

Maroondah City Council

MEALS ON WHEELS

Summer Menu

11th November 2024 - 9th May 2025

MENU INGREDIENTS AND ALLERGENS

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INSTRUCTIONS

Please refrigerate chilled meal **IMMEDIATELY**.

Meals can only be heated **ONCE**.

Meals need to be consumed within 24 hours of delivery.

If you wish to freeze your meal please place in the freezer **IMMEDIATELY**.

Delivery

Meals are delivered at approximately the same time each day between 10.30am to 1.30pm.

Ordering and cancelling meals

For health reasons, meals cannot be left if you are not home. If you have ordered a meal and are not going to be home during the delivery time please either:

- Cancel the meal for that day
- Arrange to be supplied with two meals the day before.

To cancel or recommence delivery of meals, please always telephone the office as soon as possible. Failure to do this will result in the usual fee being charged for the meal.

A message can be left on the answering machine outside of office hours.

48 hours' notice is required for any cancellations, unless unforeseen circumstances apply.

Please contact the meals team if you need to cancel a meal, or have any concerns on:

Croydon: 9294 5632
Ringwood: 9298 4540

Heating Instructions

Times are approximate depending on oven type and size

1. Conventional Oven

MAINS HEATING INSTRUCTIONS:

Do not remove clear film

Pre-heat oven to 170° C

Heat for 20 minutes until hot

2. Microwave Oven

MAINS HEATING INSTRUCTIONS:

Peel plastic lid 1 cm from edge to allow steam to escape

Heat on high for 2 minutes, until hot

Stand for 1 minute before serving

3. Microwave Oven

SOUP HEATING INSTRUCTIONS:

Peel back plastic lid to 1cm from the edge to allow steam to escape

Microwave for 1 minute and stir before serving

Consume within 24 hours of delivery

SHELF LIFE

All fresh meals have a 24-hour shelf life

All frozen meals have a 3-month shelf life

DIETARY REQUIREMENTS

The following dietary requirements can be catered for:

Food allergies and intolerances: Such as lactose or dairy free, fish and shellfish allergies, nut free, gluten free and fructose

Special dietary requirements: Diabetic, vegetarian, vegan

Food texturing: Vitamised, large dice, minced

If you have a specific dietary requirement or special need, please refer to your selected meal to determine whether a modification can be made and if it can't, you will need to select an alternate appropriate meal. If the meal you ordered does not meet your dietary or special need, we can not accept responsibility

The following menu has been written to indicate some basic dietaries:

- LF LACTOSE FREE** (Meals can be made lactose free)
- DF DAIRY FREE** (Meals can be made dairy free)
- Ø GLUTEN FREE** (Meals that can be made gluten free and are gluten free)
- D DIABETIC** (Meals that are suitable for diabetics)
- F FROZEN** (Meals that can be frozen)
- FR FRUCTOSE FREE** (Meals that can be modified for fructose) (no onion / no garlic)
- V VEGETARIAN** (Meals that are vegetarian or can be made vegetarian)
- X NO MODIFICATION** (Meals that can't be modified)

COOKING

Food is prepared and cooked according to recipes to ensure consistency and quality of products. The recipes are tested to ensure they can achieve a minimum core of 75 degrees for any food served to vulnerable persons. This means that our meats are cooked medium to well done to ensure they have reached the correct temperature.

We cook our vegetables al dente to ensure they retain as much nutritional value as possible.

SOUPS

Fresh soup is made daily at Karralyka. There are 20 choices available throughout the cycle. If you do not like the daily fresh choice, we can deliver a Heinz long life soup instead.

- Potato and Leek
- Tomato (Fructose free)
- Cream of Chicken (Fructose free)
- Pumpkin (Fructose free)
- Beef Stock Pot

*Please note the Heinz soup cannot be frozen but has a 2-year shelf life

1. SWEET POTATO, PUMPKIN AND THYME SOUP

Pumpkin, sweet potato, thyme, celery, milk (pasteurized and homogenized whole milk), salt and pepper, vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley), flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin)

CONTAINS: Milk Ø D FR LF DF V

2. ITALIAN CHICKEN AND VEGGIE SOUP

Chicken, carrot, celery, turnip, swede, parsley, basil, oregano, crushed tomato, milk (pasteurized and homogenized whole milk), salt, pepper, vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley), flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin)

CONTAINS: Milk Ø D FR LF DF V

3. BEEF, BARLEY AND SPRING VEGETABLE SOUP

Carrot, celery, turnip, swede, garlic, beef, salt, pepper, beef booster: iodized salt, sugar, corn starch, beef fat (5%) [beef fat, antioxidants (307b), food acid (330) (contain soy)], yeast extract powder, soy sauce powder (derived from wheat), color (150c), hydrolyzed vegetable protein (derived from wheat) (contain soy), flavor, onion powder, flavor enhancer (635), spice, food acid (330), herbs, barley, spring onion, mint and parsley

CONTAINS: Wheat (gluten free) **cereals** (barley)

D Ø FR LF DF V

4. CREAMY CHICKPEA, TOMATO AND CELERY SOUP

Tomatoes, chickpea, celery, spring onion, parsley, vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley), flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin), milk (pasteurized and homogenized whole milk)

CONTAINS: Milk Ø D FR LF DF V

5. BACON, LEEK AND CAULIFLOWER SOUP

Cauliflower, leek, potato, spring onion, bacon (pork, water, salt, sugar, mineral salts {451}, natural wood smoke), milk (pasteurized and homogenized whole milk), vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley), flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch colour (riboflavin), salt and pepper

CONTAINS: Milk Ø D FR LF DF V

6. SPICED CARROT, SWEET POTATO AND CELERY SOUP

Sweet potato, carrot, celery, chickpea, spring onion, cumin powder, turmeric, salt, pepper, milk (pasteurized and homogenized whole milk), vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley)), flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch colour (riboflavin)

