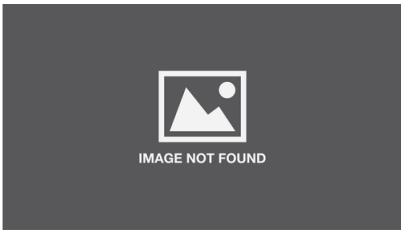


## **Menu: Menu B 18.12.23 - 22.12.23**

Apple, Cheese, Corn Thins & Veggie Sticks (Morning Tea)

Serving Size: 108g



Ingredients

Apple, 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:	16.8g
Dairy Free:	No	Sugar:	7.8g
Lactose Free:	No	Sodium:	149mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	3.7g
Vegetarian:	Yes	Carbohydrates (per 100g):	15.5g
Fish Free:	Yes	Sugar (per 100g)	7.2g
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:	632kJ (151Cal)	Energy (per 100g):	585kJ (140Cal)
Protein:	5.7g	Protein (per 100g):	5.2g

Sweet Potato Hummus & Brown Rice Crackers (Al) (Morning Tea) [Allergy]

Serving Size: 50g



Ingredients

Brown Rice Crackers (30%) (Jasmine Brown Rice (94%), Sunflower Oil, Natural Sea Salt), Sweet Potato (24%), Chickpeas (24%), Filtered Water, Lemon Juice, Olive Oil, Cumin, Garlic Powder, White Pepper

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.6g
Dairy Free:	Yes	Sugar:	0.9g
Lactose Free:	Yes	Sodium:	107mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	0.4g
Vegetarian:	Yes	Carbohydrates (per 100g):	29.1g
Fish Free:	Yes	Sugar (per 100g)	1.8g
Red Meat Free:	Yes	Sodium (per 100g):	214mg
Tomato Free:	Yes	Fat (total, per 100g):	5.4g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.7g
Energy:	395kJ (94Cal)	Energy (per 100g):	790kJ (189Cal)
Protein:	2.2g	Protein (per 100g):	4.4g

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

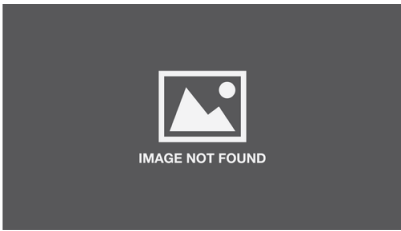
Contains Wheat, Barley, Contains Gluten, Milk, Soybeans:May Contain Egg, Peanuts, Tree Nuts, Sesame Seeds

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

Macaroni & Cheese w/ Peas & Carrot (Lunch)

Serving Size: 220g



Ingredients

Macaroni (40%), Skim Milk (Skim Milk, Milk Solids), Cauliflower, Carrot, Peas, Plain Flour, Unsalted Butter (Cream, Water), Cheddar Cheese (2%) (Cows Milk, Salt, Starter Cultures, Non Animal Rennent), Parsley, White Pepper

Allergy Information

Contains Wheat, Contains Gluten, Milk

Nutrition Info

Gluten Free:	No	Carbohydrates:	30.4g
Dairy Free:	No	Sugar:	5.7g
Lactose Free:	No	Sodium:	77mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	3.8g
Vegetarian:	Yes	Carbohydrates (per 100g):	13.8g
Fish Free:	Yes	Sugar (per 100g)	2.6g
Red Meat Free:	Yes	Sodium (per 100g):	35mg
Tomato Free:	Yes	Fat (total, per 100g):	2.7g
Sesame Free:	Yes	Fat (Sat, per 100g):	1.7g
Energy:	950kJ (227Cal)	Energy (per 100g):	432kJ (103Cal)
Protein:	10.4g	Protein (per 100g):	4.7g

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

GF Pumpkin & Cheese Pasta (AI) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Milk, Gluten Free Pasta (Rice Flour (40%), Corn Flour (22%), Corn Starch (17%), Potato Starch, Yellow Pea Flour), Pumpkin, Filtered Water, Onion, Cheddar Cheese (5%) (Cows Milk, Salt, Starter Cultures, Non Animal Rennent), Unsalted Butter (Cream, Water), Gluten Free Plain Flour (Starch (Maize, Tapioca), Rice Flour, Vegetable Gums (Hydroxypropyl Methyl Cellulose, Xanthan Gum)), Garlic, Parsley, White Pepper

