Organic Full Cream Milk (100%)

Allergy Information

Contains Milk

Nutrition Info

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

Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



Ingredients

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

Allergy Information

Contains Milk

Nutrition Info

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

Not So Chilli Con Carne & Rice (Lunch)

Serving Size: 200g



Ingredients

Basmati Rice, Beef (21%), Tomato Puree, Red Kidney Beans, Onion, Carrot, Red Capsicum, Celery, Tomato Paste (Citric Acid), Filtered Water, Potato Starch, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Garlic, Cumin

Allergy Information

Nutrition Info

| | | | |
|----------------|----------------|---------------------------|----------------|
| Gluten Free: | Yes | Carbohydrates: | 28.2g |
| Dairy Free: | Yes | Sugar: | 4.0g |
| Lactose Free: | Yes | Sodium: | 110mg |
| Soy Free: | Yes | Fat (total): | n/a |
| Egg Free: | Yes | Fat (Sat): | 1.8g |
| Vegetarian: | No | Carbohydrates (per 100g): | 14.1g |
| Fish Free: | Yes | Sugar (per 100g) | 2.0g |
| Red Meat Free: | No | Sodium (per 100g): | 55mg |
| Tomato Free: | No | Fat (total, per 100g): | 2.8g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 0.9g |
| Energy: | 988kJ (236Cal) | Energy (per 100g): | 494kJ (118Cal) |
| Protein: | 15.9g | Protein (per 100g): | 7.9g |

GF & DF Bean Burrito Bowl (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

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

Allergy Information

Nutrition Info

| | | | |
|----------------|----------------|---------------------------|----------------|
| Gluten Free: | Yes | Carbohydrates: | 37.6g |
| Dairy Free: | Yes | Sugar: | 7.8g |
| Lactose Free: | Yes | Sodium: | 108mg |
| Soy Free: | Yes | Fat (total): | n/a |
| Egg Free: | Yes | Fat (Sat): | 0.5g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 18.8g |
| Fish Free: | Yes | Sugar (per 100g) | 3.9g |
| Red Meat Free: | Yes | Sodium (per 100g): | 54mg |
| Tomato Free: | No | Fat (total, per 100g): | 1.5g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 0.3g |
| Energy: | 872kJ (208Cal) | Energy (per 100g): | 436kJ (104Cal) |
| Protein: | 8.7g | Protein (per 100g): | 4.4g |

Wholemeal Cheese Filled Rolls (Afternoon Tea)

Serving Size: 43g



Ingredients

Unbleached Wholemeal Wheat Flour (48%), Water, Cheese (19%) (Milk, Water, Thickener (1422), Mineral Salts (452, 339), Iodised Salt, Stabiliser (466), Colours (160a, 160e), Sugar, Citric Acid), Baker’s Yeast, Wheat Gluten, Vinegar, Canola Oil, Soy Flour, Iodised Salt, Sugar, Vegetable Emulsifiers (481, 471, 472 (E)), Vitamins (Thiamin, Folic Acid)

Allergy Information

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

Nutrition Info

| | | | |
|----------------|---------------|---------------------------|----------------|
| Gluten Free: | No | Carbohydrates: | 13.8g |
| Dairy Free: | No | Sugar: | 0.9g |
| Lactose Free: | No | Sodium: | 201mg |
| Soy Free: | No | Fat (total): | n/a |
| Egg Free: | Yes | Fat (Sat): | 1.0g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 32.2g |
| Fish Free: | No | Sugar (per 100g) | 2.0g |
| Red Meat Free: | No | Sodium (per 100g): | 467mg |
| Tomato Free: | No | Fat (total, per 100g): | 5.1g |
| Sesame Free: | No | Fat (Sat, per 100g): | 2.4g |
| Energy: | 400kJ (96Cal) | Energy (per 100g): | 931kJ (222Cal) |
| Protein: | 4.0g | Protein (per 100g): | 9.2g |

GF & DF Garlic Bread (AI) (Afternoon Tea) [Allergy]

Serving Size: 60g



Ingredients

Gluten Free Hot Dog Rolls (Gluten Free Baking Blend (Corn Starch, Tapioca Starch, Cellulose Powder, Xanthan Gum, Potato Starch, Brown Sugar, Psyllium Hush, Baking Powder, Iodised Sea Salt, Buckwheat Flour, Flax Seed Flour, Spirulina), Vegetable Oil, Vinegar, Yeast), Cannellini Beans, Nuttelex (Vegetable Oils (Olive Oil 14%), Water, Salt, Emulsifiers (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene)), Garlic, Parsley

Allergy Information

Nutrition Info

| | | | |
|----------------|----------------|---------------------------|-----------------|
| Gluten Free: | Yes | Carbohydrates: | 24.2g |
| Dairy Free: | Yes | Sugar: | 3.4g |
| Lactose Free: | Yes | Sodium: | 228mg |
| Soy Free: | No | Fat (total): | n/a |
| Egg Free: | Yes | Fat (Sat): | 1.4g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 40.3g |
| Fish Free: | No | Sugar (per 100g) | 5.7g |
| Red Meat Free: | No | Sodium (per 100g): | 380mg |
| Tomato Free: | No | Fat (total, per 100g): | 12.7g |
| Sesame Free: | No | Fat (Sat, per 100g): | 2.3g |
| Energy: | 744kJ (178Cal) | Energy (per 100g): | 1240kJ (296Cal) |
| Protein: | 1.0g | Protein (per 100g): | 1.6g |