CONTAINS: Milk Ø D FR LF DF V

7. CHICKEN, CORN AND SPRING VEGETABLE SOUP

Carrot, celery, parsnip, swede, turnip, chicken, mint, parsley, spring onion, corn, salt and pepper, vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley), flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch colour (riboflavin), milk (pasteurized and homogenized whole milk)

CONTAINS: Milk Ø D FR LF DF V

8. MOROCCAN LAMB, CHICKPEA AND VEGETABLE SOUP

Carrot, celery, swede, turnip, chickpea, lamb, garlic, parsley, spring onion, tomato, cumin powder, paprika, turmeric, salt, pepper, vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley), flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin)

CONTAINS: No allergens Ø D FR LF DF V

9. ROASTED CAPSICUM, TOMATO AND LENTIL SOUP

Tomato, red lentil, celery, parsley, spring onion, capsicum, milk (pasteurized and homogenized whole milk), vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley), flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch colour (riboflavin), salt and pepper

CONTAINS: Milk Ø D FR LF DF V

10. BROCCOLI, SPINACH, LEEK AND BACON SOUP

Broccoli, potato, leek, baby spinach, parsley, bacon (pork, water, salt, sugar, mineral salts {451} {450}, antioxidant (316), preservative {250}, natural wood smoke, vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley), flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin), milk (pasteurized and homogenized whole milk)

CONTAINS: Milk D Ø FR LF DF V

SOUPS

11. CREAMY MUSHROOM, THYME AND CELERY SOUP

Mushroom, potato, celery, spring onion, thyme, vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley), flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin), milk (pasteurized and homogenized whole milk), salt and pepper

CONTAINS: Milk Ø D FR LF DF V

12. MEDITERRANEAN BEEF SOUP

Beef, carrot, celery, turnip, swede, leek, parsley, oregano, basil crushed tomato, gluten free beef stock powder (salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), food acid (330) (contain soy)], yeast extract, soy sauce powder (derived from wheat), colour (150c), hydrolyzed vegetable protein (contain soy), flavor, onion powder, flavour enhancer (635), spice, food acid (330), and herb

CONTAINS: Soy, wheat (gluten free) may contain fish, milk Ø D FR LF DF V

13. CHICKEN, TARRAGON AND VEGETABLE SOUP

Carrot, celery, turnip, swede, leek, parsley, tarragon, chicken, salt and pepper, vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley), flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin), milk (pasteurized and homogenized whole milk)

CONTAINS: Milk Ø D FR LF DF V

14. LAMB MULLIGATAWNY (SPICED VEGETABLE AND HERB) SOUP

Carrot, celery, turnip, swede, spring onion, lamb, rice, thyme, parsley, mild curry powder, salt, pepper, vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley), flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin), milk (pasteurized and homogenized whole milk)

CONTAINS: Milk Ø D FR LF DF V

15. ROASTED GARLIC, POTATO AND LEEK SOUP

Potato, leek, celery, parsley, chickpeas, garlic, salt, pepper, vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley), flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin), milk (pasteurized and homogenized whole milk)

CONTAINS: Milk Ø D FR LF DF V

16. CAULIFLOWER, BACON AND CELERY SOUP

Cauliflower, potato, parsley, celery, spring onion, bacon (pork, water, salt, sugar, mineral salts {451} {450}, antioxidant (316), preservative {250}, natural wood smoke, salt, pepper, vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley), flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin), milk (pasteurized and homogenized whole milk)

CONTAINS: Milk Ø D FR LF DF V

17. LAMB, LENTIL AND VEGGIE SOUP

Carrot, celery, turnip, swede, parsley, lentil, lamb, spring onion, tomato, salt, pepper, vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley), flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin)

CONTAINS: No allergens Ø D FR LF DF V

18. SPANISH CHICKEN AND VEGGIE SOUP

Carrot, celery, turnip, swede, chicken, oregano, coriander, parsley, garlic, cumin powder, paprika, corn, salt, pepper, milk (pasteurized and homogenized whole milk), vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley), flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin)

CONTAINS: Milk Ø D FR LF DF V

19. CREAMY TOMATO, CHICKPEA AND PESTO SOUP

Tomato, celery, spring onion, chickpea, pesto (basil, pine nuts, cheese {pasteurized milk, salt, cultures} olive oil, vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley), flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin), milk (pasteurized and homogenized whole milk)

CONTAINS: Milk, pine nuts (tree nut)
Ø D FR LF DF V

20. MUSHROOM, CHICKEN, LEEK AND CELERY SOUP

Potato, mushroom, celery, leek, chicken, parsley, garlic, salt, pepper, vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley), flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin), milk (pasteurized and homogenized whole milk)

CONTAINS: Milk Ø D FR LF DF V

DESSERTS

Our nutritionist recommends we offer yoghurt once a week to ensure you get enough calcium in your diet. However if you don't like yoghurt, let us know and you may choose from the following,
Vanilla Bean Panna Cotta
Crème Caramel
Chocolate Crème Pudding
Fruit cup.