Allergy Information

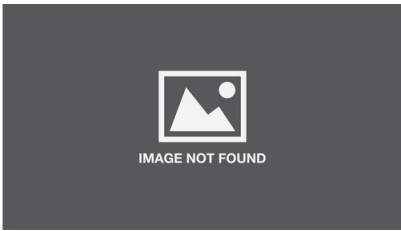
Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	50.4g
Dairy Free:	No	Sugar:	7.9g
Lactose Free:	No	Sodium:	120mg
Soy Free:	No	Fat (total):	n/a
Egg Free:	No	Fat (Sat):	6.2g
Vegetarian:	Yes	Carbohydrates (per 100g):	25.2g
Fish Free:	No	Sugar (per 100g)	4.0g
Red Meat Free:	No	Sodium (per 100g):	60mg
Tomato Free:	No	Fat (total, per 100g):	5.1g
Sesame Free:	No	Fat (Sat, per 100g):	3.1g
Energy:	1440kJ (344Cal)	Energy (per 100g):	720kJ (172Cal)
Protein:	9.7g	Protein (per 100g):	4.8g

GF & DF Lentil Veggie Pie (Al) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Sweet Potato (45%), Vegetable Stock (Water, Onion, Celery, Carrot, Mushroom, Bay Leaves, Parsley, Peppercorns, Thyme), Lentils (Lentils, Water, Ascorbic Acid), Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt), Onion, Carrot, Cauliflower, Peas, Celery, Mushrooms, Filtered Water, Gravy (Maize Starch, Salt, Vegetable Protein (Corn), Onion, Natural Caramel, Vegetable Oil), Olive Oil, Garlic, Mixed Herbs, White Pepper

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	29.1g
Dairy Free:	Yes	Sugar:	13.9g
Lactose Free:	Yes	Sodium:	186mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	0.3g
Vegetarian:	Yes	Carbohydrates (per 100g):	14.6g
Fish Free:	No	Sugar (per 100g)	6.9g
Red Meat Free:	No	Sodium (per 100g):	93mg
Tomato Free:	No	Fat (total, per 100g):	0.8g
Sesame Free:	No	Fat (Sat, per 100g):	0.1g
Energy:	554kJ (132Cal)	Energy (per 100g):	277kJ (66Cal)
Protein:	4.5g	Protein (per 100g):	2.2g



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

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:	Yes	Sugar (per 100g)	1.9g
Red Meat Free:	Yes	Sodium (per 100g):	253mg
Tomato Free:	Yes	Fat (total, per 100g):	12.9g
Sesame Free:	Yes	Fat (Sat, per 100g):	7.2g
Energy:	313kJ (75Cal)	Energy (per 100g):	978kJ (234Cal)
Protein:	2.8g	Protein (per 100g):	8.8g

Spinach & Lentil Dip W/ Brown Rice Crackers (AI) (Afternoon 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

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

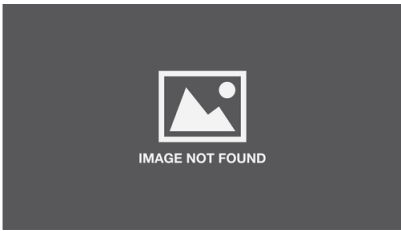
Allergy Information

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

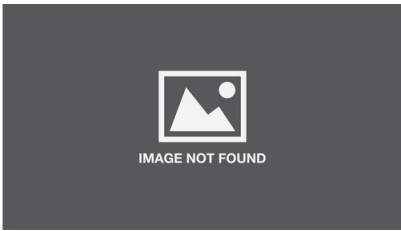
Contains Milk

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

Beef & Cauliflower Lasagne w/ Salad (Lunch)