GF & LF Garlic Bread (AI) (Afternoon Tea) [Allergy]

Serving Size: 60g



Ingredients

Gluten Free Hot Dog Rolls (Gluten Free Baking Blend (Corn Starch, Tapioca Starch, Cellulose Powder, Xanthan Gum, Potato Starch, Brown Sugar, Psyllium Hush, Baking Powder, Iodised Sea Salt, Buckwheat Flour, Flax Seed Flour, Spirulina), Vegetable Oil, Vinegar, Yeast), Lactose Free Cheese (13%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet) Lactase Enzyme), Cannellini Beans, Nuttelex (Vegetable Oils (Olive Oil 14%), Water, Salt, Emulsifiers (471, Sunflower Lecithin), Natural Flavour, Vitamins A, D, E, Natural Colour (Beta Carotene)), Garlic, Parsley

Allergy Information

Contains Milk

Nutrition Info

| | | | |
|----------------|----------------|---------------------------|-----------------|
| Gluten Free: | Yes | Carbohydrates: | 24.3g |
| Dairy Free: | Yes | Sugar: | 3.5g |
| Lactose Free: | Yes | Sodium: | 289mg |
| Soy Free: | No | Fat (total): | n/a |
| Egg Free: | Yes | Fat (Sat): | 3.7g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 40.4g |
| Fish Free: | No | Sugar (per 100g) | 5.9g |
| Red Meat Free: | No | Sodium (per 100g): | 481mg |
| Tomato Free: | No | Fat (total, per 100g): | 18.3g |
| Sesame Free: | No | Fat (Sat, per 100g): | 6.2g |
| Energy: | 911kJ (218Cal) | Energy (per 100g): | 1520kJ (363Cal) |
| Protein: | 3.4g | Protein (per 100g): | 5.6g |

Full Cream Milk 2L (Morning Tea)

Serving Size: 100g



Ingredients

Organic Full Cream Milk (100%)

Allergy Information

Contains Milk

Nutrition Info

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

Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



Ingredients

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

Allergy Information

Contains Milk

Nutrition Info

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

Wholemeal Tuna Pasta Bake (Lunch)

Serving Size: 200g



Ingredients

Wholemeal Pasta (30%) (Durum Wheat Semolina), Skim Milk (Skim Milk, Milk Solids), Tuna (15%) (Skipjack, Light Meat Tuna (92%), Springwater, Salt), Mixed Vegetables (Peas, Cauliflower, Carrots, Green Beans, Corn Kernels), Mozzarella Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Plain Flour, Unsalted Butter (Cream, Water), Onion, Parsley, Bay Leaf, Whole Peppercorns

Allergy Information

Contains Wheat, Contains Gluten, Fish, Milk

Nutrition Info

| | | | |
|----------------|----------------|---------------------------|----------------|
| Gluten Free: | No | Carbohydrates: | 23.4g |
| Dairy Free: | No | Sugar: | 4.7g |
| Lactose Free: | No | Sodium: | 171mg |
| Soy Free: | Yes | Fat (total): | n/a |
| Egg Free: | Yes | Fat (Sat): | 4.2g |
| Vegetarian: | No | Carbohydrates (per 100g): | 11.7g |
| Fish Free: | No | Sugar (per 100g) | 2.4g |
| Red Meat Free: | Yes | Sodium (per 100g): | 86mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 3.5g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 2.1g |
| Energy: | 995kJ (238Cal) | Energy (per 100g): | 498kJ (119Cal) |
| Protein: | 17.1g | Protein (per 100g): | 8.6g |

Wholemeal Chicken Pasta Bake (Lunch)

Serving Size: 200g



Ingredients

Skim Milk (Skim Milk, Milk Solids), Wholemeal Pasta (25%) (Durum Wheat Semolina), Chicken Breast, Mixed Vegetables (Peas, Cauliflower, Carrots, Green Beans, Corn Kernels), Mozzarella Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Plain Flour, Unsalted Butter (Cream, Water), Onion, Parsley, Bay Leaf, Whole Peppercorns

Allergy Information

Contains Wheat, Contains Gluten, Milk:May Contain Egg

Nutrition Info

| | | | |
|----------------|-----------------|---------------------------|----------------|
| Gluten Free: | No | Carbohydrates: | 22.0g |
| Dairy Free: | No | Sugar: | 5.2g |
| Lactose Free: | No | Sodium: | 110mg |
| Soy Free: | Yes | Fat (total): | n/a |
| Egg Free: | Yes | Fat (Sat): | 4.6g |
| Vegetarian: | No | Carbohydrates (per 100g): | 11.0g |
| Fish Free: | Yes | Sugar (per 100g) | 2.6g |
| Red Meat Free: | Yes | Sodium (per 100g): | 55mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 3.9g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 2.3g |
| Energy: | 1020kJ (244Cal) | Energy (per 100g): | 511kJ (122Cal) |
| Protein: | 18.9g | Protein (per 100g): | 9.5g |

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

Serving Size: 200g



Ingredients

Tomato Puree, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Gluten Free Pasta (15%) (Rice Flour (40%), Corn Flour (22%), Corn Starch (17%), Potato Starch, Yellow Pea Flour), Filtered Water, Leek, Onion, Carrot, Red Capsicum, Zucchini, Chickpeas, Celery, Potato Starch, Olive Oil, Tomato Paste (Citric Acid), Garlic, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil)

