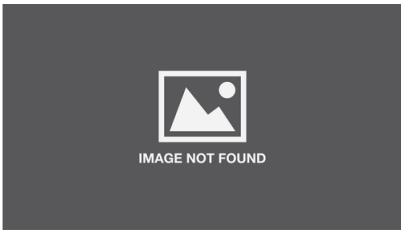


**Menu: Childcare Week 2 - 4.12.23 - 8.12.23**

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

Serving Size: 108g



Ingredients

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

Allergy Information

Contains Milk

Nutrition Info

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

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

Serving Size: 130g



Ingredients

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

Allergy Information

Nutrition Info

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

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

Serving Size: 111g



Ingredients

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

Allergy Information

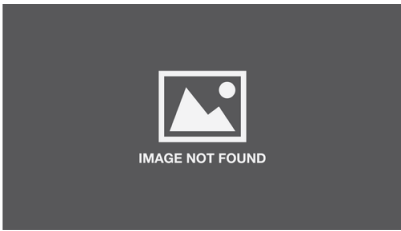
Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	17.2g
Dairy Free:	No	Sugar:	6.4g
Lactose Free:	Yes	Sodium:	187mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	3.9g
Vegetarian:	Yes	Carbohydrates (per 100g):	15.5g
Fish Free:	Yes	Sugar (per 100g)	5.8g
Red Meat Free:	Yes	Sodium (per 100g):	169mg
Tomato Free:	Yes	Fat (total, per 100g):	6.0g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.5g
Energy:	643kJ (154Cal)	Energy (per 100g):	579kJ (138Cal)
Protein:	5.4g	Protein (per 100g):	4.8g

Sweet & Sour Chicken w/ Brown Rice & Green Beans (Lunch)

Serving Size:



Ingredients

No Information

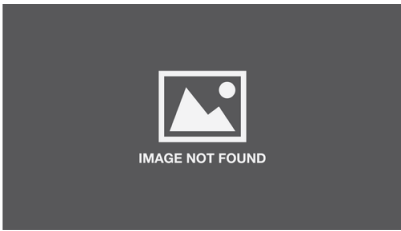
Allergy Information

Nutrition Info

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

Nomato Chicken w/ Brown Rice & Beans (AI) (Lunch) [Allergy]

Serving Size: 220g



Ingredients

Brown Rice (32%), Chicken Thigh, Carrot, Green Beans (9%), Filtered Water, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Red Capsicum, Pineapple, Broccoli, Organic Apple Cider Vinegar, Honey, Onion, Beetroot, Potato Starch, Olive Oil, Garlic, White Pepper, Ground Cloves, Cinnamon, Allspice

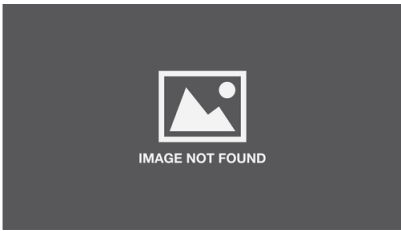
Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	36.6g
Dairy Free:	Yes	Sugar:	12.7g
Lactose Free:	Yes	Sodium:	64mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	1.5g
Vegetarian:	No	Carbohydrates (per 100g):	16.6g
Fish Free:	Yes	Sugar (per 100g)	5.8g
Red Meat Free:	Yes	Sodium (per 100g):	29mg
Tomato Free:	Yes	Fat (total, per 100g):	2.8g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.7g
Energy:	1090kJ (261Cal)	Energy (per 100g):	496kJ (118Cal)
Protein:	13.3g	Protein (per 100g):	6.0g

Nomato Vegetable Rice & Beans (Al) (Lunch) [Allergy]

Serving Size: 220g



Ingredients

Brown Rice (32%), Chickpeas, Carrot, Green Beans (9%), Filtered Water, Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Red Capsicum, Pineapple, Broccoli, Organic Apple Cider Vinegar, Honey, Onion, Beetroot, Potato Starch, Olive Oil, Garlic, White Pepper, Ground Cloves, Cinnamon, Allspice

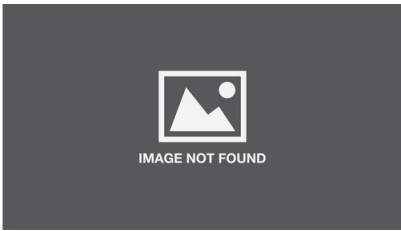
Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	42.6g
Dairy Free:	Yes	Sugar:	12.7g
Lactose Free:	Yes	Sodium:	106mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	0.5g
Vegetarian:	Yes	Carbohydrates (per 100g):	19.3g
Fish Free:	Yes	Sugar (per 100g)	5.8g
Red Meat Free:	Yes	Sodium (per 100g):	48mg
Tomato Free:	Yes	Fat (total, per 100g):	1.6g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2g
Energy:	1010kJ (240Cal)	Energy (per 100g):	457kJ (109Cal)
Protein:	6.5g	Protein (per 100g):	3.0g

Cheesy Tomato Pinwheel w/ Honeydew (Afternoon Tea)

