

Menu: Childcare Week 4

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

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

Teriyaki Chicken Fried Rice (Lunch)

Serving Size: 200g



Ingredients

Brown Rice, Chicken Thigh, Onion, Red Capsicum, Peas, Corn, Tamari (Organic Soya Beans, Rice, Salt, Water), Spring Onion, Garlic, Ginger, Chilli

Allergy Information

Contains Soybeans

Nutrition Info

Gluten Free:	No	Carbohydrates:	36.6g
Dairy Free:	No	Sugar:	2.2g
Lactose Free:	No	Sodium:	270mg
Soy Free:	No	Fat (total):	n/a
Egg Free:	No	Fat (Sat):	1.2g
Vegetarian:	No	Carbohydrates (per 100g):	18.3g
Fish Free:	No	Sugar (per 100g)	1.1g
Red Meat Free:	No	Sodium (per 100g):	135mg
Tomato Free:	No	Fat (total, per 100g):	2.2g
Sesame Free:	No	Fat (Sat, per 100g):	0.6g
Energy:	1030kJ (245Cal)	Energy (per 100g):	514kJ (123Cal)
Protein:	12.7g	Protein (per 100g):	6.4g

Vegetable Fried Rice (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Brown Rice, Black Beans (Black Beans, Water, Salt), Cabbage, Onion, Red Capsicum, Peas, Corn, Tamari (Organic Soya Beans, Rice, Salt, Water), Spring Onion, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Garlic, Ginger, Ground Black Pepper

Allergy Information

Contains Soybeans

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	85.1g
Dairy Free:	Yes	Sugar:	3.4g
Lactose Free:	Yes	Sodium:	405mg
Soy Free:	No	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	0.6g
Vegetarian:	Yes	Carbohydrates (per 100g):	42.5g
Fish Free:	Yes	Sugar (per 100g)	1.7g
Red Meat Free:	Yes	Sodium (per 100g):	203mg
Tomato Free:	Yes	Fat (total, per 100g):	2.5g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3g
Energy:	1890kJ (451Cal)	Energy (per 100g):	944kJ (225Cal)
Protein:	11.5g	Protein (per 100g):	5.8g

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

Spinach & Cheese Dip w/ Corn Crispibread (Afternoon Tea)

Serving Size: 32g



Ingredients

Corn Crispibread (Maize Flour (52%), Rice Flour, Maize Polenta (22%), Iodised Salt, Emulsifier: Monoglyceride From Vegetable), Cream Cheese (14%) (Milk, Cream, Salt, Stabiliser (410, 412), Starter Culture), Ricotta, Cheddar Cheese (Cows Milk, Salt, Starter Cultures, Non Animal Rennent), Filtered Water, Onion, Spinach (12%), Olive Oil, Curry Powder (Rice Cereal, Tumeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	5.9g
Dairy Free:	No	Sugar:	0.6g
Lactose Free:	No	Sodium:	81mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	2.3g
Vegetarian:	Yes	Carbohydrates (per 100g):	18.5g
Fish Free:	No	Sugar (per 100g)	1.9g
Red Meat Free:	No	Sodium (per 100g):	253mg
Tomato Free:	No	Fat (total, per 100g):	12.9g
Sesame Free:	No	Fat (Sat, per 100g):	7.2g
Energy:	313kJ (75Cal)	Energy (per 100g):	978kJ (234Cal)
Protein:	2.8g	Protein (per 100g):	8.8g

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:	No	Sugar (per 100g)	0.3g
Red Meat Free:	No	Sodium (per 100g):	284mg
Tomato Free:	No	Fat (total, per 100g):	6.4g
Sesame Free:	No	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 Vegetable Lasagne (Lunch)

Serving Size: 200g



Ingredients

Skim Milk (Skim Milk, Milk Solids), Tomato Puree, Zucchini, Pumpkin, Lasagne Sheets (6%) (Durum Wheat Semolina, Water), Onion, Mozzarella Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Carrot, Celery, Tomato Paste (Citric Acid), Red Capsicum Strips (Red Peppers, Water, Vinegar, Salt, Sugar), Plain Flour, Unsalted Butter (Cream, Water), Potato Starch, Olive Oil, Garlic, Mixed Herbs, Bay Leaf, Whole Peppercorns