Allergy Information

Nutrition Info

| | | | |
|----------------|----------------|---------------------------|---------------|
| Gluten Free: | Yes | Carbohydrates: | 34.9g |
| Dairy Free: | Yes | Sugar: | 8.4g |
| Lactose Free: | Yes | Sodium: | 53mg |
| Soy Free: | Yes | Fat (total): | n/a |
| Egg Free: | Yes | Fat (Sat): | 0.6g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 17.4g |
| Fish Free: | Yes | Sugar (per 100g) | 4.2g |
| Red Meat Free: | Yes | Sodium (per 100g): | 27mg |
| Tomato Free: | No | Fat (total, per 100g): | 1.2g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 0.3g |
| Energy: | 741kJ (177Cal) | Energy (per 100g): | 371kJ (89Cal) |
| Protein: | 4.8g | Protein (per 100g): | 2.4g |

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

Serving Size: 200g



Ingredients

Chicken Thigh (18%), Gluten Free Pasta (14%) (Rice Flour (40%), Corn Flour (22%), Corn Starch (17%), Potato Starch, Yellow Pea Flour), Filtered Water, Tomato Puree, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Peas, Corn, Leek, Onion, Carrot, Red Capsicum, Zucchini, Chickpeas, Celery, Potato Starch, Olive Oil, Tomato Paste (Citric Acid), Garlic, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil)

Allergy Information

Nutrition Info

| | | | |
|----------------|-----------------|---------------------------|----------------|
| Gluten Free: | Yes | Carbohydrates: | 33.9g |
| Dairy Free: | Yes | Sugar: | 6.6g |
| Lactose Free: | Yes | Sodium: | 71mg |
| Soy Free: | Yes | Fat (total): | n/a |
| Egg Free: | Yes | Fat (Sat): | 1.6g |
| Vegetarian: | No | Carbohydrates (per 100g): | 16.9g |
| Fish Free: | Yes | Sugar (per 100g) | 3.3g |
| Red Meat Free: | Yes | Sodium (per 100g): | 35mg |
| Tomato Free: | No | Fat (total, per 100g): | 2.8g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 0.8g |
| Energy: | 1040kJ (248Cal) | Energy (per 100g): | 519kJ (124Cal) |
| Protein: | 15.0g | Protein (per 100g): | 7.5g |

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

Serving Size:



Ingredients

No Information

Allergy Information

Nutrition Info

| | | | |
|----------------|-----|---------------------------|-----|
| Gluten Free: | No | Carbohydrates: | |
| Dairy Free: | No | Sugar: | |
| Lactose Free: | No | Sodium: | |
| Soy Free: | No | Fat (total): | n/a |
| Egg Free: | Yes | Fat (Sat): | |
| Vegetarian: | Yes | Carbohydrates (per 100g): | |
| Fish Free: | No | Sugar (per 100g) | |
| Red Meat Free: | No | Sodium (per 100g): | |
| Tomato Free: | No | Fat (total, per 100g): | |
| Sesame Free: | No | Fat (Sat, per 100g): | |
| Energy: | | Energy (per 100g): | |
| Protein: | | Protein (per 100g): | |

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

Serving Size: 30g



Ingredients

Lactose Free Cheese (53%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet) Lactase Enzyme), Vita-Weat Crackers (47%) (Wholegrain (45%) (Whole Wheat Flour, Oats), Wheat Flour, Vegetable Oil, Cornflour, Seeds (6%) (Linseed, Poppy, Canola, Sunflower Kernals), Sugar, Yeast, Salt, Emulsifier (Soy Lecithin))

Allergy Information

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

Nutrition Info

| | | | |
|----------------|----------------|---------------------------|-----------------|
| Gluten Free: | No | Carbohydrates: | 9.2g |
| Dairy Free: | No | Sugar: | 0.7g |
| Lactose Free: | Yes | Sodium: | 157mg |
| Soy Free: | No | Fat (total): | n/a |
| Egg Free: | Yes | Fat (Sat): | 4.0g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 30.5g |
| Fish Free: | Yes | Sugar (per 100g) | 2.3g |
| Red Meat Free: | Yes | Sodium (per 100g): | 523mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 24.1g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 13.4g |
| Energy: | 522kJ (125Cal) | Energy (per 100g): | 1740kJ (416Cal) |
| Protein: | 5.3g | Protein (per 100g): | 17.5g |

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

Serving Size: 50g



Ingredients

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

Allergy Information

Nutrition Info

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

Full Cream Milk 2L (Morning Tea)

Serving Size: 100g



Ingredients

Organic Full Cream Milk (100%)

Allergy Information

Contains Milk

Nutrition Info

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

Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



Ingredients

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

Allergy Information

Contains Milk

Nutrition Info

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

Cheesy Meatball Sub (Lunch)