WEEK ONE, DAY MONDAY

DESSERT: BLUEBERRY YOGHURT

Yoghurt (82%) {skim milk, live yoghurt cultures}, blueberry blend (18%) { blueberries (45%), sugar, water, vegetable gums (pectin, locust bean gum), acidity regulators (sodium citrate, citric acid), mineral salt (calcium citrate), natural flavours

CONTAINS: Milk D

WEEK ONE, DAY TUESDAY

DESSERT: PECAN COFFEE CAKE WITH CUSTARD

Cake mix (wheat flour, sugar, vegetable oil {emulsifier (471, 477), antioxidant (soybean lecithin, 307)}, milk solids, raising agents (450, 500), thickener (1422, 415), emulsifiers (471, 472 (b), 472 a), salt preservative (281), colour (102, 110)), eggs, coffee, pecan, margarine (vegetable oils 60% (containing 47% canola oil), water, salt emulsifiers {471, 322 (from soy)}, milk solids, preservative (202), food acid (270), natural colour (160a), vitamins A and D, natural flavour, maize starch, colour (102)
Custard: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar

**CONTAINS: Wheat (gluten), eggs, milk, soy, pecan (tree nut) D
(SUITABLE TO FREEZE)**

WEEK ONE, DAY WEDNESDAY

DESSERT: SUMMER BERRY TIRAMISU WITH MIXED BERRY COULIS

Cream, milk, water, sugar, milk solids, wheat flour, egg, flavours, halal gelatin, mineral salts (450, 500), preservative (202, 234), vegetable gum (400), stabilizers (410, 412), thickener (407a), raising agents (500, 503), blueberries, raspberry and starter culture, mixed berry fruit coulis (fruit (48%) raspberries, blackberries, blackcurrants), water, sugar, food acid (330), vegetable gum (415), preservative (202))

**CONTAINS: Milk, wheat, egg, may contain tree nuts F X D
(SUITABLE TO FREEZE)**

WEEK ONE, DAY THURSDAY

DESSERT: MANGO PANNA COTTA

Reconstituted milk solids, cream {skim milk, cream, thickener (1422), emulsifier (472e), vegetable gums (415, 407)}, sugar, beef gelatin, flavour, thickener (407), mineral (calcium), {mango sauce (10%) mango puree, water, sugar, starch (1422), natural flavour, natural colour}

CONTAINS: Milk D

WEEK ONE, DAY FRIDAY

DESSERT: VANILLA CREAMED RICE

Reconstituted milk solids, milk, cream, rice, sugar, water, modified starch (1422), flavour, mineral (calcium)

CONTAINS: MILK

WEEK TWO, DAY MONDAY

DESSERT: STRAWBERRY YOGHURT

Yoghurt (82%) {skim milk, live yoghurt cultures}, strawberry blend (18%) {strawberries (43%), sugar, water, vegetable gums (pectin, locust bean gum), acidity regulators (sodium citrate, citric acid), mineral salt (calcium citrate), natural flavours, carrot and blackcurrant concentrate

CONTAINS: Milk D

WEEK TWO, DAY TUESDAY

DESSERT: MANGO AND PINEAPPLE CRUMBLE CAKE WITH CUSTARD

Cake mix (wheat flour, vitamins (thiamin, folate), sugar, vegetable fat and oil (palm, canola, coconut (emulsifiers 471, 477), antioxidant (322 from soy, 307)), milk solids, egg powder, raising agents (541,500), salt, maize starch, flavours, colours (102, 110), mango, pineapple, coconut, butter (pasteurized cream, water, salt, milk fat 80% minimum)
Custard: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar

CONTAINS: Wheat (gluten), egg, milk, soy D

WEEK TWO, DAY WEDNESDAY

DESSERT: RASPBERRY CHEESECAKE WITH COULIS

Neufchatel cheese (25%), thickened cream (halal gelatin, milk and milk products), biscuit crumb (18%) (wheat flour, sugar, vegetable oil, wheat bran, fructose syrup, salt, raising agent [calcium phosphate, sodium bicarbonate], emulsifier {soy lecithin}), white chocolate (13%), (sugar, milk solids, cocoa butter, emulsifier [soya lecithin, 476], flavors), butter, sugar, gelatin, canola oil
Raspberry coulis: Raspberries (60%), sugar, water, food acid (330), vegetable gum (415), preservative (202))

**CONTAINS: Milk, wheat (gluten), soy D F X
(SUITABLE TO FREEZE)**

WEEK TWO, DAY THURSDAY

DESSERT: TIRAMISU

Cream, milk, water, sugar, milk solids, wheat flour, egg, flavours, beef gelatin, mineral (calcium), mineral salts (450, 500), preservative (202, 234), vegetable gum (400), stabilizers (410, 412), thickener (407a), raising agents (500, 503), coffee powder and starter culture

CONTAINS: Milk, egg, wheat (gluten), may contain tree nuts D

WEEK TWO, DAY FRIDAY

LEMON CREAM MOUSSE

Cream (milk), cheese (milk), water, sugar, milk solids, beef gelatin, flavour, mineral salts (450, 500), stabilizers (400, 410, 412), acid (330), preservatives (234, 202), colours (102,110), natural yogurt, mineral (calcium), contains live cultures of lactobacillus acidophilus, bifidus and casei

CONTAINS: Milk D

WEEK THREE, DAY MONDAY

DESSERT: PASSIONFRUIT YOGHURT

Yoghurt (82%) {skim milk, live yoghurt cultures}, passion fruit blend (18%) {sugar, passion fruit (33%), water, vegetable gums (pectin, locust bean gum), acidity regulators (sodium citrate, citric acid), mineral salt (calcium citrate), natural flavours

CONTAINS: Milk D

WEEK THREE, DAY TUESDAY

DESSERT: APPLE AND RHUBARB MUFFIN CAKE WITH CUSTARD

Cake mix (wheat flour, vitamins (thiamin, folate), sugar, vegetable fat and oil (palm, canola, coconut (emulsifiers 471, 477), antioxidant (322 from soy, 307)), milk solids, egg powder, raising agents (541, 500), salt, maize starch, flavours, colours (102,110)), apple, rhubarb, butter (pasteurized cream, water, salt, milk fat 80% minimum)

Custard: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar

CONTAINS: Wheat (gluten), egg, milk, soy D

WEEK THREE, DAY WEDNESDAY

DESSERT: LEMON AND LIME AND POPPY SEED TEA CAKE WITH CUSTARD

Cake: Egg, sugar, gluten free flour (tapioca starch, rice flour, potato starch, modified tapioca starch, dextrose, thickener, (446, 464), emulsifier (471), cake margarine (animal fats and vegetable oils, water, salt, emulsifiers (soy bean lecithin, 435), milk solids, acidity regulators (331,330), flavours, antioxidants {320,[32mg/kg], 310 [10mg/kg]) and colour (160a), cream, lemon, lime, neufchatel cheese, juice (1.3%) (preservative (223), flavour, raising agent (calcium phosphate, sodium bicarbonate), flavour, canola oil, emulsifier (soy lecithin 322), poppy seeds, lime zest