Serving Size: 110g



Ingredients

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

Allergy Information

Contains Wheat, Contains Gluten, Milk, Soybeans

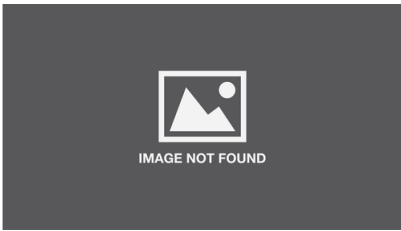
Nutrition Info

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



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

Serving Size: 110g



Ingredients

Honeydew Melon (45%), Gluten Free Flour (Gluten Free Flours (Maize, Rice), Starch (Maize, Tapioca), Raising Agents (Sodium Pyrophosphate, Sodium Bicarbonate, Glucono Delta-Lactone) Thickeners (Guar Gum, Xanthan Gum, Hydroxypropyl Methylcellulose, Sodium Carboxymethylcellulose)), Filtered Water, Cannellini Beans, Pepitas (6%), Basil, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Raw Sugar, Olive Oil, Lemon Juice, Ground Black Pepper

Allergy Information

Nutrition Info

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

Melon & Blueberry Organic Yoghurt w/ Oats & Chia Seeds (Morning Tea)

Serving Size: 167g



Ingredients

Watermelon (30%), Rockmelon (30%), All Natural Yoghurt (30%) (Certified Organic Unhomogenised Milk, Certified Organic Non-Fat Milk Solids, Live Cultures (Acidophilus, Bifidus, Casei, Thermophilus, Bulgaricus)), Rolled Oats (6%), Blueberries, Chia Seeds (0.5%), Honey

Allergy Information

Contains Oats, Contains Gluten, Milk

Nutrition Info

Gluten Free:	No	Carbohydrates:	13.8g
Dairy Free:	No	Sugar:	7.8g
Lactose Free:	No	Sodium:	34mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	1.6g
Vegetarian:	Yes	Carbohydrates (per 100g):	8.3g
Fish Free:	Yes	Sugar (per 100g)	4.7g
Red Meat Free:	Yes	Sodium (per 100g):	20mg
Tomato Free:	Yes	Fat (total, per 100g):	2.0g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0g
Energy:	473kJ (113Cal)	Energy (per 100g):	283kJ (68Cal)
Protein:	4.5g	Protein (per 100g):	2.7g

Melon & Blueberry Soy Yoghurt w/ Chia & Buckwheat (Al) (Morning Tea) [Allergy]

Serving Size: 167g



Ingredients

Watermelon, Rockmelon, Soy Yoghurt (Soy Milk (Filtered Water, Whole Soybeans (Min 16%)), Soy Protein (3.2%), Sugar, Cocoa Butter, Tapioca Flour, Mineral (Calcium Phosphate), Tapioca Starch, Natural Flavour, Sea Salt, Live Vegan Cultures, Vitamins (Vitamin D, Vitamin B12)), Buckwheat Flakes, Blueberries, Chia Seeds, Honey

Allergy Information

Contains Soybeans

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	8.9g
Dairy Free:	Yes	Sugar:	4.2g
Lactose Free:	Yes	Sodium:	6mg
Soy Free:	No	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	0.5g
Vegetarian:	Yes	Carbohydrates (per 100g):	5.3g
Fish Free:	Yes	Sugar (per 100g)	2.5g
Red Meat Free:	Yes	Sodium (per 100g):	4mg
Tomato Free:	Yes	Fat (total, per 100g):	1.1g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3g
Energy:	277kJ (66Cal)	Energy (per 100g):	166kJ (40Cal)
Protein:	3.3g	Protein (per 100g):	2.0g

Melon & Blueberry Coconut Yoghurt w/ Chia & Buckwheat (Al) (Morning Tea) [Allergy]

Serving Size: 167g



Ingredients

Watermelon, Rockmelon, Yoghurt Coconut (Water, Coconut Cream, Tapioca Starch, Cultures.), Buckwheat Flakes, Blueberries, Chia Seeds, Honey

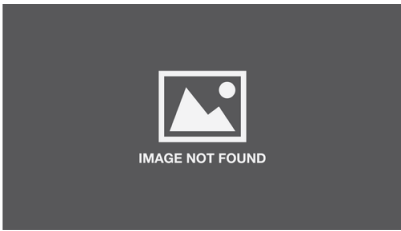
Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	10.0g
Dairy Free:	Yes	Sugar:	3.9g
Lactose Free:	Yes	Sodium:	6mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	2.6g
Vegetarian:	Yes	Carbohydrates (per 100g):	6.0g
Fish Free:	Yes	Sugar (per 100g)	2.4g
Red Meat Free:	Yes	Sodium (per 100g):	3mg
Tomato Free:	Yes	Fat (total, per 100g):	1.9g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.5g
Energy:	314kJ (75Cal)	Energy (per 100g):	188kJ (45Cal)
Protein:	1.6g	Protein (per 100g):	1.0g

Melon & Blueberry LF Yoghurt w/ Chia & Buckwheat (AI) (Morning Tea) [Allergy]

Serving Size: 167g



Ingredients

Watermelon, Rockmelon, Yoghurt Lactose Free (Certified Organic Unhomogenised Milk, Certified Organic Non-Fat Milk Solids, Lactase Enzyme, Cultures), Buckwheat Flakes, Blueberries, Chia Seeds, Honey

Allergy Information

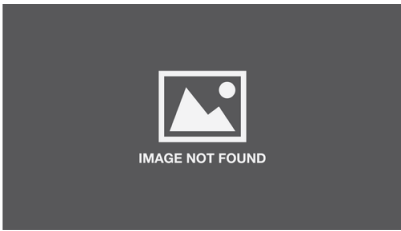
Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	9.8g
Dairy Free:	No	Sugar:	5.6g
Lactose Free:	Yes	Sodium:	23mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	less than 0.1g
Vegetarian:	Yes	Carbohydrates (per 100g):	5.9g
Fish Free:	Yes	Sugar (per 100g)	3.3g
Red Meat Free:	Yes	Sodium (per 100g):	14mg
Tomato Free:	Yes	Fat (total, per 100g):	0.3g
Sesame Free:	Yes	Fat (Sat, per 100g):	less than 0.1g
Energy:	235kJ (56Cal)	Energy (per 100g):	141kJ (34Cal)
Protein:	2.9g	Protein (per 100g):	1.7g