Allergy Information

Contains Wheat, Contains Gluten, Milk

Nutrition Info

Gluten Free:	No	Carbohydrates:	26.0g
Dairy Free:	No	Sugar:	9.3g
Lactose Free:	No	Sodium:	114mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	4.7g
Vegetarian:	Yes	Carbohydrates (per 100g):	13.0g
Fish Free:	No	Sugar (per 100g)	4.6g
Red Meat Free:	No	Sodium (per 100g):	57mg
Tomato Free:	No	Fat (total, per 100g):	4.2g
Sesame Free:	No	Fat (Sat, per 100g):	2.4g
Energy:	940kJ (225Cal)	Energy (per 100g):	470kJ (112Cal)
Protein:	10.0g	Protein (per 100g):	5.0g

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

Vegetable Macaroni (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Macaroni (30%), Tomato Puree, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Leek, Onion, Carrot (4.5%), Red Capsicum (4%), Zucchini (4%), Chickpeas (4%), 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

Contains Wheat, Contains Gluten

Nutrition Info

Gluten Free:	No	Carbohydrates:	26.3g
Dairy Free:	Yes	Sugar:	7.9g
Lactose Free:	Yes	Sodium:	40mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	0.3g
Vegetarian:	Yes	Carbohydrates (per 100g):	13.1g
Fish Free:	No	Sugar (per 100g)	4.0g
Red Meat Free:	No	Sodium (per 100g):	20mg
Tomato Free:	No	Fat (total, per 100g):	1.0g
Sesame Free:	No	Fat (Sat, per 100g):	0.1g
Energy:	590kJ (141Cal)	Energy (per 100g):	295kJ (71Cal)
Protein:	5.5g	Protein (per 100g):	2.7g

DF Vegetable & Sweet Potato Pie (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Sweet Potato (45%), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Tomato Puree, Red Kidney Beans, Cabbage, Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt), Onion, Celery, Carrot, Mushrooms, Peas, Maize Cornflour (Gluten Free), Tomato Paste (Citric Acid), Parsley, Olive Oil, Garlic, Mixed Herbs, White Pepper

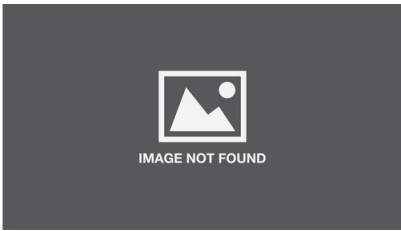
Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	28.4g
Dairy Free:	Yes	Sugar:	11.1g
Lactose Free:	Yes	Sodium:	86mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	0.3g
Vegetarian:	Yes	Carbohydrates (per 100g):	14.2g
Fish Free:	No	Sugar (per 100g)	5.5g
Red Meat Free:	No	Sodium (per 100g):	43mg
Tomato Free:	No	Fat (total, per 100g):	0.8g
Sesame Free:	No	Fat (Sat, per 100g):	0.1g
Energy:	623kJ (149Cal)	Energy (per 100g):	311kJ (74Cal)
Protein:	4.9g	Protein (per 100g):	2.4g

GF & DF Pesto 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, Cannellini Beans, Pepitas (11%), Basil, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Raw Sugar, Olive Oil, Lemon Juice, Ground Black Pepper

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	24.3g
Dairy Free:	Yes	Sugar:	3.6g
Lactose Free:	Yes	Sodium:	74mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	1.1g
Vegetarian:	Yes	Carbohydrates (per 100g):	40.5g
Fish Free:	No	Sugar (per 100g)	6.0g
Red Meat Free:	No	Sodium (per 100g):	124mg
Tomato Free:	No	Fat (total, per 100g):	11.9g
Sesame Free:	No	Fat (Sat, per 100g):	1.8g
Energy:	636kJ (152Cal)	Energy (per 100g):	1060kJ (253Cal)
Protein:	3.6g	Protein (per 100g):	6.0g

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

Italian Focaccia (Afternoon Tea)

Serving Size: 60g



Ingredients

Wholemeal Flour, Plain Flour, Filtered Water, Mozzarella Cheese (20%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Red Capsicum Strips (Red Peppers, Water, Vinegar, Salt, Sugar), Olive Oil, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Kalamata Olives (Kalamata (50%), Water, Salt), Raw Sugar, Yeast (Sorbitan Monostearate, Ascorbic Acid), Bread Improver (Soy Flour, Ascorbic Acid, Bread Flour, Enzyme (Amylase)), Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil)