Custard: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar

CONTAINS: Egg, soy, milk Ø D

WEEK THREE, DAY THURSDAY

DESSERT: CRÈME CAPPUCCINO

Cream (55%) (milk), cheese (milk), sugar, water, milk solids, beef gelatin, flavour, preservative (202), salt, stabilizers (410,412), mineral (calcium), starter culture

CONTAINS: Milk D

WEEK THREE, DAY FRIDAY

DESSERT: CHOCOLATE MOUSSE

Cream, water, sugar, milk solids, cocoa mass, milk, cocoa butter, stabilizers (400, 410,412), halal gelatin, mineral salts [450, 500, 170, (calcium)], emulsifiers [322 (soy), 476], preservatives (234, 202), flavours, starter culture, chocolate: 8%

CONTAINS: Milk, soy, may contain traces of tree nuts D

WEEK FOUR, DAY MONDAY

DESSERT: BLUEBERRY YOGHURT

Yoghurt (82%) {skim milk, live yoghurt cultures}, blueberry blend (18%) { blueberries (45%), sugar, water, vegetable gums (pectin, locust bean gum), acidity regulators (sodium citrate, citric acid), mineral salt (calcium citrate), natural flavours

CONTAINS: Milk D

WEEK FOUR, DAY TUESDAY

DESSERT: RASPBERRY ALMOND AND COCONUT CAKE WITH CUSTARD

Cake mix (wheat flour, vitamins (thiamin, folate), sugar, vegetable fat and oil (palm, canola, coconut (emulsifiers 471, 477), antioxidant (322 from soy, 307)), milk solids, egg powder, raising agents (541,500), salt, maize starch, flavours, colours (102,110), raspberries, almonds, coconut, butter (pasteurized cream, water, salt, milk fat 80% minimum)

Custard: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar

CONTAINS: Wheat (gluten), egg, milk, soy, almonds (tree nuts) D

WEEK FOUR, DAY WEDNESDAY

DESSERT: SUMMER FRUIT CHEESECAKE WITH MIXED BERRY COULIS

Neufchatel cheese (31%), sour cream, biscuit crumb [wheat flour, sugar, vegetable oil, wheat bran, fructose syrup, salt, raising agent (calcium phosphate, sodium bicarbonate), emulsifier (soy lecithin)], egg, butter, wheat flour, raising agent (calcium phosphate, sodium bicarbonate), blueberries, raspberry, passion fruit, flavor

Mixed berry fruit coulis: Fruit (48%) (raspberries, blackberries, blackcurrants), water, sugar, food acid (330), vegetable gum (415), preservative (202)

CONTAINS: Milk, wheat (gluten), soy, egg D F X (SUITABLE TO FREEZE)

WEEK FOUR, DAY THURSDAY

DESSERT: CHOC TOP DUET MOUSSE

Cream (milk), cheese (milk), water, sugar, milk solids, cocoa powder, cocoa butter, cocoa mass, vegetable fat, beef gelatin, stabilizers (410, 412), salt, emulsifiers (322, 471, 476, 492), thickener (407a), flavours, preservative (202), starter cultures and mineral (calcium), chocolate (8%)

CONTAINS: Milk, soy, may contain traces of peanuts, almonds, hazelnuts D

WEEK FOUR, DAY FRIDAY

DESSERT: TROPICAL PUNCH DESSERT

Coconut milk (reconstituted), water, sugar, modified starch (1450, 1422), pea protein, vegetable gums (407,415), flavours, acidity regulator (330), colours (102, 110)

CONTAINS: No allergens D LF DF V Ø

WEEK FIVE, DAY MONDAY

DESSERT: STRAWBERRY YOGHURT

Yoghurt (82%) {skim milk, live yoghurt cultures}, strawberry blend (18%) { strawberries (43%),sugar, water, vegetable gums (pectin, locust bean gum), acidity regulators (sodium citrate, citric acid), mineral salt (calcium citrate), natural flavours, carrot and blackcurrant concentrate

CONTAINS: Milk D

WEEK FIVE, DAY TUESDAY

DESSERT: CHOC CHIP CHERRY CAKE WITH CUSTARD

Cake mix (wheat flour (wheat flour, vitamins (thiamin, folate), sugar, vegetable fat and oil (palm, canola, coconut (emulsifiers 471, 477), antioxidant (322 from soy, 307)), milk solids, egg powder, raising agents (541,500), salt, maize starch, flavours, colours (102,110), cherries, coconut, butter (pasteurized cream, water, salt, milk fat 80% minimum), chocolate (sugar, vegetable fat, cocoa powder, milk solids, emulsifiers (492, soy lecithin, 476) flavour

Custard: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar

CONTAINS: Wheat (gluten), egg, milk, soy, may contain peanuts, tree nuts D

WEEK FIVE DAY WEDNESDAY

DESSERT: PASSION CHEESECAKE WITH PASSION FRUIT COULIS

Neufchatel cheese (25%), thickened cream (halal gelatin, milk and milk products), biscuit crumb (18%) (wheat flour, sugar, vegetable oil, wheat bran, fructose syrup, salt, raising agent [calcium phosphate, sodium bicarbonate], emulsifier {soy lecithin}), white chocolate (13%), (sugar, milk solids, cocoa butter, emulsifier [soya lecithin, 476], flavors), butter, sugar, gelatin, canola oil

Passion fruit coulis: Passion fruit pulp (41%), water, sugar, passion fruit concentrate (8.81%, vegetable gum (415), preservative (202)