Wholemeal Tuna Pasta Bake w/ Broccoli (Lunch)

Serving Size: 220g



Ingredients

Wholemeal Pasta (27%) (Durum Wheat Semolina), Skim Milk (Skim Milk, Milk Solids), Tuna (14%) (Skipjack, Light Meat Tuna (92%), Springwater, Salt), Mixed Vegetables (Peas, Cauliflower, Carrots, Green Beans, Corn Kernels), Broccoli (9%), Mozzarella Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Plain Flour, Unsalted Butter (Cream, Water), Onion, Parsley, Bay Leaf, Whole Peppercorns

Allergy Information

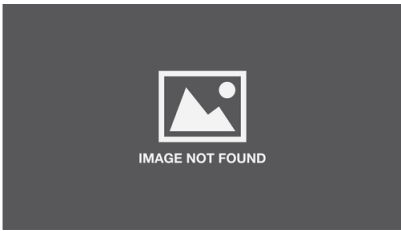
Contains Wheat, Contains Gluten, Fish, Milk

Nutrition Info

Gluten Free:	No	Carbohydrates:	23.5g
Dairy Free:	No	Sugar:	4.8g
Lactose Free:	No	Sodium:	175mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	4.2g
Vegetarian:	No	Carbohydrates (per 100g):	10.7g
Fish Free:	No	Sugar (per 100g)	2.2g
Red Meat Free:	Yes	Sodium (per 100g):	80mg
Tomato Free:	Yes	Fat (total, per 100g):	3.2g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.9g
Energy:	1020kJ (244Cal)	Energy (per 100g):	464kJ (111Cal)
Protein:	18.1g	Protein (per 100g):	8.2g

Wholemeal Chicken Pasta Bake w/ Broccoli (Lunch)

Serving Size: 220g



Ingredients

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

Allergy Information

Contains Wheat, Contains Gluten, Milk

Nutrition Info

Gluten Free:	No	Carbohydrates:	22.0g
Dairy Free:	No	Sugar:	5.3g
Lactose Free:	No	Sodium:	115mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	4.6g
Vegetarian:	No	Carbohydrates (per 100g):	10.0g
Fish Free:	Yes	Sugar (per 100g)	2.4g
Red Meat Free:	Yes	Sodium (per 100g):	52mg
Tomato Free:	Yes	Fat (total, per 100g):	3.6g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.1g
Energy:	1050kJ (250Cal)	Energy (per 100g):	476kJ (114Cal)
Protein:	19.8g	Protein (per 100g):	9.0g

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



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

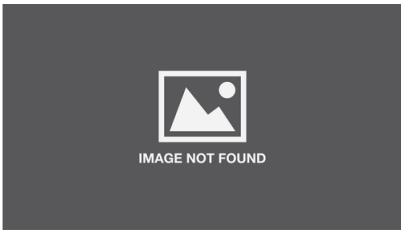
Allergy Information

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

Sticky Date Pudding w/ Orange Wedges (Afternoon Tea)

Serving Size: 110g



Ingredients

Orange (45%), Dried Dates (14%), Water, Plain Self Raising Flour (Wheat Flour, Raising Agent (339, 341, 450, 500)), Banana, Wholemeal Self Raising Flour, Unsalted Butter (Cream, Water), Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Raw Sugar, 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:	29.5g
Dairy Free:	No	Sugar:	18.7g
Lactose Free:	No	Sodium:	142mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	2.5g
Vegetarian:	Yes	Carbohydrates (per 100g):	26.8g
Fish Free:	Yes	Sugar (per 100g)	17.0g
Red Meat Free:	Yes	Sodium (per 100g):	129mg
Tomato Free:	Yes	Fat (total, per 100g):	6.2g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.3g
Energy:	807kJ (193Cal)	Energy (per 100g):	734kJ (175Cal)
Protein:	2.5g	Protein (per 100g):	2.3g

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

Serving Size: 110g



Ingredients

Orange, Gluten Free Flour (Gluten Free Flours (Maize, Rice), Starch (Maize, Tapioca), Raising Agents (Sodium Pyrophosphate, Sodium Bicarbonate, Glucono Delta-Lactone) Thickeners (Guar Gum, Xanthan Gum, Hydroxypropyl Methylcellulose, Sodium Carboxymethylcellulose)), Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt), Banana (8%), Olive Oil, Dried Dates, Raw Sugar, 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 (0%)

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	36.3g
Dairy Free:	Yes	Sugar:	13.1g
Lactose Free:	Yes	Sodium:	109mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	0.9g
Vegetarian:	Yes	Carbohydrates (per 100g):	33.0g
Fish Free:	Yes	Sugar (per 100g)	11.9g
Red Meat Free:	Yes	Sodium (per 100g):	99mg
Tomato Free:	Yes	Fat (total, per 100g):	5.5g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8g
Energy:	771kJ (184Cal)	Energy (per 100g):	701kJ (167Cal)
Protein:	1.4g	Protein (per 100g):	1.2g