Serving Size: 145g



Ingredients

Wholemeal Mini Torp (Unbleached Wholemeal Wheat Flour (56%), Water, Baker's Yeast, Wheat Gluten, Iodised Salt, Vegetable Oil, Soy Flour, Vinegar, Sugar, Emulsifiers From Vegetable Source (481, 472 (E)), Vitamins (Thiamin, Folic Acid)), Beef (13%), Tomato Puree, Onion, Carrot, Cheddar Cheese (7%) (Cows Milk, Salt, Starter Cultures, Non Animal Rennent), Zucchini, Burgen Bread Crumbs (Water, Whole Grain Wholemeal Wheat Flour (29%), Mixed Whole Grains (9%), (Kibbled Rye, Kibbled Wheat, Buckwheat, Kibbled Corn, Rolled Oats, Kibbled Barley, Kibbled Triticale), Wheat Gluten, Mixed Seeds (6%) (Poppy Seed (3%), Linseed (2%), Sunflower Seeds), Kibbled Soy, Canola Oil, Baker's Yeast, Vinegar, Iodised Salt, Fermented Wheat Flour, Vitamins (Thiamin, Folic Acid)), Spinach, Filtered Water, Celery, Tomato Paste (Citric Acid), Olive Oil, Garlic, Spring Onion, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Garlic Powder, Paprika, Parsley, White Pepper

Allergy Information

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

Nutrition Info

| | | | |
|----------------|-----|---------------------------|-------|
| Gluten Free: | No | Carbohydrates: | 26.9g |
| Dairy Free: | No | Sugar: | 3.8g |
| Lactose Free: | No | Sodium: | 383mg |
| Soy Free: | No | Fat (total): | n/a |
| Egg Free: | Yes | Fat (Sat): | 3.4g |
| Vegetarian: | No | Carbohydrates (per 100g): | 18.5g |
| Fish Free: | No | Sugar (per 100g) | 2.6g |
| Red Meat Free: | No | Sodium (per 100g): | 264mg |
| Tomato Free: | No | Fat (total, per 100g): | 6.4g |
| Sesame Free: | No | Fat (Sat, per 100g): | 2.4g |

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

Serving Size: 200g



Ingredients

Sweet Potato (41%), Beef (13%), Peas, Tomato Puree, Onion, Carrot, Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt), Zucchini, Filtered Water, Gluten Free Bread (Water, Organic Rice Flour, Tapioca Starch, Organic Pumpkin (11%), Organic Rice Flour, Organic Buckwheat Flour, Organic Sunflower Oil, Cultured Rice Flour, Salt (Non-Iodised), Vegetable Gum (Guar)), Celery, Olive Oil, Tomato Paste (Citric Acid), Garlic, Spring Onion, Parsley, Paprika, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), White Pepper, Garlic Powder

Allergy Information

Nutrition Info

| | | | |
|----------------|----------------|---------------------------|---------------|
| Gluten Free: | Yes | Carbohydrates: | 21.3g |
| Dairy Free: | Yes | Sugar: | 8.5g |
| Lactose Free: | Yes | Sodium: | 85mg |
| Soy Free: | Yes | Fat (total): | n/a |
| Egg Free: | Yes | Fat (Sat): | 1.5g |
| Vegetarian: | No | Carbohydrates (per 100g): | 10.7g |
| Fish Free: | No | Sugar (per 100g) | 4.2g |
| Red Meat Free: | No | Sodium (per 100g): | 42mg |
| Tomato Free: | No | Fat (total, per 100g): | 2.9g |
| Sesame Free: | No | Fat (Sat, per 100g): | 0.7g |
| Energy: | 816kJ (195Cal) | Energy (per 100g): | 408kJ (98Cal) |
| Protein: | 11.2g | Protein (per 100g): | 5.6g |

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

Serving Size: 200g



Ingredients

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

Allergy Information

Nutrition Info

| | | | |
|----------------|----------------|---------------------------|---------------|
| Gluten Free: | Yes | Carbohydrates: | 25.0g |
| Dairy Free: | Yes | Sugar: | 9.5g |
| Lactose Free: | Yes | Sodium: | 35mg |
| Soy Free: | Yes | Fat (total): | n/a |
| Egg Free: | Yes | Fat (Sat): | 0.8g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 12.5g |
| Fish Free: | Yes | Sugar (per 100g) | 4.8g |
| Red Meat Free: | No | Sodium (per 100g): | 17mg |
| Tomato Free: | No | Fat (total, per 100g): | 3.0g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 0.4g |
| Energy: | 787kJ (188Cal) | Energy (per 100g): | 393kJ (94Cal) |
| Protein: | 5.1g | Protein (per 100g): | 2.6g |

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

Serving Size: 200g



Ingredients

Tomato Puree, Potato, Onion, Carrot, Filtered Water, Zucchini, Red Capsicum, Corn, Besan, Olive Oil, Celery, Tomato Paste (Citric Acid), Garlic, Spring Onion, Parsley, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), White Pepper

Allergy Information

Nutrition Info

| | | | |
|----------------|----------------|---------------------------|----------------|
| Gluten Free: | Yes | Carbohydrates: | 22.4g |
| Dairy Free: | Yes | Sugar: | 8.3g |
| Lactose Free: | Yes | Sodium: | 40mg |
| Soy Free: | Yes | Fat (total): | n/a |
| Egg Free: | Yes | Fat (Sat): | 1.5g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 11.2g |
| Fish Free: | No | Sugar (per 100g) | 4.1g |
| Red Meat Free: | No | Sodium (per 100g): | 20mg |
| Tomato Free: | No | Fat (total, per 100g): | 5.8g |
| Sesame Free: | No | Fat (Sat, per 100g): | 0.8g |
| Energy: | 989kJ (236Cal) | Energy (per 100g): | 494kJ (118Cal) |
| Protein: | 6.7g | Protein (per 100g): | 3.3g |

Apple & Pear Strudel (Afternoon Tea)