CONTAINS: Milk, wheat (gluten), soy, egg F D X (SUITABLE TO FREEZE)

WEEK FIVE, DAY THURSDAY

DESSERT: VANILLA BEAN PANNA COTTA

Cream [skim milk, cream, thickener (1422), emulsifier (472e), vegetable gums (415, 407)], reconstituted milk solids, sugar, vanilla bean paste (0.5%), flavour, vegetable gum (407), halal gelatin, mineral salt (452) and mineral (calcium)

CONTAINS: Milk D

WEEK FIVE, DAY FRIDAY

DESSERT: RED VELVET MOUSSE

Cream, water, sugar, milk solids, cocoa powder, cocoa butter, halal gelatin, cocoa mass, emulsifiers (322, 476, 410, 412), flavours, salt, colour (122), preservative (202), mineral (calcium and starter culture, chocolate: 8%

CONTAINS: Milk, soy, may contain traces of tree nuts D

WEEK SIX, DAY MONDAY

DESSERT: PASSIONFRUIT YOGHURT

Yoghurt (82%) {skim milk, live yoghurt cultures}, passion fruit blend (18%) {sugar, passion fruit (33%), water, vegetable gums (pectin, locust bean gum), acidity regulators (sodium citrate, citric acid), mineral salt (calcium citrate), natural flavours

CONTAINS: Milk D

WEEK SIX, DAY TUESDAY

DESSERT: LEMON COCONUT AND WHITE CHOCOLATE CAKE WITH CUSTARD

Cake mix (wheat flour, sugar, vegetable oil {emulsifier (471, 477), antioxidant (soybean lecithin, 307)}, milk solids, raising agents (450, 500), thickener (1422, 415), emulsifiers (471, 472 (b), 472 a), salt preservative (281), colour (102, 110), eggs, lemon juice/zest, coconut, margarine (vegetable oils 60% (containing 47% canola oil), water, salt emulsifiers {471, 322 (from soy)}}, milk solids, preservative (202), food acid (270), natural colour (160a), vitamins A and D, natural flavour, maize starch, colour (102), white chocolate (sugar, vegetable fat, milk, solids (28%)), stabiliser (E492), emulsifier, soy lecithin (E322), flavour

Custard: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar

CONTAINS: Wheat (gluten), eggs, milk, soy D

WEEK SIX, DAY WEDNESDAY

DESSERT: RASPBERRY MUD PUDDING WITH CUSTARD

Cake: Sugar, wheat flour, sour cream (milk solids), water, eggs, oil, cocoa, chocolate, cream, flavours, raising agents (calcium phosphate, sodium bicarbonate), canola oil, emulsifier (soy lecithin 322), raspberries

Custard: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar

CONTAINS: Milk, wheat (gluten), soy, egg D F (SUITABLE TO FREEZE)

WEEK SIX, DAY THURSDAY

DESSERT: FRUIT TRIFLE

Water, milk solids, sugar, modified starch (1422), fruit (5%) (pears, peaches, pineapple), halal gelatin, wheat flour, eggs, raising agents (503, 500), glucose syrup, food acid (297, 331), flavours, sweeteners (952, 950), colours (160a, 122), mineral (calcium)

CONTAINS: Milk, egg, wheat (gluten), sulphites, may contain tree nuts D

WEEK SIX, DAY FRIDAY

DESSERT: PASSION FRUIT PANNA COTTA

Reconstituted milk solids, cream {skim milk, cream, thickener (1422), emulsifier (472e), vegetable gums (415, 407)}, sugar, beef gelatin, flavour, mineral (calcium), passion fruit pulp seedless, water, sugar, stabiliser (1422), natural flavour, natural color (100), acidity regulator (331)

CONTAINS: Milk D

WEEK DAY		1 MONDAY		SOUP		SWEET POTATO, PUMPKIN AND THYME SOUP	
A		B		C		D	
<p>ROAST PORK WITH GARLIC BUTTER AND HERB GRAVY</p> <p>Pork: Pork (98%), thickener (1412), starch (tapioca), salt, mineral salts (451, 450, 452), roast pork rub (colour 150c), flavour enhancers (627, 631) and water</p> <p>Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635)), spice, butter (pasteurized cream, water, salt, milk fat 80% minimum), oregano, basil, parsley, garlic, salt and cracked pepper</p> <p>CONTAINS: Milk, soy</p> <p>LF DF Ø D Ĥ FR</p> <p>(SUITABLE TO FREEZE)</p>		<p>CHICKEN SCHNITZEL WITH HOMEMADE TOMATO AND BASIL SAUCE</p> <p>Schnitzel: Chicken (53%), water, flour (wheat, soy), vegetable oils (contains antioxidants (206, 319), yeast, vinegar, iodized salt, thickeners (1442, 1404, 412, 415), soy protein isolate, mineral salts (450, 450), natural colour (100), emulsifiers (471, 481, 472e), preservative (282), vitamin (thiamin) folic acid</p> <p>Sauce: Crushed tomato, white wine (sulphites), red onion, garlic, basil, brown sugar, corn flour, salt and pepper</p> <p>CONTAINS: Soy, wheat (gluten), sulphites</p> <p>FR D X</p>		<p>GERMAN BRATWURST SAUSAGE WITH RICH GRAVY</p> <p>Sausage: Pork, beef 80%, water, pepper, sweet sherry, premix continental (rice flour, salt {451}, preservative {223}, spice, spice extracts {160}, herb extracts, vegetable powder</p> <p>Gravy: Rich gravy mix: maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice</p> <p>CONTAINS: Milk, soy LF DF Ø D Ĥ</p> <p>(SUITABLE TO FREEZE)</p>		<p>CHEESY MACARONI WITH PUMPKIN, LEEK AND HERB CRUMB</p> <p>Pasta (durum wheat semolina), cream (halal gelatin, milk and milk products), cheese (pasteurized milk, salt, cultures, enzyme), parsley, nutmeg, panko crumb (wheat flour, yeast, salt, palm oil, glucose, food contains ammonium chloride, acidity regulator {E516}), pumpkin, leek, parsley, thyme, salt and pepper</p> <p>CONTAINS: Milk, wheat (gluten) may contain traces of egg and soy</p> <p>FR D X Ĥ V</p> <p>(SUITABLE TO FREEZE)</p>	
SIDES				DESSERT			
Roasted chats, peas, corn and capsicum				<p>BLUEBERRY YOGHURT</p> <p>Yoghurt (82%) {skim milk, live yoghurt cultures}, blueberry blend (18%) {blueberries (45%), sugar, water, vegetable gums (pectin, locust bean gum), acidity regulators (sodium citrate, citric acid), mineral salt (calcium citrate), natural flavours</p> <p>CONTAINS: Milk D</p>			