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

Serving Size: 65g



Ingredients

Cucumber (31%), Wholemeal Wrap (Wholemeal Wheat Flour (49%), Water, Wheat Flour, Vegetable Oil, Vegetable Emulsifiers (471, 481), Humectant (422), Cultured Wheat Flour, Raising Agents (341, 450, 500), Stabiliser (412), Wheat Gluten, Acidity Regulator (297), Iodised Salt, Soy Flour, Vitamins (Thiamin, Folic Acid), Antioxidant (307b)), Red Capsicum (15%), Cream Cheese (7%) (Milk, Cream, Salt, Stabiliser (410, 412), Starter Culture), Ricotta, Cheddar Cheese (Cows Milk, Salt, Starter Cultures, Non Animal Rennent), Filtered Water, Onion, Spinach (6%), Olive Oil, Curry Powder (Rice Cereal, Tumeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper)

Allergy Information

Contains Wheat, Contains Gluten, Milk, Soybeans

Nutrition Info

Gluten Free:	No	Carbohydrates:	6.3g
Dairy Free:	No	Sugar:	1.6g
Lactose Free:	No	Sodium:	114mg
Soy Free:	No	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	2.5g
Vegetarian:	Yes	Carbohydrates (per 100g):	9.8g
Fish Free:	Yes	Sugar (per 100g)	2.4g
Red Meat Free:	Yes	Sodium (per 100g):	175mg
Tomato Free:	Yes	Fat (total, per 100g):	7.4g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.9g
Energy:	354kJ (85Cal)	Energy (per 100g):	544kJ (130Cal)
Protein:	3.5g	Protein (per 100g):	5.4g

LF Cheddar Cheese & Multigrain Vita-Weats (AI) (Morning 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

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

Serving Size: 50g



Ingredients

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

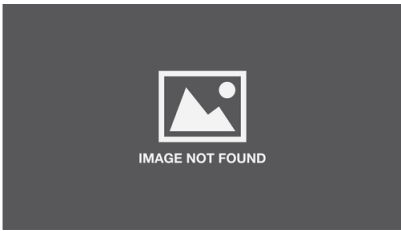
Allergy Information

Nutrition Info

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

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

Serving Size: 200g



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)), Potato, Beef (10%), Tomato Puree, Cheddar Cheese (8%) (Cows Milk, Salt, Starter Cultures, Non Animal Rennet), Onion, Carrot, 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 Blend (Sunflower Oil, Extra Virgin Olive Oil), Olive Oil, Garlic, Spring Onion, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Garlic Powder, Paprika, Parsley, Mixed Herbs, White Pepper

Allergy Information

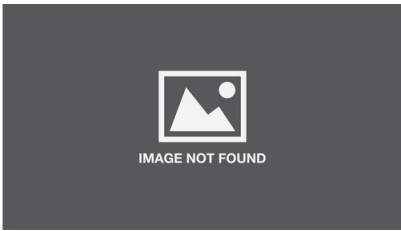
Contains Wheat, Contains Gluten, Milk, Soybeans:May Contain Sesame Seeds

Nutrition Info

Gluten Free:	No	Carbohydrates:	32.2g
Dairy Free:	No	Sugar:	4.3g
Lactose Free:	No	Sodium:	418mg
Soy Free:	No	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	4.6g
Vegetarian:	No	Carbohydrates (per 100g):	16.1g
Fish Free:	Yes	Sugar (per 100g)	2.1g
Red Meat Free:	No	Sodium (per 100g):	209mg
Tomato Free:	No	Fat (total, per 100g):	6.1g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.3g
Energy:	1330kJ (317Cal)	Energy (per 100g):	664kJ (159Cal)

GF & DF Beef Burger w/ Spinach & Potatoes (AI) (Lunch) [Allergy]

Serving Size: 190g



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), Potato (21%), Beef (15%), Onion, Carrot, Zucchini, Gluten Free Bread Crumbs Crispi (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier (Diglyceride Of Vegetables)), Spinach (2.5%), Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Garlic, Garlic Powder, Paprika, Mixed Herbs, White Pepper

Allergy Information

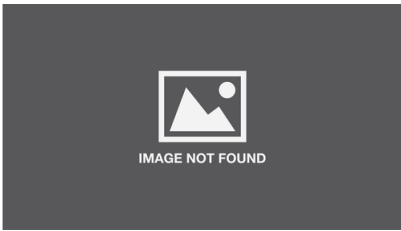
Nutrition Info

Gluten Free:	Yes	Carbohydrates:	51.8g
Dairy Free:	Yes	Sugar:	7.9g
Lactose Free:	Yes	Sodium:	401mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	2.2g
Vegetarian:	No	Carbohydrates (per 100g):	27.2g
Fish Free:	Yes	Sugar (per 100g)	4.1g
Red Meat Free:	No	Sodium (per 100g):	211mg
Tomato Free:	Yes	Fat (total, per 100g):	6.4g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.1g
Energy:	1560kJ (372Cal)	Energy (per 100g):	819kJ (196Cal)
Protein:	11.4g	Protein (per 100g):	6.0g



GF & DF Veggie Burger w/ Spinach & Potatoes (AI) (Lunch) [Allergy]

Serving Size: 190g



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), Potato (21%), Sweet Potato, Onion, Lentils (4.5%), 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), Spinach (2.5%), Red Capsicum, Olive Oil, Parsley, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Garlic Powder, White Pepper, Mixed Herbs