Allergy Information

Contains Wheat, Contains Gluten, Milk, Soybeans

Nutrition Info

Gluten Free:	No	Carbohydrates:	18.6g
Dairy Free:	No	Sugar:	0.6g
Lactose Free:	No	Sodium:	105mg
Soy Free:	No	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	3.4g
Vegetarian:	Yes	Carbohydrates (per 100g):	31.0g
Fish Free:	No	Sugar (per 100g)	0.9g
Red Meat Free:	No	Sodium (per 100g):	174mg
Tomato Free:	No	Fat (total, per 100g):	16.5g
Sesame Free:	No	Fat (Sat, per 100g):	5.7g
Energy:	804kJ (192Cal)	Energy (per 100g):	1340kJ (320Cal)
Protein:	6.6g	Protein (per 100g):	11.0g

LF Italian Focaccia (AI) (Afternoon Tea) [Allergy]

Serving Size: 60g



Ingredients

Filtered Water, Lactose Free Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet) Lactase Enzyme), Plain Flour Perfection, Wholemeal Flour 90/10 (Wholemeal Wheat Flour, Wheat Flour, Vitamin (Thiamin)), Red Capsicum Strips (Red Peppers, Water, Vinegar, Salt, Sugar), Olive Oil, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Kalamata Olives (Kalamata (50%), Water, Salt), Raw Sugar, Gluten, Yeast (Sorbitan Monostearate, Ascorbic Acid), Bread Improver (Soy Flour, Ascorbic Acid, Bread Flour, Enzyme (Amylase)), Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil)

Allergy Information

Contains Wheat, Contains Gluten, Milk, Soybeans

Nutrition Info

Gluten Free:	No	Carbohydrates:	17.9g
Dairy Free:	No	Sugar:	1.5g
Lactose Free:	Yes	Sodium:	112mg
Soy Free:	No	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	4.4g
Vegetarian:	Yes	Carbohydrates (per 100g):	29.9g
Fish Free:	No	Sugar (per 100g)	2.5g
Red Meat Free:	No	Sodium (per 100g):	186mg
Tomato Free:	No	Fat (total, per 100g):	18.5g
Sesame Free:	No	Fat (Sat, per 100g):	7.3g
Energy:	826kJ (197Cal)	Energy (per 100g):	1380kJ (329Cal)
Protein:	6.2g	Protein (per 100g):	10.4g

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

Aussie Beef Burger w/ Beetroot (Lunch)

Serving Size: 210g



Ingredients

Wholemeal Lunch Roll (Unbleached Wholemeal Wheat Flour (58%), Water, Baker's Yeast, Wheat Bran, Wheat Gluten, Vinegar, Canola Oil, Iodised Salt, Soy Flour, Vinegar, Sugar, Emulsifiers (481, 471, 472 (E)), Vitamins (Thiamin, Folic Acid)), Beef (14%), Beetroot, Bread Crumbs (Unbleached Wholemeal Wheat Flour (64%), Water, Bakers Yeast, Iodised Salt, Wheat Gluten, Vinegar, Vegetable Oil, Emulsifiers (481, 472 (E)), Soy Flour, Vitamin (Thiamin, Folic Acid)), Tomato, Iceberg Lettuce, Onion, Carrot, Zucchini, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Garlic, Garlic Powder, Paprika, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), White Pepper

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	49.7g
Dairy Free:	Yes	Sugar:	5.3g
Lactose Free:	Yes	Sodium:	675mg
Soy Free:	No	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	1.9g
Vegetarian:	No	Carbohydrates (per 100g):	23.7g
Fish Free:	No	Sugar (per 100g)	2.5g
Red Meat Free:	No	Sodium (per 100g):	321mg
Tomato Free:	No	Fat (total, per 100g):	3.5g
Sesame Free:	No	Fat (Sat, per 100g):	0.9g
Energy:	1570kJ (374Cal)	Energy (per 100g):	745kJ (178Cal)
Protein:	19.9g	Protein (per 100g):	9.5g

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

Serving Size: 145g



Ingredients

Gluten Free Hamburger 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), Beef (20%), Onion, Carrot, Zucchini, Gluten Free Bread Crumbs Crispi (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier (Diglyceride Of Vegetables)), Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Garlic, Garlic Powder, Paprika, Mixed Herbs, White Pepper

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	46.4g
Dairy Free:	Yes	Sugar:	7.4g
Lactose Free:	Yes	Sodium:	399mg
Soy Free:	No	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	2.0g
Vegetarian:	No	Carbohydrates (per 100g):	32.0g
Fish Free:	No	Sugar (per 100g)	5.1g
Red Meat Free:	No	Sodium (per 100g):	275mg
Tomato Free:	No	Fat (total, per 100g):	7.5g
Sesame Free:	No	Fat (Sat, per 100g):	1.4g
Energy:	1410kJ (336Cal)	Energy (per 100g):	970kJ (232Cal)
Protein:	10.2g	Protein (per 100g):	7.1g