Serving Size: 225g



Ingredients

Skim Milk (Skim Milk, Milk Solids), Tomato Crushed (Peeled Crushed Tomatoes (99%), Salt, Food Acid (330)), Beef (10%), Tomato (9%), Wholemeal Lasagne Sheets (Wholemeal Durum Wheat Semolina), Filtered Water, Cauliflower, Onion, Mozzarella Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Spinach, Carrot, Celery, Zucchini, Mushrooms, Tomato Paste (Citric Acid), Plain Flour, Unsalted Butter (Cream, Water), Cheddar Cheese (Cows Milk, Salt, Starter Cultures, Non Animal Rennent), Potato Starch, Olive Oil, Balsamic Vinegar (Naturally Fermented Wine Vinegar, Concentrated Grape Must, Cooked Grape Must), Garlic, Parsley, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), White Pepper

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	24.1g
Dairy Free:	No	Sugar:	7.9g
Lactose Free:	No	Sodium:	186mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	5.0g
Vegetarian:	No	Carbohydrates (per 100g):	10.7g
Fish Free:	Yes	Sugar (per 100g)	3.5g
Red Meat Free:	No	Sodium (per 100g):	83mg
Tomato Free:	No	Fat (total, per 100g):	4.6g
Sesame Free:	Yes	Fat (Sat, per 100g):	2.2g
Energy:	1050kJ (251Cal)	Energy (per 100g):	466kJ (111Cal)
Protein:	16.1g	Protein (per 100g):	7.2g



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

Serving Size: 200g



Ingredients

Tomato Puree, Filtered Water, Gluten Free Pasta (Rice Flour (40%), Corn Flour (22%), Corn Starch (17%), Potato Starch, Yellow Pea Flour), Beef (15%), Onion, Celery, Carrot, Zucchini, Mushrooms, Tomato Paste (Citric Acid), Balsamic Vinegar (Naturally Fermented Wine Vinegar, Concentrated Grape Must, Cooked Grape Must), Parsley, Olive Oil, Garlic, Maize Cornflour (Gluten Free), Mixed Herbs, White Pepper

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	33.1g
Dairy Free:	Yes	Sugar:	4.8g
Lactose Free:	Yes	Sodium:	62mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	1.5g
Vegetarian:	No	Carbohydrates (per 100g):	16.6g
Fish Free:	No	Sugar (per 100g)	2.4g
Red Meat Free:	No	Sodium (per 100g):	31mg
Tomato Free:	No	Fat (total, per 100g):	2.2g
Sesame Free:	No	Fat (Sat, per 100g):	0.8g
Energy:	945kJ (226Cal)	Energy (per 100g):	473kJ (113Cal)
Protein:	11.5g	Protein (per 100g):	5.7g

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

Cheesy Vegetable Lasagne Sml (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Skim Milk (Skim Milk, Milk Solids), Tomato Puree, Zucchini, Pumpkin, Lasagne Sheets (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 Nomato Vegetable Spaghetti (AI) (Lunch) [Allergy]

Serving Size:



Ingredients

No Information

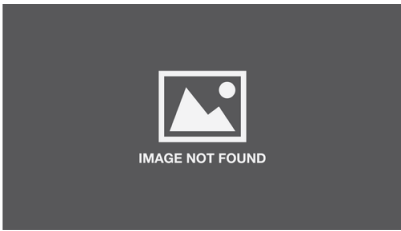
Allergy Information

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:	Yes	Carbohydrates (per 100g):	
Fish Free:	Yes	Sugar (per 100g)	
Red Meat Free:	Yes	Sodium (per 100g):	
Tomato Free:	Yes	Fat (total, per 100g):	
Sesame Free:	Yes	Fat (Sat, per 100g):	
Energy:		Energy (per 100g):	
Protein:		Protein (per 100g):	

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:	Yes	Sugar (per 100g)	6.0g
Red Meat Free:	Yes	Sodium (per 100g):	124mg
Tomato Free:	Yes	Fat (total, per 100g):	11.9g
Sesame Free:	Yes	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

Cheddar Cheese & Multigrain Vita-Weats (Afternoon Tea)

Serving Size: 36g



Ingredients

Vita-Weat Crackers (56%) (Wholegrain (45%) (Whole Wheat Flour, Oats), Wheat Flour, Vegetable Oil, Cornflour, Seeds (6%) (Linseed, Poppy, Canola, Sunflower Kernals), Sugar, Yeast, Salt, Emulsifier (Soy Lecithin)), Cheese Slices (44%) ( (Pasturised Milk, Salt, Cultures, Enzyme (Rennet)))