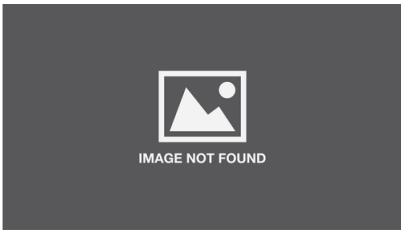
Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	50.4g
Dairy Free:	Yes	Sugar:	8.5g
Lactose Free:	Yes	Sodium:	368mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	1.3g
Vegetarian:	Yes	Carbohydrates (per 100g):	26.5g
Fish Free:	Yes	Sugar (per 100g)	4.5g
Red Meat Free:	Yes	Sodium (per 100g):	194mg
Tomato Free:	Yes	Fat (total, per 100g):	5.7g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.7g
Energy:	1360kJ (325Cal)	Energy (per 100g):	717kJ (171Cal)
Protein:	3.8g	Protein (per 100g):	2.0g

Apple & Pear Crumble w/ Organic Yoghurt (Afternoon Tea)

Serving Size: 150g



Ingredients

Apple (37%) (Apple, Acidity Regulator (Citric Acid), Calcium Lactate), All Natural Yoghurt (34%) (Certified Organic Unhomogenised Milk, Certified Organic Non-Fat Milk Solids, Live Cultures (Acidophilus, Bifidus, Casei, Thermophilus, Bulgaricus)), Pear (19%) (Diced Pears (62% Min), Refined Fruit Juice), Wholemeal Flour, Rolled Oat, Unsalted Butter (Cream, Water), Sultana (Sultanas, Vegetable Oil), Maize Cornflour (Gluten Free), Raw Sugar, Organic Desiccated Coconut, Organic Vanilla Essence (Extract Of Organic Vanilla Beans (Water, Organic Alcohol Content 35% Vol), Organic Sugar), Cinnamon

Allergy Information

Contains Wheat, Oats, Contains Gluten, Milk

Nutrition Info

Gluten Free:	No	Carbohydrates:	19.5g
Dairy Free:	No	Sugar:	11.9g
Lactose Free:	No	Sodium:	33mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	3.4g
Vegetarian:	Yes	Carbohydrates (per 100g):	13.0g
Fish Free:	Yes	Sugar (per 100g)	7.9g
Red Meat Free:	Yes	Sodium (per 100g):	22mg
Tomato Free:	Yes	Fat (total, per 100g):	3.6g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.3g
Energy:	630kJ (151Cal)	Energy (per 100g):	420kJ (100Cal)
Protein:	3.8g	Protein (per 100g):	2.6g

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

Tropical Fruit & Vegetable Platter w/ Organic Milk (Morning Tea)

Serving Size: 230g



Ingredients

Organic Full Cream Milk (43%), Banana (13%), Pineapple (13%), Apple (13%), Carrot (9%), Celery (9%)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	19.0g
Dairy Free:	No	Sugar:	17.9g
Lactose Free:	No	Sodium:	68mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	2.7g
Vegetarian:	Yes	Carbohydrates (per 100g):	8.3g
Fish Free:	Yes	Sugar (per 100g)	7.8g
Red Meat Free:	Yes	Sodium (per 100g):	29mg
Tomato Free:	Yes	Fat (total, per 100g):	1.8g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.2g
Energy:	586kJ (140Cal)	Energy (per 100g):	255kJ (61Cal)
Protein:	4.5g	Protein (per 100g):	2.0g

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

Serving Size: 230g



Ingredients

Soy Milk, Banana (13%), Pineapple (13%), Apple (13%), Carrot (9%), Celery (9%)

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	18.9g
Dairy Free:	Yes	Sugar:	14.9g
Lactose Free:	Yes	Sodium:	74mg
Soy Free:	No	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	0.4g
Vegetarian:	Yes	Carbohydrates (per 100g):	8.2g
Fish Free:	Yes	Sugar (per 100g)	6.5g
Red Meat Free:	Yes	Sodium (per 100g):	32mg
Tomato Free:	Yes	Fat (total, per 100g):	1.5g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2g
Energy:	538kJ (129Cal)	Energy (per 100g):	234kJ (56Cal)
Protein:	4.0g	Protein (per 100g):	1.8g

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

Serving Size: 230g



Ingredients

Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt), Banana (13%), Pineapple (13%), Apple (13%), Carrot (9%), Celery (9%)

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	24.4g
Dairy Free:	Yes	Sugar:	15.9g
Lactose Free:	Yes	Sodium:	91mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	0.2g
Vegetarian:	Yes	Carbohydrates (per 100g):	10.6g
Fish Free:	Yes	Sugar (per 100g)	6.9g
Red Meat Free:	Yes	Sodium (per 100g):	39mg
Tomato Free:	Yes	Fat (total, per 100g):	0.5g
Sesame Free:	Yes	Fat (Sat, per 100g):	less than 0.1g
Energy:	498kJ (119Cal)	Energy (per 100g):	216kJ (52Cal)
Protein:	1.3g	Protein (per 100g):	0.6g

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

Serving Size: 230g



Ingredients

Lactose Free Milk (Full Cream Milk, Enzyme (Lactase)), Banana (13%), Pineapple (13%), Apple (13%), Carrot (9%), Celery (9%)

Allergy Information

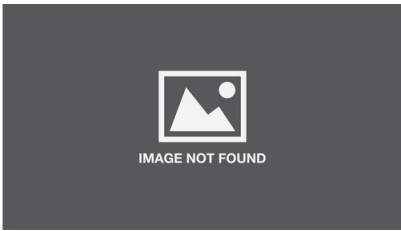
Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	18.8g
Dairy Free:	No	Sugar:	17.7g
Lactose Free:	Yes	Sodium:	70mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	2.2g
Vegetarian:	Yes	Carbohydrates (per 100g):	8.2g
Fish Free:	Yes	Sugar (per 100g)	7.7g
Red Meat Free:	Yes	Sodium (per 100g):	31mg
Tomato Free:	Yes	Fat (total, per 100g):	1.6g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.0g
Energy:	553kJ (132Cal)	Energy (per 100g):	240kJ (57Cal)
Protein:	4.5g	Protein (per 100g):	2.0g