WEEK DAY		1 TUESDAY		SOUP		ITALIAN CHICKEN AND VEGGIE SOUP	
A		B		C		D	
ROAST LAMB WITH MEDITERRANEAN GRAVY Lamb, herbs, salt and pepper Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635)), spice, honey, oregano, garlic, parsley, lemon zest, salt and pepper CONTAINS: Milk, soy Ø D Ħ LF DF FR (SUITABLE TO FREEZE)		TERIYAKI BEEF STIRFRY WITH JASMINE RICE Beef strips, capsicum, carrot, bok choy, spring onion, celery, broccoli, cauliflower, teriyaki sauce (water, sugar, soy, {18%}, {water, soybean, rice, salt}, pear paste, thickeners {1422, 415}, ginger {2,5%}, sesame oil, food acid {acetic}, garlic {0.5%}, sherry, yeast extract, colour {150d}), salt, pepper, corn flour and oil Rice: Jasmine rice and salt CONTAINS: Soy, sesame Ø D Ħ X (SUITABLE TO FREEZE)		SMOKED CHICKEN, LEEK AND ASPARAGUS QUICHE Pastry: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavor, antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330) Filling: Cheese (pasteurized milk, salt, cultures, enzyme), eggs and cream (halal gelatin, milk and milk products), smoked chicken (chicken 95%, water, salt, mineral salts 451, 452, sugar, antioxidants 316, hydrolyzed maize protein, flavour enhancer 635, sodium nitrate 250, vegetable oil, natural smoke), leek, asparagus, salt and pepper CONTAINS: Milk, eggs, wheat (gluten), soy Ø D Ħ FR (SUITABLE TO FREEZE)		ITALIAN RED BEAN, KALE AND ROSEMARY STEW Red kidney beans, onion, capsicum, celery, basil, oregano, crushed tomato, garlic, rosemary, kale, salt, pepper, parmesan cheese (pasteurized milk, salt, cultures, enzyme) CONTAINS: Milk Ø D Ħ X V (SUITABLE TO FREEZE)	
SIDES				DESSERT			
Potato mash, milk (pasteurized and homogenized whole milk), butter (pasteurized cream, water, salt, milk fat 80% minimum) (A), (C) and (D) meals, Rice (B) meal, red cabbage and corn CONTAINS: Milk				PECAN COFFEE CAKE WITH CUSTARD Cake mix (wheat flour, sugar, vegetable oil {emulsifier (471, 477), antioxidant (soybean lecithin, 307)}, milk solids, raising agents (450, 500), thickener (1422, 415), emulsifiers (471, 472 (b), 472 a), salt preservative (281), colour (102, 110)), eggs, coffee, pecan, margarine (vegetable oils 60% (containing 47% canola oil), water, salt emulsifiers {471, 322 (from soy)}, milk solids, preservative (202), food acid (270), natural colour (160a), vitamins A and D, natural flavour, maize starch, colour (102) Custard: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar CONTAINS: Wheat (gluten), eggs, milk, soy, pecan (tree nut) D (SUITABLE TO FREEZE)			

WEEK DAY		1 WEDNESDAY		SOUP		BEEF, BARLEY AND SPRING VEGETABLE SOUP	
A		B		C		D	
SPANISH ROAST CHICKEN WITH TOMATO AND OREGANO GRAVY Chicken fillet, olive oil, paprika, cumin, thyme, garlic, cayenne, brown sugar, salt and pepper Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635)), spice, crushed tomato, parsley, oregano, salt and cracked pepper CONTAINS: Soy, milk, may contain peanuts Ø D Ħ LF DF FR (SUITABLE TO FREEZE)		PORK KRANSKY SAUSAGE WITH MILD ENGLISH MUSTARD AND GRAVY Sausage: Pork (88%), water, salt, tapioca starch, spices, mineral salt (450, 451, 452, 341), antioxidant (316), spice extract (carrier dextrose), sodium nitrite (250), humectants (1520), colour (124), flavour, smoked Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635)), spice, mild english mustard (water, mustard seed 19%, salt, food acids {acetic, citric}, sugar, turmeric, colours {caramel {150c}, beta-carotene), mustard flavour, spice extract), salt and cracked pepper CONTAINS: soy, may contain peanuts, sesame Ø D Ħ FR LF DF (SUITABLE TO FREEZE)		THAI MASSAMAN BEEF CURRY WITH JASMINE RICE Beef, chat potato, onion, carrot, massaman paste (lemongrass, garlic, dried red chilli, shallot, salt, galangal, shrimp {crustacean} paste [shrimp (crustacean) salt, coriander seed, cumin, kaffir lime peel, cardamom, cinnamon, nutmeg), coconut milk powder, brown sugar, roasted peanuts, fresh coriander Rice: Jasmine rice and salt CONTAINS: Crustacean (shrimp), peanuts LF DF Ø D Ħ X (SUITABLE TO FREEZE)		MUSHROOM, SPINACH AND PARMESAN RISOTTO Arborio rice, swiss brown mushrooms, button mushrooms, spinach, garlic, thyme, white wine (sulphites), nutmeg, cream (halal gelatin, milk and milk products), lemon zest, parmesan (pasteurized milk, salt, cultures, enzyme), salt and cracked pepper CONTAINS: Milk, sulphites, may contain peanuts Ø D Ħ X V (SUITABLE TO FREEZE)	
SIDES				DESSERT			
Sides: Crushed potato (oil, spring onion, mustard (water, mustard seed 19%, salt, food acids {acetic, citric}, sugar, turmeric, colours {caramel {150c}, beta-carotene), mustard flavour, spice extract), salt and cracked pepper (A), (B) and (D) meals, Rice (C) meal, broccoli and diced carrots CONTAINS: May contain peanuts				SUMMER BERRY TIRAMISU WITH MIXED BERRY COULIS Cream, milk, water, sugar, milk solids, wheat flour, egg, flavours, halal gelatin, mineral salts (450, 500), preservative (202, 234), vegetable gum (400), stabilizers (410, 412), thickener (407a), raising agents (500, 503), blueberries, raspberry and starter culture, mixed berry fruit coulis (fruit (48%) raspberries, blackberries, blackcurrants), water, sugar, food acid (330), vegetable gum (415), preservative (202)) CONTAINS: Milk, wheat, egg, may contain tree nuts Ħ X D (SUITABLE TO FREEZE)			