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

Serving Size: 145g



Ingredients

Gluten Free Hamburger 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), Sweet Potato, Onion, Lentils (6%), 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

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	45.0g
Dairy Free:	Yes	Sugar:	8.0g
Lactose Free:	Yes	Sodium:	366mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	1.1g
Vegetarian:	Yes	Carbohydrates (per 100g):	31.0g
Fish Free:	No	Sugar (per 100g)	5.5g
Red Meat Free:	No	Sodium (per 100g):	253mg
Tomato Free:	No	Fat (total, per 100g):	6.6g
Sesame Free:	No	Fat (Sat, per 100g):	0.8g
Energy:	1210kJ (290Cal)	Energy (per 100g):	836kJ (200Cal)
Protein:	2.7g	Protein (per 100g):	1.8g

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

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

Serving Size: 140g



Ingredients

Sweet Potato (26%), Onion, Lentils, Carrot (13%), Zucchini (13%), 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 (6%), Olive Oil, Parsley, Garlic Powder, White Pepper

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	20.1g
Dairy Free:	Yes	Sugar:	5.8g
Lactose Free:	Yes	Sodium:	101mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	0.8g
Vegetarian:	Yes	Carbohydrates (per 100g):	14.4g
Fish Free:	Yes	Sugar (per 100g)	4.1g
Red Meat Free:	Yes	Sodium (per 100g):	72mg
Tomato Free:	Yes	Fat (total, per 100g):	4.3g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.5g
Energy:	670kJ (160Cal)	Energy (per 100g):	479kJ (114Cal)
Protein:	3.8g	Protein (per 100g):	2.7g

GF & DF Lentil Burger (AI) (Lunch) [Allergy]

Serving Size: 145g



Ingredients

Gluten Free Hamburger 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), Sweet Potato, Onion, Lentils (6%), Carrot (6%), Zucchini (6%), 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

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	45.0g
Dairy Free:	Yes	Sugar:	8.0g
Lactose Free:	Yes	Sodium:	366mg
Soy Free:	No	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	1.1g
Vegetarian:	Yes	Carbohydrates (per 100g):	31.0g
Fish Free:	No	Sugar (per 100g)	5.5g
Red Meat Free:	No	Sodium (per 100g):	253mg
Tomato Free:	No	Fat (total, per 100g):	6.6g
Sesame Free:	No	Fat (Sat, per 100g):	0.8g
Energy:	1210kJ (290Cal)	Energy (per 100g):	836kJ (200Cal)
Protein:	2.7g	Protein (per 100g):	1.8g

Cheddar Cheese & Rice Cakes (Afternoon Tea)

Serving Size: 28g



Ingredients

Cheddar Cheese (57%) (Cows Milk, Salt, Starter Cultures, Non Animal Rennent), Rice Cake (43%)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	9.4g
Dairy Free:	No	Sugar:	less than 0.1g
Lactose Free:	No	Sodium:	110mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	3.5g
Vegetarian:	Yes	Carbohydrates (per 100g):	33.7g
Fish Free:	No	Sugar (per 100g)	0.3g
Red Meat Free:	No	Sodium (per 100g):	392mg
Tomato Free:	No	Fat (total, per 100g):	19.9g
Sesame Free:	No	Fat (Sat, per 100g):	12.6g
Energy:	480kJ (115Cal)	Energy (per 100g):	1720kJ (410Cal)
Protein:	5.0g	Protein (per 100g):	17.9g

Mexican Bean Dip & Corn Chips (AI) (Afternoon Tea) [Allergy]

Serving Size: 50g



Ingredients

Red Kidney Beans, Corn Chips (Cornflour (72%), Vegetable Oil, Water, Salt), Tomato Puree, Celery, Carrot, Onion, Olive Oil, Paprika, Turmeric, Garlic, Cumin

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	13.1g
Dairy Free:	Yes	Sugar:	1.2g
Lactose Free:	Yes	Sodium:	121mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	1.9g
Vegetarian:	Yes	Carbohydrates (per 100g):	26.1g
Fish Free:	Yes	Sugar (per 100g)	2.4g
Red Meat Free:	Yes	Sodium (per 100g):	242mg
Tomato Free:	No	Fat (total, per 100g):	10.4g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.8g
Energy:	488kJ (116Cal)	Energy (per 100g):	975kJ (233Cal)
Protein:	2.9g	Protein (per 100g):	5.8g