Serving Size: 60g



Ingredients

Apple (35%) (Apple, Acidity Regulator (Citric Acid), Calcium Lactate), Pear (24%) (Diced Pears (62% Min), Refined Fruit Juice), Filtered Water, Butter (Pasteurised Cream (From Cow's Milk), Water), Plain Flour, Wholemeal Flour, Maize Cornflour (Gluten Free), Cinnamon

Allergy Information

Contains Wheat, Contains Gluten, Milk

Nutrition Info

| | | | |
|----------------|----------------|---------------------------|----------------|
| Gluten Free: | No | Carbohydrates: | 13.5g |
| Dairy Free: | No | Sugar: | 4.1g |
| Lactose Free: | No | Sodium: | 3mg |
| Soy Free: | Yes | Fat (total): | n/a |
| Egg Free: | Yes | Fat (Sat): | 3.7g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 22.5g |
| Fish Free: | Yes | Sugar (per 100g) | 6.8g |
| Red Meat Free: | Yes | Sodium (per 100g): | 6mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 9.7g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 6.2g |
| Energy: | 478kJ (114Cal) | Energy (per 100g): | 797kJ (190Cal) |
| Protein: | 1.4g | Protein (per 100g): | 2.4g |

GF & DF Apple & Pear Strudel (AI) (Afternoon Tea) [Allergy]

Serving Size: 60g



Ingredients

Gluten Free Puff Pastry (Gluten Free Pastry (Maize Starch, Rice Flour, Yellow Pea Flour, Besan Flour, Faba Bean Flour, Thickener (464, 415), Flaxseed Flour, Bamboo Fibre, Potato Starch, Dextrose, Buckwheat Flour, Salt), Water, Pro Ve Shortening (Vegetable Oil, Emulsifiers (471, Soybean Lecithin), Antioxidant (307b), Naturalcolour (160a)), Vegetable Fibre), Apple (29%) (Apple, Acidity Regulator (Citric Acid), Calcium Lactate), Pear (14%) (Diced Pears (62% Min), Refined Fruit Juice), Cinnamon

Allergy Information

Contains Soybeans

Nutrition Info

| | | | |
|----------------|----------------|---------------------------|----------------|
| Gluten Free: | Yes | Carbohydrates: | 15.6g |
| Dairy Free: | Yes | Sugar: | 2.9g |
| Lactose Free: | Yes | Sodium: | 59mg |
| Soy Free: | No | Fat (total): | n/a |
| Egg Free: | Yes | Fat (Sat): | 4.1g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 26.0g |
| Fish Free: | No | Sugar (per 100g) | 4.8g |
| Red Meat Free: | No | Sodium (per 100g): | 98mg |
| Tomato Free: | No | Fat (total, per 100g): | 11.8g |
| Sesame Free: | No | Fat (Sat, per 100g): | 6.9g |
| Energy: | 554kJ (132Cal) | Energy (per 100g): | 923kJ (221Cal) |
| Protein: | 1.2g | Protein (per 100g): | 2.1g |

GF & DF Coconut Yoghurt & Apple (AI) (Afternoon Tea) [Allergy]

Serving Size: 125g



Ingredients

Yoghurt Coconut (60%) (Water, Coconut Cream, Tapioca Starch, Cultures.), Apple (40%) (Apple, Acidity Regulator (Citric Acid), Calcium Lactate), Cinnamon

Allergy Information

Nutrition Info

| | | | |
|----------------|----------------|---------------------------|---------------|
| Gluten Free: | Yes | Carbohydrates: | 10.8g |
| Dairy Free: | Yes | Sugar: | 5.0g |
| Lactose Free: | Yes | Sodium: | 6mg |
| Soy Free: | Yes | Fat (total): | n/a |
| Egg Free: | Yes | Fat (Sat): | 6.3g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 8.6g |
| Fish Free: | Yes | Sugar (per 100g) | 4.0g |
| Red Meat Free: | Yes | Sodium (per 100g): | 5mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 5.4g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 5.0g |
| Energy: | 450kJ (108Cal) | Energy (per 100g): | 360kJ (86Cal) |
| Protein: | 0.9g | Protein (per 100g): | 0.7g |

Full Cream Milk 2L (Morning Tea)

Serving Size: 100g



Ingredients

Organic Full Cream Milk (100%)

Allergy Information

Contains Milk

Nutrition Info

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

Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



Ingredients

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

Allergy Information

Contains Milk

Nutrition Info

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

Cheesy Chicken & Leek Risotto (Lunch)

Serving Size: 200g



Ingredients

Rice, Chicken Stock (Water, Chicken, Carrot, Onion, Celery, Herbs, Bay Leaves, Peppercorns), Chicken Thigh (9%), Onion, Carrot, Leek (2%), Skim Milk Powder, Peas, Corn, Celery, Plain Flour, Cheddar Cheese (Cows Milk, Salt, Starter Cultures, Non Animal Rennent), Butter Unsalted, Olive Oil, Garlic, Yeast Flakes (Inactive Yeast), White Pepper

Allergy Information

Contains Wheat, Contains Gluten, Milk

Nutrition Info

| | | | |
|----------------|-----------------|---------------------------|----------------|
| Gluten Free: | No | Carbohydrates: | 40.4g |
| Dairy Free: | No | Sugar: | 6.0g |
| Lactose Free: | No | Sodium: | 137mg |
| Soy Free: | Yes | Fat (total): | n/a |
| Egg Free: | Yes | Fat (Sat): | 2.5g |
| Vegetarian: | No | Carbohydrates (per 100g): | 20.2g |
| Fish Free: | No | Sugar (per 100g) | 3.0g |
| Red Meat Free: | No | Sodium (per 100g): | 68mg |
| Tomato Free: | No | Fat (total, per 100g): | 3.2g |
| Sesame Free: | No | Fat (Sat, per 100g): | 1.2g |
| Energy: | 1140kJ (273Cal) | Energy (per 100g): | 572kJ (137Cal) |
| Protein: | 11.4g | Protein (per 100g): | 5.7g |