WEEK DAY		1 THURSDAY		SOUP		CREAMY CHICKPEA, TOMATO AND CELERY SOUP	
A		B		C		D	
ROAST TURKEY WITH CREAMY THYME AND CRACKED PEPPER GRAVY Turkey: Turkey breast (minimum 80%), water, salt, thickener (1422 maize), dextrose, vegetable gum (407), mineral salts (451,452), preservative (223 sulphites), humectants (422), colour (150c maize) Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635)), spice, cream (halal gelatin, milk and milk products), parsley, thyme, salt and cracked pepper CONTAINS: Milk, soy, sulphites Ø D F LF DF FR (SUITABLE TO FREEZE)		BEEF AND BASIL STIRFRY WITH JASMINE RICE Beef strips, sesame oil, gluten free soy (water, soybeans (20 %), rice, salt contains 3.2 % alcohol from the natural brewing process), ginger, thai basil, basil, red chilli, brown sugar, garlic, chinese rice wine (water, rice, wheat, salt, alcohol {5,2%}, corn flour, carrots, capsicum, onion, celery, bok choy, spring onion, broccoli, cauliflower, oil, salt and pepper Rice: Jasmine rice and salt CONTAINS: Soy, wheat, sesame D F X (SUITABLE TO FREEZE)		OVEN BAKED TUNA MACARONI WITH PANKO CRUMB Pasta (durum wheat semolina), cream (halal gelatin, milk and milk products), tasty cheese (pasteurized milk, salt, cultures, enzyme), parmesan (pasteurized milk, salt, cultures, enzyme), feta (pasteurized milk, salt, cultures, enzyme), leek, spring onion, lemon zest, nutmeg, corn flour, salt, pepper, panko crumbs [wheat flour, yeast, salt, palm oil, glucose, food contains ammonium chloride, acidity regulator (E516)] and tuna CONTAINS: Milk, wheat (gluten), fish , may contain traces of egg and soy D F X (SUITABLE TO FREEZE)		POTATO, CORN, SPINACH AND FETA FRITTATA Potato, spinach, corn, spring onion, feta (pasteurized milk, salt, milk solids, lactic cultures, rennet), cream (halal gelatin, milk and milk products), cheese (pasteurized milk, salt, cultures, enzyme), eggs, salt and cracked pepper CONTAINS: Milk, egg FR Ø D X V (SUITABLE TO FREEZE)	
SIDES				DESSERT			
Paprika and nutmeg roast potato (salt, oil, spices) (A), (C) and (D) meals, Rice (B) meal, peas and pumpkin				MANGO PANNA COTTA Reconstituted milk solids, cream {skim milk, cream, thickener (1422), emulsifier (472e), vegetable gums (415, 407)], sugar, beef gelatin, flavour, thickener (407), mineral (calcium), {mango sauce (10%) mango puree, water, sugar, starch (1422), natural flavour, natural colour} CONTAINS: Milk D			

WEEK DAY		1 FRIDAY		SOUP			
A		B		C			
D		BACON, LEEK AND CAULIFLOWER SOUP		D			
CORNEB BEEF WITH LEMON AND DILL CREAM SAUCE Corned beef (beef, brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolyzed vegetable protein (maize), vegetable oil, humectants (422) Sauce: Cream (halal gelatin, milk and milk products), white wine, dill, lemon zest/juice, dijon mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], corn flour, salt and pepper CONTAINS: Milk, sulphites , may contain peanuts Ø D F LF DF FR (SUITABLE TO FREEZE)		CRUMBED FISH WITH THOUSAND ISLAND DRESSING Fish: Formed basa portions (52%), water, wheat flour, canola oil, thickeners (1404, xanthan gum, guar gum) maize flour, maize starch, acidity regulators (potassium citrate, calcium citrate 451, sodium citrate 450, sodium bicarbonate, salt, rice, flour, yeast, food acid (citric), egg powder, sugar, maltodextrin, glucose Thousand island dressing: Vegetable oil (contains antioxidant butylated hydroxyanisole), sugar, tomato (from paste), water, gherkins (gherkins, water, salt, food acid (acetic), firming agent (calcium chloride), preservative (sodium metabisulphate)), egg yolk, skim milk, food acid (acetic), salt, garlic powder, spices (paprika, cinnamon, pepper), thickener (xanthan gum (contains soy)), colour (paprika oleoresin) CONTAINS: Sulphites, egg, milk, soy, fish, wheat (gluten), may contain nuts D FR Ø		CHINESE LEMON CHICKEN STIRFRY WITH JASMINE RICE Chicken, carrots, celery, zucchini, broccoli, cauliflower, bok choy, spring onion, corn flour, salt and pepper, lemon sauce (water, lemon juice (21%), sugar, thickeners (1414, 415), salt, natural flavours, garlic, yeast extract, food acid (citric), colour (160a) Rice: Jasmine rice and salt CONTAINS: May contain soybean, milk, sesame, peanuts and tree nuts D F X (SUITABLE TO FREEZE)		TOFU AND EGG NOODLE STIRFRY (MEE GORENG) Hokkien noodles (wheat flour (72%), water, vegetable oil, noodle improver, emulsifying salt (451, 450), thickener (415), preservative (202), lye water, baking powder, colour (101, 102)), tofu (soya bean), eggs, spring onion, shredded cabbage, broccoli, cauliflower, green chilli, tomato paste, gluten free soy (water, soybeans (20 %), rice, salt contains 3.2 % alcohol from the natural brewing process), salt and cracked pepper CONTAINS: Eggs, soy, wheat (gluten) D F X V (SUITABLE TO FREEZE)	
SIDES				DESSERT			
Cream potato (cream halal gelatin, milk and milk products) salt and pepper (A) and (B) meals, Rice (C) meal, zucchini and crosscut butter beans CONTAINS: Milk				VANILLA CREAMED RICE Reconstituted milk solids, milk, cream, rice, sugar, water, modified starch (1422), flavour, mineral (calcium) CONTAINS: Milk D			