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

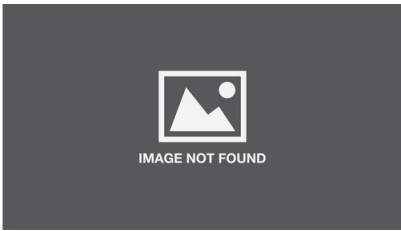
Contains Milk

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

Spaghetti Bolognaise (Lunch)

Serving Size: 200g



Ingredients

Filtered Water, Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Spaghetti (18%), Beef (12%), Onion, Carrot, Celery, Zucchini, Mushrooms, Tomato Paste (Citric Acid), Potato Starch, Olive Oil, Balsamic Vinegar (Naturally Fermented Wine Vinegar, Concentrated Grape Must, Cooked Grape Must), Garlic, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), White Pepper

Allergy Information

Contains Wheat, Contains Gluten

Nutrition Info

Gluten Free:	No	Carbohydrates:	32.4g
Dairy Free:	Yes	Sugar:	4.6g
Lactose Free:	Yes	Sodium:	105mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	1.3g
Vegetarian:	No	Carbohydrates (per 100g):	16.2g
Fish Free:	No	Sugar (per 100g)	2.3g
Red Meat Free:	No	Sodium (per 100g):	53mg
Tomato Free:	No	Fat (total, per 100g):	2.4g
Sesame Free:	No	Fat (Sat, per 100g):	0.7g
Energy:	903kJ (216Cal)	Energy (per 100g):	451kJ (108Cal)
Protein:	12.2g	Protein (per 100g):	6.1g

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

Serving Size: 200g



Ingredients

Filtered Water, Tomato Puree, Spaghetti, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), 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

Contains Wheat, Contains Gluten

Nutrition Info

Gluten Free:	No	Carbohydrates:	36.9g
Dairy Free:	Yes	Sugar:	7.6g
Lactose Free:	Yes	Sodium:	43mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	0.4g
Vegetarian:	Yes	Carbohydrates (per 100g):	18.4g
Fish Free:	Yes	Sugar (per 100g)	3.8g
Red Meat Free:	Yes	Sodium (per 100g):	22mg
Tomato Free:	No	Fat (total, per 100g):	1.2g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2g
Energy:	789kJ (189Cal)	Energy (per 100g):	395kJ (94Cal)
Protein:	6.4g	Protein (per 100g):	3.2g

Vegetable Stroganoff & Rice (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Brown Rice, Vegetable Stock (34%) (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Chickpeas, Coconut Cream (Coconut Extract (63%), Water, Stabiliser (466)), Mushrooms (3.5%), Green Beans, Cauliflower, Onion, Tomato Paste (Citric Acid), Tamari (Organic Soya Beans, Rice, Salt, Water), Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Dijon Mustard (Water, Mustard Seed 18%, Salt, Sugar, Food Acid (Acetic Acid), Spice), Garlic, Spring Onion, Potato Starch, Paprika

Allergy Information

Contains Soybeans

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	37.1g
Dairy Free:	Yes	Sugar:	9.7g
Lactose Free:	Yes	Sodium:	169mg
Soy Free:	No	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	2.0g
Vegetarian:	Yes	Carbohydrates (per 100g):	18.5g
Fish Free:	No	Sugar (per 100g)	4.8g
Red Meat Free:	No	Sodium (per 100g):	85mg
Tomato Free:	No	Fat (total, per 100g):	2.5g
Sesame Free:	No	Fat (Sat, per 100g):	1.0g
Energy:	790kJ (189Cal)	Energy (per 100g):	395kJ (94Cal)
Protein:	5.1g	Protein (per 100g):	2.5g

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

Serving Size: 200g



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 (13%), Onion, Celery, Carrot, Zucchini, Mushrooms, Tomato Paste (Citric Acid), Balsamic Vinegar (Naturally Fermented Wine Vinegar, Concentrated Grape Must, Cooked Grape Must), Olive Oil, Garlic, Maize Cornflour (Gluten Free), Mixed Herbs, White Pepper

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	36.5g
Dairy Free:	Yes	Sugar:	4.6g
Lactose Free:	Yes	Sodium:	49mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	1.3g
Vegetarian:	No	Carbohydrates (per 100g):	18.2g
Fish Free:	Yes	Sugar (per 100g)	2.3g
Red Meat Free:	No	Sodium (per 100g):	24mg
Tomato Free:	No	Fat (total, per 100g):	2.1g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.6g
Energy:	970kJ (232Cal)	Energy (per 100g):	485kJ (116Cal)
Protein:	11.2g	Protein (per 100g):	5.6g

GF Spinach & Fetta Roll (AI) (Afternoon Tea) [Allergy]