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

Serving Size: 200g



Ingredients

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

Allergy Information

Nutrition Info

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

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

Serving Size: 200g



Ingredients

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

Allergy Information

Nutrition Info

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

Sultana Scone w/ Chia Berry Fruit Spread (Afternoon Tea)

Serving Size: 70g



Ingredients

Milk, Wholemeal Self Raising Flour, Plain Self Raising Flour (Wheat Flour, Raising Agent (339, 341, 450, 500)), Blueberries, Sultana (Sultanas, Vegetable Oil), Currants, Unsalted Butter (Cream, Water), Honey, Chia Seeds, Organic Vanilla Essence (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol), Organic Sugar), Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate), Cinnamon

Allergy Information

Contains Wheat, Contains Gluten, Milk

Nutrition Info

| | | | |
|----------------|----------------|---------------------------|-----------------|
| Gluten Free: | No | Carbohydrates: | 32.2g |
| Dairy Free: | No | Sugar: | 10.5g |
| Lactose Free: | No | Sodium: | 252mg |
| Soy Free: | No | Fat (total): | n/a |
| Egg Free: | No | Fat (Sat): | 2.8g |
| Vegetarian: | No | Carbohydrates (per 100g): | 46.0g |
| Fish Free: | No | Sugar (per 100g) | 15.0g |
| Red Meat Free: | No | Sodium (per 100g): | 360mg |
| Tomato Free: | No | Fat (total, per 100g): | 7.1g |
| Sesame Free: | No | Fat (Sat, per 100g): | 4.0g |
| Energy: | 831kJ (198Cal) | Energy (per 100g): | 1190kJ (284Cal) |
| Protein: | 4.4g | Protein (per 100g): | 6.4g |

GF & DF Banana Scone & Berry Spread (AI) (Afternoon Tea) [Allergy]

Serving Size: 70g



Ingredients

Gluten Free Flour (Gluten Free Flours (Maize, Rice), Starch (Maize, Tapioca), Raising Agents (Sodium Pyrophosphate, Sodium Bicarbonate, Glucono Delta-Lactone) Thickeners (Guar Gum, Xanthan Gum, Hydroxypropyl Methylcellulose, Sodium Carboxymethylcellulose)), Filtered Water, Blueberries (11%), Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Banana (7%), Chia Seeds, Sultana (Sultanas, Vegetable Oil), Raw Sugar, Honey

Allergy Information

Nutrition Info

| | | | |
|----------------|----------------|---------------------------|----------------|
| Gluten Free: | Yes | Carbohydrates: | 29.0g |
| Dairy Free: | Yes | Sugar: | 5.6g |
| Lactose Free: | Yes | Sodium: | 89mg |
| Soy Free: | Yes | Fat (total): | n/a |
| Egg Free: | Yes | Fat (Sat): | 0.6g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 41.4g |
| Fish Free: | Yes | Sugar (per 100g) | 8.0g |
| Red Meat Free: | Yes | Sodium (per 100g): | 127mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 10.8g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 0.9g |
| Energy: | 662kJ (158Cal) | Energy (per 100g): | 945kJ (226Cal) |
| Protein: | 1.1g | Protein (per 100g): | 1.6g |

Full Cream Milk 2L (Morning Tea)

Serving Size: 100g



Ingredients

Organic Full Cream Milk (100%)

Allergy Information

Contains Milk

Nutrition Info

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

Yoghurt, All Natural 1Kg (Morning Tea)

Serving Size: 50g



Ingredients

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

Allergy Information

Contains Milk

Nutrition Info

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

Chicken, Cucumber & Cheesy Sweet Corn Sandwich (Lunch)

Serving Size: 150g



Ingredients

Grain Fusion Bread (Unbleached Wholegrain Wheat Flour (50%), Water, Whole & Kibbled Grains (13%) (Wheat, Triticale, Linseed, Sunflower, Rye, Barley, Soy), Baker's Yeast, Wheat Gluten, Vinegar, Iodised Salt, Canola Oil, Vegetable Emulsifiers (481, 471, 472 (E)), Soy Flour, Vitamins (Thiamin, Folic Acid)), Roast Chicken Breast (27%), Cucumber (13%), Cream Cheese (3.5%) (Milk, Cream, Salt, Stabiliser (410, 412), Starter Culture), Carrot, Onion, Corn, Olive Oil, White Pepper

Allergy Information

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

Nutrition Info

| | | | |
|----------------|-----------------|---------------------------|----------------|
| Gluten Free: | No | Carbohydrates: | 30.5g |
| Dairy Free: | No | Sugar: | 1.8g |
| Lactose Free: | No | Sodium: | 320mg |
| Soy Free: | No | Fat (total): | n/a |
| Egg Free: | Yes | Fat (Sat): | 2.1g |
| Vegetarian: | No | Carbohydrates (per 100g): | 20.3g |
| Fish Free: | Yes | Sugar (per 100g) | 1.2g |
| Red Meat Free: | Yes | Sodium (per 100g): | 213mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 3.9g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 1.4g |
| Energy: | 1120kJ (268Cal) | Energy (per 100g): | 748kJ (179Cal) |
| Protein: | 20.6g | Protein (per 100g): | 13.8g |