Allergy Information

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

Nutrition Info

Gluten Free:	No	Carbohydrates:	12.9g
Dairy Free:	No	Sugar:	0.8g
Lactose Free:	No	Sodium:	196mg
Soy Free:	No	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	4.1g
Vegetarian:	Yes	Carbohydrates (per 100g):	35.8g
Fish Free:	Yes	Sugar (per 100g)	2.1g
Red Meat Free:	Yes	Sodium (per 100g):	545mg
Tomato Free:	Yes	Fat (total, per 100g):	22.6g
Sesame Free:	Yes	Fat (Sat, per 100g):	11.3g
Energy:	636kJ (152Cal)	Energy (per 100g):	1770kJ (422Cal)
Protein:	5.9g	Protein (per 100g):	16.4g

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

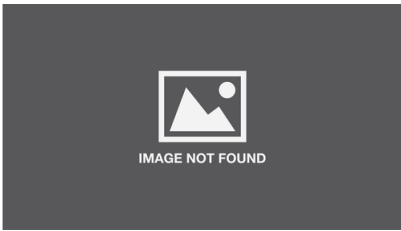
Nutrition Info

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



Wholemeal Flat Bread w/ Hummus & Crudites (Morning Tea)

Serving Size: 65g



Ingredients

Chickpeas, 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%), Lemon Juice, Olive Oil, Garlic Powder, White Pepper

Allergy Information

Contains Wheat, Contains Gluten, Soybeans

Nutrition Info

Gluten Free:	No	Carbohydrates:	9.3g
Dairy Free:	Yes	Sugar:	1.0g
Lactose Free:	Yes	Sodium:	101mg
Soy Free:	No	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	0.5g
Vegetarian:	Yes	Carbohydrates (per 100g):	14.3g
Fish Free:	Yes	Sugar (per 100g)	1.6g
Red Meat Free:	Yes	Sodium (per 100g):	156mg
Tomato Free:	Yes	Fat (total, per 100g):	3.4g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.7g
Energy:	301kJ (72Cal)	Energy (per 100g):	464kJ (111Cal)
Protein:	2.9g	Protein (per 100g):	4.4g

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

Serving Size: 50g



Ingredients

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

Allergy Information

Nutrition Info

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

Chicken & Pineapple Pizza (Lunch)

Serving Size: 100g



Ingredients

Chicken Breast, Mozzarella Cheese (17%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Wholemeal Flour, Plain Flour, Filtered Water, Pineapple, Semi Dried Tomato (5%) (Semi Dried Tomatoes (55%), Canola Oil, Mixed Herbs, Garlic, Salt, E262), Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Kalamata Olives (Kalamata (50%), Water, Salt), Capers, Olive Oil, Raw Sugar, Yeast (Sorbitan Monostearate, Ascorbic Acid), Fresh Herbs, Bread Improver (Soy Flour, Ascorbic Acid, Bread Flour, Enzyme (Amylase))

Allergy Information

Contains Wheat, Contains Gluten, Milk, Soybeans

Nutrition Info

Gluten Free:	No	Carbohydrates:	22.8g
Dairy Free:	No	Sugar:	2.2g
Lactose Free:	No	Sodium:	184mg
Soy Free:	No	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	4.2g
Vegetarian:	No	Carbohydrates (per 100g):	22.8g
Fish Free:	Yes	Sugar (per 100g)	2.2g
Red Meat Free:	Yes	Sodium (per 100g):	184mg
Tomato Free:	No	Fat (total, per 100g):	9.8g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.2g
Energy:	1050kJ (250Cal)	Energy (per 100g):	1050kJ (250Cal)
Protein:	16.6g	Protein (per 100g):	16.6g

GF & DF Chicken & Pineapple Pizza Pocket (AI) (Lunch) [Allergy]

Serving Size: 150g



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)), Roast Chicken Breast, Pineapple, Filtered Water, Pumpkin, Tomato Puree, Spinach, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Raw Sugar, Onion, Carrot, Celery, Tomato Paste (Citric Acid), Olive Oil, Garlic, Spring Onion, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Parsley, White Pepper