Serving Size: 60g



Ingredients

Gluten Free Puff Pastry (57%) (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), Onion, Spinach, Fetta (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture, Non-Animal Rennet), Mozzarella Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Crispi Premium Breadcrumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier From Vegetable (471)), Cream Cheese (Milk, Cream, Salt, Stabiliser (410, 412), Starter Culture)

Allergy Information

Contains Milk, Soybeans

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	19.6g
Dairy Free:	No	Sugar:	1.3g
Lactose Free:	No	Sodium:	230mg
Soy Free:	No	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	7.4g
Vegetarian:	Yes	Carbohydrates (per 100g):	32.7g
Fish Free:	No	Sugar (per 100g)	2.1g
Red Meat Free:	No	Sodium (per 100g):	383mg
Tomato Free:	No	Fat (total, per 100g):	20.9g
Sesame Free:	No	Fat (Sat, per 100g):	12.3g
Energy:	883kJ (211Cal)	Energy (per 100g):	1470kJ (351Cal)
Protein:	4.4g	Protein (per 100g):	7.3g

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

Serving Size: 60g



Ingredients

Gluten Free Puff Pastry (Gluten Free Pastry (Maize Starch, Rice Flour, Yellow Pea Flour, Besan Flour, Faba Bean Flour, Thickener (464, 415), Flaxseed Flour, Bamboo Fibre, Potato Starch, Dextrose, Buckwheat Flour, Salt), Water, Pro Ve Shortening (Vegetable Oil, Emulsifiers (471, Soybean Lecithin), Antioxidant (307b), Naturalcolour (160a)), Vegetable Fibre), Sweet Potato, Chickpeas, Onion, Peas, Gluten Free Bread Crumbs Crispi (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier (Diglyceride Of Vegetables)), Olive Oil, Garlic Powder, Cumin

Allergy Information

Contains Soybeans

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	21.5g
Dairy Free:	Yes	Sugar:	2.6g
Lactose Free:	Yes	Sodium:	93mg
Soy Free:	No	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	4.4g
Vegetarian:	Yes	Carbohydrates (per 100g):	35.8g
Fish Free:	Yes	Sugar (per 100g)	4.3g
Red Meat Free:	Yes	Sodium (per 100g):	155mg
Tomato Free:	Yes	Fat (total, per 100g):	14.2g
Sesame Free:	Yes	Fat (Sat, per 100g):	7.3g
Energy:	754kJ (180Cal)	Energy (per 100g):	1260kJ (300Cal)
Protein:	3.3g	Protein (per 100g):	5.5g

GF & DF Vegetable Empanada (AI) (Afternoon Tea) [Allergy]

Serving Size: 60g



Ingredients

Gluten Free Dough (Water, Maize Starch, Rice Starch, Potato Starch, Potato Flakes, Vegetable Fibre, Canola Oil, Dextrose, Sodium Bicarbonate, Salt, Yeast, Chickpea Flour, Sourdough), Sweet Potato (23%), Chickpeas (14%), Onion, Peas, Gluten Free Bread Crumbs Crispi (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier (Diglyceride Of Vegetables)), Olive Oil, Garlic Powder, Cumin

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	29.6g
Dairy Free:	Yes	Sugar:	2.6g
Lactose Free:	Yes	Sodium:	199mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	0.3g
Vegetarian:	Yes	Carbohydrates (per 100g):	49.3g
Fish Free:	Yes	Sugar (per 100g)	4.3g
Red Meat Free:	Yes	Sodium (per 100g):	331mg
Tomato Free:	Yes	Fat (total, per 100g):	4.8g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.6g
Energy:	675kJ (161Cal)	Energy (per 100g):	1130kJ (269Cal)
Protein:	2.3g	Protein (per 100g):	3.9g

Spinach & Fetta Rolls (Afternoon Tea)

Serving Size: 60g



Ingredients

Filtered Water, Butter (Pasteurised Cream (From Cow's Milk), Water), Plain Flour, Wholemeal Flour, Onion, Spinach (7%), Fetta (7%) (Pasteurised Milk, Vegetable Oil, Salt, Lactic Acid, Culture, Non-Animal Rennet), Mozzarella Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Wholemeal Bread (Unbleached Wholemeal Wheat Flour (64%), Water, Baker's Yeast, Iodised Salt, Wheat Gluten, Vinegar, Vegetable Oil, Emulsifiers (Sodium Lactylate, Diacetyltartaric), Soy Flour, Vitamin (Thiamin, Folic Acid)), Cream Cheese (Milk, Cream, Salt, Stabiliser (410, 412), Starter Culture), Sesame Seeds