Roast Beef, Tomato & Pepitas Pesto Sandwich (Lunch)

Serving Size: 150g



Ingredients

Grain Fusion Bread (47%) (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)), Beef (20%), Tomato (13%), Cucumber, Basil, Pepitas, Spinach, Olive Oil, Lemon Juice, Garlic, White Pepper

Allergy Information

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

Nutrition Info

| | | | |
|----------------|-----------------|---------------------------|----------------|
| Gluten Free: | No | Carbohydrates: | 31.0g |
| Dairy Free: | Yes | Sugar: | 2.4g |
| Lactose Free: | Yes | Sodium: | 300mg |
| Soy Free: | No | Fat (total): | n/a |
| Egg Free: | Yes | Fat (Sat): | 1.5g |
| Vegetarian: | No | Carbohydrates (per 100g): | 20.6g |
| Fish Free: | Yes | Sugar (per 100g) | 1.6g |
| Red Meat Free: | No | Sodium (per 100g): | 200mg |
| Tomato Free: | No | Fat (total, per 100g): | 5.1g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 1.0g |
| Energy: | 1160kJ (278Cal) | Energy (per 100g): | 775kJ (185Cal) |
| Protein: | 18.6g | Protein (per 100g): | 12.4g |

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

Serving Size: 186g



Ingredients

Wholemeal Lunch Roll (48%) (Unbleached Wholemeal Wheat Flour (58%), Water, Baker's Yeast, Wheat Bran, Wheat Gluten, Vinegar, Canola Oil, Iodised Salt, Soy Flour, Vinegar, Sugar, Emulsifiers (481, 471, 472 (E)), Vitamins (Thiamin, Folic Acid)), Sweet Potato, Cheese Slices (9%) ((Pasturised Milk, Salt, Cultures, Enzyme (Rennet))), Onion, Lentils (5%), Carrot, Zucchini, Gluten Free Bread (Gluten Free Flour Blend (Corn Starch, Corn Flour, Tapioca Flour, Potato Flour, Organic Psyllium Husk, Cellulose Powder, Xanthan Gum, Flaxseed Flour, Buckwheat Flour, Organic Spirulina), Seeds 11% (Linseed, Sunflower Seeds, Poppy Seed) Filtered Water, Canola Oil, Brown Sugar, Fresh Yeast, Baking Powder, Iodised Sea Salt, Vinegar), Red Capsicum, Olive Oil, Parsley, Garlic Powder, White Pepper

Allergy Information

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

Nutrition Info

| | | | |
|----------------|-----------------|---------------------------|----------------|
| Gluten Free: | No | Carbohydrates: | 48.4g |
| Dairy Free: | No | Sugar: | 4.3g |
| Lactose Free: | No | Sodium: | 626mg |
| Soy Free: | No | Fat (total): | n/a |
| Egg Free: | Yes | Fat (Sat): | 4.5g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 26.0g |
| Fish Free: | Yes | Sugar (per 100g) | 2.3g |
| Red Meat Free: | Yes | Sodium (per 100g): | 337mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 6.1g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 2.4g |
| Energy: | 1550kJ (370Cal) | Energy (per 100g): | 834kJ (199Cal) |
| Protein: | 14.1g | Protein (per 100g): | 7.6g |

Avocado & Cucumber Sushi (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Rice, Avocado (17%), Cucumber (14%), White Vinegar, Raw Sugar, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Nori, Salt

Allergy Information

Nutrition Info

| | | | |
|----------------|-----------------|---------------------------|----------------|
| Gluten Free: | Yes | Carbohydrates: | 42.9g |
| Dairy Free: | Yes | Sugar: | 6.1g |
| Lactose Free: | Yes | Sodium: | 185mg |
| Soy Free: | Yes | Fat (total): | n/a |
| Egg Free: | Yes | Fat (Sat): | 2.0g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 21.5g |
| Fish Free: | Yes | Sugar (per 100g) | 3.1g |
| Red Meat Free: | Yes | Sodium (per 100g): | 93mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 5.0g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 1.0g |
| Energy: | 1190kJ (284Cal) | Energy (per 100g): | 595kJ (142Cal) |
| Protein: | 5.3g | Protein (per 100g): | 2.6g |

Teriyaki Chicken & Avocado Sushi (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Rice, Chicken Breast (16%), Avocado (14%), White Vinegar, Raw Sugar, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Nori, Tamari (Organic Soya Beans, Rice, Salt, Water), Salt, Garlic, Ginger, Chilli

Allergy Information

Contains Soybeans

Nutrition Info

| | | | |
|----------------|-----------------|---------------------------|----------------|
| Gluten Free: | Yes | Carbohydrates: | 42.2g |
| Dairy Free: | Yes | Sugar: | 5.7g |
| Lactose Free: | Yes | Sodium: | 314mg |
| Soy Free: | No | Fat (total): | n/a |
| Egg Free: | Yes | Fat (Sat): | 1.9g |
| Vegetarian: | No | Carbohydrates (per 100g): | 21.1g |
| Fish Free: | Yes | Sugar (per 100g) | 2.8g |
| Red Meat Free: | Yes | Sodium (per 100g): | 157mg |
| Tomato Free: | Yes | Fat (total, per 100g): | 4.4g |
| Sesame Free: | Yes | Fat (Sat, per 100g): | 0.9g |
| Energy: | 1310kJ (313Cal) | Energy (per 100g): | 656kJ (157Cal) |
| Protein: | 15.0g | Protein (per 100g): | 7.5g |