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	36.1g
Dairy Free:	Yes	Sugar:	8.5g
Lactose Free:	Yes	Sodium:	123mg
Soy Free:	No	Fat (total):	n/a
Egg Free:	No	Fat (Sat):	0.6g
Vegetarian:	No	Carbohydrates (per 100g):	24.1g
Fish Free:	No	Sugar (per 100g)	5.6g
Red Meat Free:	No	Sodium (per 100g):	82mg
Tomato Free:	No	Fat (total, per 100g):	3.4g
Sesame Free:	No	Fat (Sat, per 100g):	0.4g
Energy:	869kJ (208Cal)	Energy (per 100g):	580kJ (138Cal)
Protein:	11.3g	Protein (per 100g):	7.5g

GF & DF Vegetable Pizza Pocket (AI) (Lunch) [Allergy]

Serving Size: 150g



Ingredients

Chickpeas, 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, Pineapple, Pumpkin, Capsicum, Tomato Puree, Spinach, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Raw Sugar, Onion, Carrot, Celery, Tomato Paste (Citric Acid), Olive Oil, Garlic, Spring Onion, Italian Mixed Herbs (Garlic, Tomato, Basil, Oregano, Parsley, Onion, Bell Pepper, Pepper, Marjoram, Canola Oil), Parsley, White Pepper

Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	42.2g
Dairy Free:	Yes	Sugar:	8.6g
Lactose Free:	Yes	Sodium:	181mg
Soy Free:	No	Fat (total):	n/a
Egg Free:	No	Fat (Sat):	0.6g
Vegetarian:	Yes	Carbohydrates (per 100g):	28.1g
Fish Free:	No	Sugar (per 100g)	5.7g
Red Meat Free:	No	Sodium (per 100g):	121mg
Tomato Free:	No	Fat (total, per 100g):	3.5g
Sesame Free:	No	Fat (Sat, per 100g):	0.4g
Energy:	900kJ (215Cal)	Energy (per 100g):	600kJ (143Cal)
Protein:	4.8g	Protein (per 100g):	3.2g

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:	Yes	Sugar (per 100g)	1.1g
Red Meat Free:	Yes	Sodium (per 100g):	314mg
Tomato Free:	Yes	Fat (total, per 100g):	21.0g
Sesame Free:	Yes	Fat (Sat, per 100g):	13.1g
Energy:	803kJ (192Cal)	Energy (per 100g):	1340kJ (320Cal)
Protein:	5.1g	Protein (per 100g):	8.6g

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 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



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/ 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

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

Not So Chilli Con Carne & Rice (Lunch)

Serving Size: 200g



Ingredients

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

Allergy Information

Nutrition Info

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

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

Serving Size: 200g



Ingredients

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

Allergy Information

Nutrition Info

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

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

Serving Size: 60g



Ingredients

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

Allergy Information

Nutrition Info

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

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

Serving Size: 60g



Ingredients

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

Allergy Information

Nutrition Info

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



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

Serving Size: 70g



Ingredients

Gluten Free Flour (Gluten Free Flours (Maize, Rice), Starch (Maize, Tapioca), Raising Agents (Sodium Pyrophosphate, Sodium Bicarbonate, Glucono Delta-Lactone) Thickeners (Guar Gum, Xanthan Gum, Hydroxypropyl Methylcellulose, Sodium Carboxymethylcellulose)), Filtered Water, Cannellini Beans, Lactose Free Cheese (12%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet) Lactase Enzyme), Pepitas, Basil, Olive Oil Blend (Sunflower Oil, Extra Virgin Olive Oil), Raw Sugar, Olive Oil, Lemon Juice, Ground Black Pepper

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	28.5g
Dairy Free:	No	Sugar:	4.2g
Lactose Free:	Yes	Sodium:	149mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	3.4g
Vegetarian:	Yes	Carbohydrates (per 100g):	40.7g
Fish Free:	No	Sugar (per 100g)	5.9g
Red Meat Free:	No	Sodium (per 100g):	213mg
Tomato Free:	No	Fat (total, per 100g):	15.6g
Sesame Free:	No	Fat (Sat, per 100g):	4.9g
Energy:	873kJ (208Cal)	Energy (per 100g):	1250kJ (298Cal)
Protein:	6.1g	Protein (per 100g):	8.7g