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	13.7g
Dairy Free:	No	Sugar:	0.6g
Lactose Free:	No	Sodium:	188mg
Soy Free:	No	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	7.9g
Vegetarian:	Yes	Carbohydrates (per 100g):	22.8g
Fish Free:	No	Sugar (per 100g)	1.1g
Red Meat Free:	No	Sodium (per 100g):	314mg
Tomato Free:	No	Fat (total, per 100g):	21.0g
Sesame Free:	No	Fat (Sat, per 100g):	13.1g
Energy:	803kJ (192Cal)	Energy (per 100g):	1340kJ (320Cal)
Protein:	5.1g	Protein (per 100g):	8.6g

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

Tuna, Cheese & Cucumber Sandwich (Lunch)

Serving Size: 125g



Ingredients

Wholemeal Bread (Unbleached Wholemeal Wheat Flour (64%), Water, Baker's Yeast, Iodised Salt, Wheat Gluten, Vinegar, Vegetable Oil, Emulsifiers (Sodium Lactylate, Diacetyltartaric), Soy Flour, Vitamin (Thiamin, Folic Acid)), Cucumber (16%), Cream Cheese (15%) (Milk, Cream, Salt, Stabiliser (410, 412), Starter Culture), Tuna (6%) (Skipjack, Light Meat Tuna (92%), Springwater, Salt), Natural Yoghurt (Milk, Milk Solids, Skim Milk, Live Yoghurt Cultures (Incl. L.acidophilus)), Chives, White Pepper

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	32.6g
Dairy Free:	No	Sugar:	1.6g
Lactose Free:	No	Sodium:	474mg
Soy Free:	No	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	4.3g
Vegetarian:	No	Carbohydrates (per 100g):	26.1g
Fish Free:	No	Sugar (per 100g)	1.3g
Red Meat Free:	No	Sodium (per 100g):	379mg
Tomato Free:	No	Fat (total, per 100g):	5.9g
Sesame Free:	No	Fat (Sat, per 100g):	3.5g
Energy:	1040kJ (249Cal)	Energy (per 100g):	833kJ (199Cal)
Protein:	10.4g	Protein (per 100g):	8.3g

Roast Chicken, Pumpkin Hummus & Spinach Sandwich (Lunch)

Serving Size: 133g



Ingredients

Burgen Bread (62%) (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 (4%), Linseed, Sunflower Seeds), Kibbled Soy, Canola Oil, Baker's Yeast, Vinegar, Iodised Salt, Fermented Wheat Flour, Vitamins (Thiamin, Folic Acid)), Roast Chicken Breast (23%), Pumpkin (5%), Chickpeas (5%), Spinach, Olive Oil, Lemon Juice, Garlic Powder, White Pepper

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	25.6g
Dairy Free:	No	Sugar:	1.5g
Lactose Free:	No	Sodium:	316mg
Soy Free:	No	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	1.3g
Vegetarian:	No	Carbohydrates (per 100g):	19.2g
Fish Free:	No	Sugar (per 100g)	1.1g
Red Meat Free:	No	Sodium (per 100g):	238mg
Tomato Free:	No	Fat (total, per 100g):	6.7g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9g
Energy:	1180kJ (282Cal)	Energy (per 100g):	887kJ (212Cal)
Protein:	20.7g	Protein (per 100g):	15.6g

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

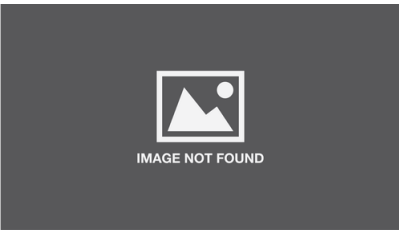
Contains Soybeans

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

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

Serving Size: 170g



Ingredients

Gluten Free Burger Bun (68%) (Water, Maize Starch, Modified Starch (1442), Maltodextrin, Vegetable Oil, Rice Flour, Maize Flour, Faba Bean Flour, Yeast, Thickeners (415, 464), Psyllium Husk Powder, Apple Cider Vinegar, Iodised Salt), Roast Chicken Breast (24%), Pumpkin (4%), Chickpeas, Olive Oil, Lemon Juice, Garlic Powder, White Pepper