Cheese & Tomato Pizza (Afternoon Tea)

Serving Size: 70g



Ingredients

Mozzarella Cheese (23%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Wholemeal Flour, Plain Flour, Filtered Water, Semi Dried Tomato (4.5%) (Semi Dried Tomatoes (55%), Canola Oil, Mixed Herbs, Garlic, Salt, E262), Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Kalamata Olives (Kalamata (50%), Water, Salt), Capers, Raw Sugar, Yeast (Sorbitan Monostearate, Ascorbic Acid), Olive Oil, Bread Improver (Soy Flour, Ascorbic Acid, Bread Flour, Enzyme (Amylase)), Fresh Herbs

Allergy Information

Contains Wheat, Contains Gluten, Milk, Soybeans

Nutrition Info

| | | | |
|----------------|----------------|---------------------------|-----------------|
| Gluten Free: | No | Carbohydrates: | 21.6g |
| Dairy Free: | No | Sugar: | 1.0g |
| Lactose Free: | No | Sodium: | 138mg |
| Soy Free: | No | Fat (total): | n/a |
| Egg Free: | Yes | Fat (Sat): | 3.5g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 30.8g |
| Fish Free: | No | Sugar (per 100g) | 1.5g |
| Red Meat Free: | No | Sodium (per 100g): | 197mg |
| Tomato Free: | No | Fat (total, per 100g): | 12.0g |
| Sesame Free: | No | Fat (Sat, per 100g): | 5.0g |
| Energy: | 827kJ (198Cal) | Energy (per 100g): | 1180kJ (282Cal) |
| Protein: | 8.1g | Protein (per 100g): | 11.5g |

LF Cheese & Tomato Pizza (AI) (Afternoon Tea) [Allergy]

Serving Size: 70g



Ingredients

Lactose Free Cheese (24%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet) Lactase Enzyme), Wholemeal Flour, Plain Flour, Filtered Water, Semi Dried Tomato (7%) (Semi Dried Tomatoes (55%), Canola Oil, Mixed Herbs, Garlic, Salt, E262), Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Kalamata Olives (Kalamata (50%), Water, Salt), Capers, Olive Oil, Raw Sugar, Yeast (Sorbitan Monostearate, Ascorbic Acid), Fresh Herbs, Bread Improver (Soy Flour, Ascorbic Acid, Bread Flour, Enzyme (Amylase))

Allergy Information

Contains Wheat, Contains Gluten, Milk, Soybeans

Nutrition Info

| | | | |
|----------------|----------------|---------------------------|-----------------|
| Gluten Free: | No | Carbohydrates: | 22.2g |
| Dairy Free: | No | Sugar: | 1.5g |
| Lactose Free: | Yes | Sodium: | 181mg |
| Soy Free: | No | Fat (total): | n/a |
| Egg Free: | Yes | Fat (Sat): | 5.4g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 31.7g |
| Fish Free: | No | Sugar (per 100g) | 2.2g |
| Red Meat Free: | No | Sodium (per 100g): | 259mg |
| Tomato Free: | No | Fat (total, per 100g): | 15.8g |
| Sesame Free: | No | Fat (Sat, per 100g): | 7.6g |
| Energy: | 939kJ (224Cal) | Energy (per 100g): | 1340kJ (320Cal) |
| Protein: | 8.3g | Protein (per 100g): | 11.8g |

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

Serving Size: 60g



Ingredients

Gluten Free Flour (Gluten Free Flours (Maize, Rice), Starch (Maize, Tapioca), Raising Agents (Sodium Pyrophosphate, Sodium Bicarbonate, Glucono Delta-Lactone) Thickeners (Guar Gum, Xanthan Gum, Hydroxypropyl Methylcellulose, Sodium Carboxymethylcellulose)), Filtered Water, Butter Beans (Butter Beans, Water, Salt, Calcium Chloride (509)), Semi Dried Tomato (10%) (Semi Dried Tomatoes (55%), Canola Oil, Mixed Herbs, Garlic, Salt, E262), Sunflower Seeds, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Raw Sugar

Allergy Information

Nutrition Info

| | | | |
|----------------|----------------|---------------------------|----------------|
| Gluten Free: | Yes | Carbohydrates: | 21.9g |
| Dairy Free: | Yes | Sugar: | 3.1g |
| Lactose Free: | Yes | Sodium: | 114mg |
| Soy Free: | Yes | Fat (total): | n/a |
| Egg Free: | Yes | Fat (Sat): | 0.5g |
| Vegetarian: | Yes | Carbohydrates (per 100g): | 36.4g |
| Fish Free: | No | Sugar (per 100g) | 5.1g |
| Red Meat Free: | No | Sodium (per 100g): | 190mg |
| Tomato Free: | No | Fat (total, per 100g): | 9.2g |
| Sesame Free: | No | Fat (Sat, per 100g): | 0.8g |
| Energy: | 532kJ (127Cal) | Energy (per 100g): | 887kJ (212Cal) |
| Protein: | 2.4g | Protein (per 100g): | 3.9g |

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

Serving Size: 60g



Ingredients

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

Allergy Information

Nutrition Info

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