Cheesy Tomato Pinwheel (Afternoon Tea)

Serving Size: 60g



Ingredients

Filtered Water, Plain Flour Perfection, Wholemeal Flour 90/10 (Wholemeal Wheat Flour, Wheat Flour, Vitamin (Thiamin)), Mozzarella Cheese (17%) (Pasteurised Milk, Salt, Cultures, Enzyme (Non Animal Rennet)), Semi Dried Tomato (7%) (Semi Dried Tomatoes (55%), Canola Oil, Mixed Herbs, Garlic, Salt, E262), Fetta (7%) (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:	20.9g
Dairy Free:	No	Sugar:	2.2g
Lactose Free:	No	Sodium:	185mg
Soy Free:	No	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	2.8g
Vegetarian:	Yes	Carbohydrates (per 100g):	34.9g
Fish Free:	Yes	Sugar (per 100g)	3.6g
Red Meat Free:	Yes	Sodium (per 100g):	309mg
Tomato Free:	No	Fat (total, per 100g):	13.1g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.7g
Energy:	777kJ (186Cal)	Energy (per 100g):	1300kJ (309Cal)
Protein:	7.1g	Protein (per 100g):	11.9g

Organic Yoghurt & Fruit Salad (Morning Tea)

Serving Size: 175g



Ingredients

Fruit Salad (Mixed Fruit (60%) [Pears, Peaches, Pineapples, Grapes, Cherries], Water, Pear Juice), All Natural Yoghurt (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:	11.2g
Dairy Free:	No	Sugar:	10.7g
Lactose Free:	No	Sodium:	35mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	1.3g
Vegetarian:	Yes	Carbohydrates (per 100g):	6.4g
Fish Free:	Yes	Sugar (per 100g)	6.1g
Red Meat Free:	Yes	Sodium (per 100g):	20mg
Tomato Free:	Yes	Fat (total, per 100g):	1.3g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.7g
Energy:	361kJ (86Cal)	Energy (per 100g):	206kJ (49Cal)
Protein:	3.1g	Protein (per 100g):	1.8g

Soy Yoghurt & Fruit Salad (Morning Tea) [Allergy]

Serving Size: 200g



Ingredients

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)), Fruit Salad (50%) (Mixed Fruit (60%) [Pears, Peaches, Pineapples, Grapes, Cherries], Water, Pear Juice)

Allergy Information

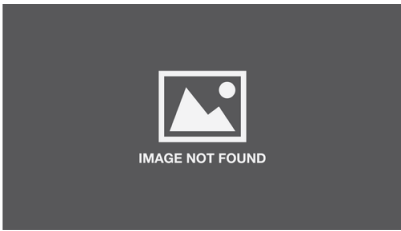
Contains Soybeans

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	11.5g
Dairy Free:	Yes	Sugar:	9.1g
Lactose Free:	No	Sodium:	13mg
Soy Free:	No	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	1.5g
Vegetarian:	Yes	Carbohydrates (per 100g):	5.8g
Fish Free:	Yes	Sugar (per 100g)	4.6g
Red Meat Free:	Yes	Sodium (per 100g):	6mg
Tomato Free:	Yes	Fat (total, per 100g):	2.4g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.8g
Energy:	510kJ (122Cal)	Energy (per 100g):	255kJ (61Cal)
Protein:	7.2g	Protein (per 100g):	3.6g

Coconut Yoghurt & Fruit Salad (Morning Tea) [Allergy]

Serving Size: 200g



Ingredients

Yoghurt Coconut (Water, Coconut Cream, Tapioca Starch, Cultures.), Fruit Salad (50%) (Mixed Fruit (60%) [Pears, Peaches, Pineapples, Grapes, Cherries], Water, Pear Juice)