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

Serving Size: 220g



Ingredients

Water, Macaroni (30%), Carrot Sticks (9%), Broccoli (8%), Cheddar Cheese (Cows Milk, Salt, Starter Cultures, Non Animal Rennent), Skim Milk Powder, Spinach, Unsalted Butter (Cream, Water), Plain Flour, White Pepper

Allergy Information

Contains Wheat, Contains Gluten, Milk

Nutrition Info

Gluten Free:	No	Carbohydrates:	25.0g
Dairy Free:	No	Sugar:	6.1g
Lactose Free:	No	Sodium:	127mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	4.9g
Vegetarian:	Yes	Carbohydrates (per 100g):	11.4g
Fish Free:	Yes	Sugar (per 100g)	2.8g
Red Meat Free:	Yes	Sodium (per 100g):	58mg
Tomato Free:	Yes	Fat (total, per 100g):	3.5g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.2g
Energy:	936kJ (224Cal)	Energy (per 100g):	425kJ (102Cal)
Protein:	10.9g	Protein (per 100g):	5.0g



GF & LF Cauliflower & Cheese Pasta (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Lactose Free Milk (43%) (Full Cream Milk, Enzyme (Lactase)), Gluten Free Pasta (18%) (Rice Flour (40%), Corn Flour (22%), Corn Starch (17%), Potato Starch, Yellow Pea Flour), Filtered Water, Cauliflower, Gluten Free Plain Flour (Starch (Maize, Tapioca), Rice Flour, Vegetable Gums (Hydroxypropyl Methyl Cellulose, Xanthan Gum)), Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Bay Leaf, White Pepper

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	37.8g
Dairy Free:	No	Sugar:	5.5g
Lactose Free:	Yes	Sodium:	58mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	2.9g
Vegetarian:	Yes	Carbohydrates (per 100g):	18.9g
Fish Free:	Yes	Sugar (per 100g)	2.7g
Red Meat Free:	Yes	Sodium (per 100g):	29mg
Tomato Free:	Yes	Fat (total, per 100g):	5.7g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.5g
Energy:	1170kJ (278Cal)	Energy (per 100g):	583kJ (139Cal)
Protein:	6.7g	Protein (per 100g):	3.3g

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

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

Serving Size: 200g



Ingredients

Pumpkin (33%), Cauliflower (33%), Gluten Free Pasta (Rice Flour (40%), Corn Flour (22%), Corn Starch (17%), Potato Starch, Yellow Pea Flour), Lemon Juice, Dijon Mustard (Water, Mustard Seed 18%, Salt, Sugar, Food Acid (Acetic Acid), Spice)

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	56.2g
Dairy Free:	Yes	Sugar:	5.9g
Lactose Free:	Yes	Sodium:	103mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	0.9g
Vegetarian:	Yes	Carbohydrates (per 100g):	28.1g
Fish Free:	Yes	Sugar (per 100g)	3.0g
Red Meat Free:	Yes	Sodium (per 100g):	51mg
Tomato Free:	Yes	Fat (total, per 100g):	0.9g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4g
Energy:	1200kJ (286Cal)	Energy (per 100g):	598kJ (143Cal)
Protein:	8.4g	Protein (per 100g):	4.2g

Beef & Kale Sausage Rolls (Afternoon Tea)

Serving Size: 60g



Ingredients

Filtered Water, Beef (15%), Butter (Pasteurised Cream (From Cow's Milk), Water), Plain Flour, Wholemeal Flour, Bread Crumbs (Unbleached Wholemeal Wheat Flour (64%), Water, Bakers Yeast, Iodised Salt, Wheat Gluten, Vinegar, Vegetable Oil, Emulsifiers (481, 472 (E)), Soy Flour, Vitamin (Thiamin, Folic Acid)), Onion, Carrot, Celery, Kale (3.5%), Olive Oil, Garlic Powder, White Pepper, Poppy Seeds

Allergy Information

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

Nutrition Info

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

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

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

Serving Size: 60g



Ingredients

Gluten Free Puff Pastry (Gluten Free Pastry (Maize Starch, Rice Flour, Yellow Pea Flour, Besan Flour, Faba Bean Flour, Thickener (464, 415), Flaxseed Flour, Bamboo Fibre, Potato Starch, Dextrose, Buckwheat Flour, Salt), Water, Pro Ve Shortening (Vegetable Oil, Emulsifiers (471, Soybean Lecithin), Antioxidant (307b), Naturalcolour (160a)), Vegetable Fibre), Beef, Crispi Premium Breadcrumbs (Rice Flour, Maize Flour, Chickpea Flour, Rice Bran, Dextrose, Salt, Emulsifier From Vegetable (471)), Onion, Carrot, Celery, Filtered Water, Olive Oil, Kale, Mixed Herbs, Garlic Powder, White Pepper

Allergy Information

Contains Soybeans

Nutrition Info

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

Organic Milk, Black Bean Brownie & Banana (Morning Tea)

Serving Size: 230g



Ingredients

Organic Full Cream Milk (43%), Banana (39%), Black Beans (10%) (Black Beans, Water, Salt), Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Honey, Rolled Oats, Cocoa Powder, 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)