Allergy Information

Contains Soybeans:May Contain Sesame Seeds

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	58.7g
Dairy Free:	Yes	Sugar:	1.2g
Lactose Free:	Yes	Sodium:	450mg
Soy Free:	No	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	1.6g
Vegetarian:	No	Carbohydrates (per 100g):	34.5g
Fish Free:	No	Sugar (per 100g)	0.7g
Red Meat Free:	No	Sodium (per 100g):	265mg
Tomato Free:	No	Fat (total, per 100g):	8.3g
Sesame Free:	No	Fat (Sat, per 100g):	0.9g
Energy:	1810kJ (433Cal)	Energy (per 100g):	1070kJ (255Cal)
Protein:	16.0g	Protein (per 100g):	9.4g

GF & LF Yoghurt & Blueberries (AI) (Afternoon Tea) [Allergy]

Serving Size: 125g



Ingredients

Yoghurt Lactose Free (Certified Organic Unhomogenised Milk, Certified Organic Non-Fat Milk Solids, Lactase Enzyme, Cultures), Blueberries (40%)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	11.6g
Dairy Free:	No	Sugar:	10.4g
Lactose Free:	Yes	Sodium:	48mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	less than 0.1g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.3g
Fish Free:	No	Sugar (per 100g)	8.3g
Red Meat Free:	No	Sodium (per 100g):	38mg
Tomato Free:	No	Fat (total, per 100g):	0.2g
Sesame Free:	No	Fat (Sat, per 100g):	less than 0.1g
Energy:	281kJ (67Cal)	Energy (per 100g):	225kJ (54Cal)
Protein:	4.2g	Protein (per 100g):	3.4g

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

Serving Size: 125g



Ingredients

Yoghurt Coconut (60%) (Water, Coconut Cream, Tapioca Starch, Cultures.), Blueberries (40%)

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	12.0g
Dairy Free:	Yes	Sugar:	6.3g
Lactose Free:	Yes	Sodium:	4mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	6.3g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.6g
Fish Free:	No	Sugar (per 100g)	5.0g
Red Meat Free:	No	Sodium (per 100g):	3mg
Tomato Free:	No	Fat (total, per 100g):	5.3g
Sesame Free:	No	Fat (Sat, per 100g):	5.0g
Energy:	478kJ (114Cal)	Energy (per 100g):	382kJ (91Cal)
Protein:	1.1g	Protein (per 100g):	0.9g

GF & DF Blueberry Muffin (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)), Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt), Banana, Blueberries (14%), Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Raw Sugar, Organic Vanilla Essence (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol), Organic Sugar), Cinnamon

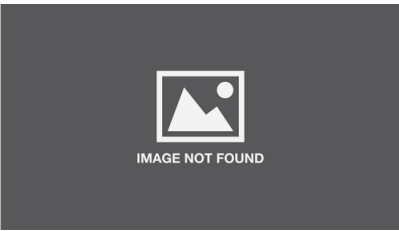
Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	30.9g
Dairy Free:	Yes	Sugar:	7.7g
Lactose Free:	Yes	Sodium:	93mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	0.6g
Vegetarian:	Yes	Carbohydrates (per 100g):	51.6g
Fish Free:	Yes	Sugar (per 100g)	12.8g
Red Meat Free:	Yes	Sodium (per 100g):	155mg
Tomato Free:	Yes	Fat (total, per 100g):	10.7g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.9g
Energy:	667kJ (159Cal)	Energy (per 100g):	1110kJ (266Cal)
Protein:	0.9g	Protein (per 100g):	1.5g

Apple & Blueberry Muffin (AI) (Egg Free) (Afternoon Tea)

Serving Size: 60g



Ingredients

Milk, Plain Self Raising Flour (Wheat Flour, Raising Agent (339, 341, 450, 500)), Wholemeal Self Raising Flour, Apple (14%), Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Blueberries, Raw Sugar, Baking Powder (Rice Flour, Sodium Acid Pyrophosphate, Sodium Bicarbonate), Organic Vanilla Essence (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol), Organic Sugar)

Allergy Information

Contains Wheat, Contains Gluten, Milk

Nutrition Info

Gluten Free:	No	Carbohydrates:	23.8g
Dairy Free:	No	Sugar:	6.2g
Lactose Free:	No	Sodium:	227mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	1.0g
Vegetarian:	Yes	Carbohydrates (per 100g):	39.7g
Fish Free:	No	Sugar (per 100g)	10.3g
Red Meat Free:	No	Sodium (per 100g):	379mg
Tomato Free:	No	Fat (total, per 100g):	12.0g
Sesame Free:	No	Fat (Sat, per 100g):	1.7g
Energy:	729kJ (174Cal)	Energy (per 100g):	1220kJ (290Cal)
Protein:	3.4g	Protein (per 100g):	5.6g