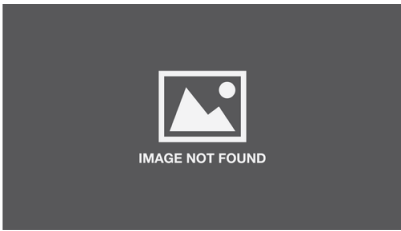
Allergy Information

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	15.4g
Dairy Free:	Yes	Sugar:	8.1g
Lactose Free:	Yes	Sodium:	11mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	8.4g
Vegetarian:	Yes	Carbohydrates (per 100g):	7.7g
Fish Free:	Yes	Sugar (per 100g)	4.1g
Red Meat Free:	Yes	Sodium (per 100g):	6mg
Tomato Free:	Yes	Fat (total, per 100g):	4.5g
Sesame Free:	Yes	Fat (Sat, per 100g):	4.2g
Energy:	635kJ (152Cal)	Energy (per 100g):	317kJ (76Cal)
Protein:	1.6g	Protein (per 100g):	0.8g

LF Yoghurt & Fruit Salad (Morning Tea) [Allergy]

Serving Size: 200g



Ingredients

Yoghurt Lactose Free (Certified Organic Unhomogenised Milk, Certified Organic Non-Fat Milk Solids, Lactase Enzyme, Cultures), Fruit Salad (50%) (Mixed Fruit (60%) [Pears, Peaches, Pineapples, Grapes, Cherries], Water, Pear Juice)

Allergy Information

Contains Milk

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	14.8g
Dairy Free:	No	Sugar:	13.6g
Lactose Free:	Yes	Sodium:	70mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	0.1g
Vegetarian:	Yes	Carbohydrates (per 100g):	7.4g
Fish Free:	Yes	Sugar (per 100g)	6.8g
Red Meat Free:	Yes	Sodium (per 100g):	35mg
Tomato Free:	Yes	Fat (total, per 100g):	0.2g
Sesame Free:	Yes	Fat (Sat, per 100g):	less than 0.1g
Energy:	372kJ (89Cal)	Energy (per 100g):	186kJ (44Cal)
Protein:	5.7g	Protein (per 100g):	2.9g

Wholemeal Tuna Pasta Bake (Lunch)

Serving Size: 200g



Ingredients

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

Allergy Information

Contains Wheat, Contains Gluten, Fish, Milk

Nutrition Info

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

Wholemeal Chicken Pasta Bake (Lunch)

Serving Size: 200g



Ingredients

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

Allergy Information

Contains Wheat, Contains Gluten, Milk:May Contain Egg

Nutrition Info

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



GF & DF Lentil Veggie Pattie w/ Mash (AL) (Lunch) [Allergy]

Serving Size: 200g



Ingredients

Sweet Potato, Rice Milk (Filtered Water, Rice Flour (10%), Canola Oil, Mineral Salts (Calcium Phosphate, Potassium Carbonate, Calcium Chloride), Sea Salt), 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

Nutrition Info

Gluten Free:	Yes	Carbohydrates:	28.0g
Dairy Free:	Yes	Sugar:	9.8g
Lactose Free:	Yes	Sodium:	75mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	0.5g
Vegetarian:	Yes	Carbohydrates (per 100g):	14.0g
Fish Free:	Yes	Sugar (per 100g)	4.9g
Red Meat Free:	Yes	Sodium (per 100g):	38mg
Tomato Free:	Yes	Fat (total, per 100g):	1.8g
Sesame Free:	Yes	Fat (Sat, per 100g):	0.2g
Energy:	734kJ (175Cal)	Energy (per 100g):	367kJ (88Cal)
Protein:	4.3g	Protein (per 100g):	2.2g

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

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

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

Mexican Bean Nachos (Afternoon Tea)

Serving Size: 65g



Ingredients

Corn Chips (38%) (Cornflour (72%), Vegetable Oil, Water, Salt), Mozzarella Cheese (23%) (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:	16.6g
Dairy Free:	No	Sugar:	1.1g
Lactose Free:	No	Sodium:	211mg
Soy Free:	Yes	Fat (total):	n/a
Egg Free:	Yes	Fat (Sat):	5.3g
Vegetarian:	Yes	Carbohydrates (per 100g):	25.5g
Fish Free:	Yes	Sugar (per 100g)	1.7g
Red Meat Free:	Yes	Sodium (per 100g):	325mg
Tomato Free:	No	Fat (total, per 100g):	15.7g
Sesame Free:	Yes	Fat (Sat, per 100g):	8.2g
Energy:	793kJ (190Cal)	Energy (per 100g):	1220kJ (292Cal)
Protein:	6.5g	Protein (per 100g):	10.1g