Allergy Information

Contains Oats, Contains Gluten, Milk

Nutrition Info

Gluten Free:	No	Carbohydrates:	31.8g
Dairy Free:	No	Sugar:	24.4g
Lactose Free:	No	Sodium:	111mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	3.4g
Vegetarian:	Yes	Carbohydrates (per 100g):	13.8g
Fish Free:	Yes	Sugar (per 100g)	10.6g
Red Meat Free:	Yes	Sodium (per 100g):	48mg
Tomato Free:	Yes	Fat (total, per 100g):	4.3g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.5g
Energy:	1050kJ (251Cal)	Energy (per 100g):	457kJ (109Cal)



Organic Soy Milk, GF Black Bean Brownie & Banana (Al) (Morning Tea) [Allergy]

Serving Size: 230g



Ingredients

Soy Milk, Banana (39%), Black Beans (10%) (Black Beans, Water, Salt), Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Honey, 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)), Cocoa Powder, 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)

Allergy Information

Contains Soybeans

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	32.9g
Dairy Free:	Yes	Sugar:	21.3g
Lactose Free:	Yes	Sodium:	133mg
Soy Free:	No	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	0.9g
Vegetarian:	Yes	Carbohydrates (per 100g):	14.3g
Fish Free:	Yes	Sugar (per 100g)	9.3g
Red Meat Free:	Yes	Sodium (per 100g):	58mg
Tomato Free:	Yes	Fat (total, per 100g):	3.8g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.4g
Energy:	976kJ (233Cal)	Energy (per 100g):	424kJ (101Cal)
Protein:	5.9g	Protein (per 100g):	2.6g

LF Milk, GF Black Bean Brownie & Banana (AI) (Morning Tea) [Allergy]

Serving Size: 230g



Ingredients

Lactose Free Milk (Full Cream Milk, Enzyme (Lactase)), Banana (39%), Black Beans (10%) (Black Beans, Water, Salt), Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Honey, 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)), Cocoa Powder, 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)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	32.8g
Dairy Free:	No	Sugar:	24.2g
Lactose Free:	Yes	Sodium:	129mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	2.7g
Vegetarian:	Yes	Carbohydrates (per 100g):	14.3g
Fish Free:	Yes	Sugar (per 100g)	10.5g
Red Meat Free:	Yes	Sodium (per 100g):	56mg
Tomato Free:	Yes	Fat (total, per 100g):	3.9g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.2g
Energy:	990kJ (237Cal)	Energy (per 100g):	430kJ (103Cal)
Protein:	6.4g	Protein (per 100g):	2.8g

Organic Rice Milk, GF Black Bean Brownie & Banana (Al) (Morning Tea) [Allergy]

Serving Size: 230g



Ingredients

Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt), Banana (39%), Black Beans (10%) (Black Beans, Water, Salt), Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Honey, 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)), Cocoa Powder, 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)

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	38.5g
Dairy Free:	Yes	Sugar:	22.4g
Lactose Free:	Yes	Sodium:	150mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	0.7g
Vegetarian:	Yes	Carbohydrates (per 100g):	16.7g
Fish Free:	Yes	Sugar (per 100g)	9.7g
Red Meat Free:	Yes	Sodium (per 100g):	65mg
Tomato Free:	Yes	Fat (total, per 100g):	2.8g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.3g
Energy:	935kJ (223Cal)	Energy (per 100g):	407kJ (97Cal)
Protein:	3.2g	Protein (per 100g):	1.4g

Roast Beef, Cheese & Baked Bean 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%), Iceberg Lettuce, Cheese Slices (11%) ( ( Pasturised Milk, Salt, Cultures, Enzyme (Rennet))), Cannellini Beans (5%), Organic Tomato Passata, Onion, Tomato Paste (Citric Acid), Olive Oil, Garlic, Balsamic Vinegar (Naturally Fermented Wine Vinegar, Concentrated Grape Must, Cooked Grape Must), Raw Sugar, Tamari (Organic Soya Beans, Rice, Salt, Water), Cumin, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil)

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	29.8g
Dairy Free:	No	Sugar:	1.1g
Lactose Free:	No	Sodium:	427mg
Soy Free:	No	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	4.5g
Vegetarian:	No	Carbohydrates (per 100g):	19.8g
Fish Free:	Yes	Sugar (per 100g)	0.7g
Red Meat Free:	No	Sodium (per 100g):	285mg
Tomato Free:	No	Fat (total, per 100g):	6.1g
Sesame Free:	Yes	Fat (Sat, per 100g):	3.0g
Energy:	1250kJ (299Cal)	Energy (per 100g):	835kJ (200Cal)
Protein:	21.2g	Protein (per 100g):	14.1g

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

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

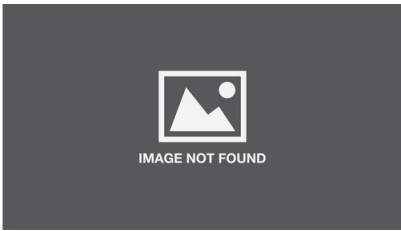
Allergy Information

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 Beef & Avocado Sushi (Lunch)

Serving Size: 200g



Ingredients

Rice, Beef, 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:	317mg
Soy Free:	No	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	2.5g
Vegetarian:	No	Carbohydrates (per 100g):	21.1g
Fish Free:	Yes	Sugar (per 100g)	2.8g
Red Meat Free:	No	Sodium (per 100g):	158mg
Tomato Free:	Yes	Fat (total, per 100g):	5.2g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.3g
Energy:	1360kJ (325Cal)	Energy (per 100g):	679kJ (162Cal)
Protein:	14.3g	Protein (per 100g):	7.2g



Mexican Bean Nachos w/ Sweet Corn Cobs (Afternoon Tea)

Serving Size: 163g



Ingredients

Corn Cob (26%), Corn Chips (22%) (Cornflour (72%), Vegetable Oil, Water, Salt), Mozzarella Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Tomato Puree, Red Kidney Beans, Filtered Water, Onion, Carrot, Celery, Red Capsicum, Zucchini, Tomato Paste (Citric Acid), Olive Oil, Garlic, Cumin, Paprika, Turmeric, White Pepper

Allergy Information

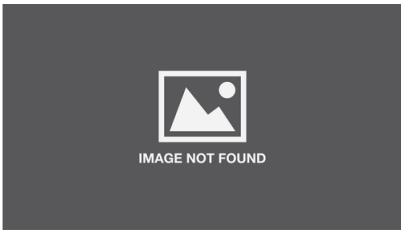
Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	31.6g
Dairy Free:	No	Sugar:	4.1g
Lactose Free:	No	Sodium:	303mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	7.2g
Vegetarian:	Yes	Carbohydrates (per 100g):	19.4g
Fish Free:	Yes	Sugar (per 100g)	2.5g
Red Meat Free:	Yes	Sodium (per 100g):	186mg
Tomato Free:	No	Fat (total, per 100g):	9.2g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.4g
Energy:	1330kJ (317Cal)	Energy (per 100g):	814kJ (195Cal)
Protein:	10.9g	Protein (per 100g):	6.7g

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

Serving Size: 60g



Ingredients

Sweet Potato Wrap (Water, Sweet Potato Flour (19%), Mixed Wholegrain Flours (Sorghum Flour, Brown Rice Flour, Corn Flour, Millet Flour, Teff Flour, Quinoa Flour, Amaranth Flour), Potato Flour, Corn Starch, Tapioca Starch, White Rice Flour, Thickeners (Cellulose, Xanthan Gum, Guar Gum), Pea Protein, Carrot Powder, Tomato Powder, Inulin, Sourdough (Fermented From Quinoa, Corn And Rice Flour), Sunflower Oil, Acidifiers (Citric Acid, Malic Acid, Tartaric Acid), Raising Agents (Sodium Bicarbonate, Calcium Phosphate), Salt, Psyllium, Yeast, (Sorbic Acid), Flour Treatment Agent (Ascorbic Acid)), Tomato Puree, Red Kidney Beans, Filtered Water, Onion, Carrot, Celery, Red Capsicum, Zucchini, Tomato Paste (Citric Acid), Olive Oil, Garlic, Cumin, Paprika, Turmeric, White Pepper

Allergy Information

:May Contain Sesame Seeds

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	15.0g
Dairy Free:	Yes	Sugar:	4.0g
Lactose Free:	Yes	Sodium:	162mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	0.1g
Vegetarian:	Yes	Carbohydrates (per 100g):	25.0g
Fish Free:	Yes	Sugar (per 100g)	6.7g
Red Meat Free:	Yes	Sodium (per 100g):	270mg
Tomato Free:	No	Fat (total, per 100g):	2.4g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2g
Energy:	384kJ (92Cal)	Energy (per 100g):	639kJ (153Cal)
Protein:	2.3g	Protein (per 100g):	3.9g

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

Serving Size: 60g



Ingredients

Wholemeal Wrap (Wholemeal Wheat Flour (49%), Water, Wheat Flour, Vegetable Oil, Vegetable Emulsifiers (471, 481), Humectant (422), Cultured Wheat Flour, Raising Agents (341, 450, 500), Stabiliser (412), Wheat Gluten, Acidity Regulator (297), Iodised Salt, Soy Flour, Vitamins (Thiamin, Folic Acid), Antioxidant (307b)), Mozzarella Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Tomato Puree, Red Kidney Beans, Filtered Water, Onion, Carrot, Celery, Red Capsicum, Zucchini, Tomato Paste (Citric Acid), Olive Oil, Garlic, Cumin, Paprika, Turmeric, White Pepper

Allergy Information

Contains Wheat, Contains Gluten, Milk, Soybeans

Nutrition Info

Gluten Free:	No	Carbohydrates:	15.7g
Dairy Free:	No	Sugar:	1.5g
Lactose Free:	No	Sodium:	247mg
Soy Free:	No	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	2.4g
Vegetarian:	Yes	Carbohydrates (per 100g):	26.2g
Fish Free:	Yes	Sugar (per 100g)	2.4g
Red Meat Free:	Yes	Sodium (per 100g):	412mg
Tomato Free:	No	Fat (total, per 100g):	7.6g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.0g
Energy:	551kJ (132Cal)	Energy (per 100g):	918kJ (219Cal)
Protein:	5.6g	Protein (per 100g):	9.3g

**Friday - 08/12/2023**

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

Serving Size: 50g



## Ingredients

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

### Allergy Information

### Nutrition Info

Gluten Free:	Yes	Carbohydrates:	11.8g
Dairy Free:	Yes	Sugar:	0.4g
Lactose Free:	Yes	Sodium:	87mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	3.9g
Vegetarian:	Yes	Carbohydrates (per 100g):	23.6g
Fish Free:	Yes	Sugar (per 100g)	0.8g
Red Meat Free:	Yes	Sodium (per 100g):	174mg
Tomato Free:	Yes	Fat (total, per 100g):	24.2g
Sesame Free:	Yes	Fat (Sat, per 100g):	7.7g
Energy:	698kJ (167Cal)	Energy (per 100g):	1400kJ (334Cal)
Protein:	2.1g	Protein (per 100g):	4.1g