WEEK DAY		2 MONDAY		SOUP		SPICED CARROT, SWEET POTATO AND CELERY SOUP	
A		B		C		D	
BAKED LEMON, THYME AND HONEY CHICKEN WITH RICH GRAVY Chicken fillet, olive oil, lemon juice/zest, thyme, honey, salt and pepper Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635)), spice, parsley, salt and pepper CONTAINS: Milk, soy, may contain peanuts Ø D F LF DF FR (SUITABLE TO FREEZE)		SLOW COOKED BRAISED BEEF STEAKS WITH CREAMY PEPPERCORN GRAVY Steak: Beef, salt and pepper Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635)), spice, green peppercorn, cream (halal gelatin, milk and milk products), salt and pepper CONTAINS: Milk, soy, may contain peanuts Ø D FR		LAMB AND ROSEMARY SAUSAGE WITH ONION GRAVY Sausage: Lamb (70%), premix continental (rice flour, salt, mineral salt {451}, preservative {223}, spice, spice extracts {160}, herb extracts, vegetable powder and rosemary Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635)), spice, onions, salt and pepper CONTAINS: Milk, may contain peanuts Ø D F FR (SUITABLE TO FREEZE)		PAN FRIED GNOCCHI WITH TOMATO AND RICOTTA Gnocchi (Potatoes (61%), flour, thiamin, folic acid, parmesan cheese, margarine, salt, egg), olive oil, tomato paste, basil, cherry tomato, spinach, red onion, lemon zest, ricotta cheese (pasteurized milk, salt, culture), parmesan (pasteurized milk, salt, cultures, enzyme), salt and cracked pepper CONTAINS: Wheat (gluten), milk, egg, may contain peanuts D X V	
SIDES				DESSERT			
Mustard roasted creamed chat potato (cream (halal gelatin, milk and milk products), seeded mustard (water, mustard seed, salt, sugar, food acid, acetic, turmeric), peas and butter beans CONTAINS: Milk, may contain peanuts				STRAWBERRY YOGHURT Yoghurt (82%) {skim milk, live yoghurt cultures}, strawberry blend (18%) {strawberries (43%), sugar, water, vegetable gums (pectin, locust bean gum), acidity regulators (sodium citrate, citric acid), mineral salt (calcium citrate), natural flavours, carrot and blackcurrant concentrate CONTAINS: Milk D			

WEEK DAY		2 TUESDAY		SOUP		CHICKEN, CORN AND SPRING VEGETABLE SOUP	
A		B		C		D	
CORNEB BEEF WITH PARMESAN AND CHARDONNAY CREAM SAUCE Corned beef (beef, brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolyzed vegetable protein (maize), vegetable oil, humectants (422)) Sauce: White wine (sulphites), nutmeg, cream (halal gelatin, milk and milk products), parmesan (pasteurized milk, salt, cultures, enzyme), parsley, salt and cracked pepper CONTAINS: : Milk, soy, sulphites, may contain peanuts Ø D Ĥ LF DF FR (SUITABLE TO FREEZE)		PORK STEW Diced pork, diced bacon, onion, leek, garlic, thyme, crushed tomato, bay leaves, parsley, five beans (kidney, butter, chickpea, borlotti, cannellini), gluten free beef stock powder (salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), food acid (330) (contain soy)], yeast extract, soy sauce powder (derived from wheat), colour (150c), hydrolyzed vegetable protein (contain soy), flavor, onion powder, flavour enhancer (635), spice, food acid (330), herb, salt and pepper CONTAINS: Soy, wheat (gluten free), may contain fish, milk, peanuts Ø D Ĥ X (SUITABLE TO FREEZE)		CAJUN SMOKED CHICKEN, RED ONION AND CAPSICUM QUICHE Pastry (wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavor, antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330), smoked chicken (chicken 95%, water, salt, mineral salts 451, 452, sugar, antioxidants 316), hydrolyzed maize protein, flavour enhancer 635, sodium nitrate 250, vegetable oil, natural smoke), dried oregano, paprika, cayenne, onion powder, dried thyme, capsicum, red onion, eggs, cream (halal gelatin, milk and milk products), tasty cheese (pasteurized milk, salt, culture), salt and pepper CONTAINS: Milk, egg, wheat (gluten), soy, may contain peanuts Ø D Ĥ FR (SUITABLE TO FREEZE)		THREE CHEESE AND MUSHROOM TART WITH TOMATO RELISH Cheese (pasteurized milk, salt, cultures, enzyme), ricotta cheese (pasteurized milk, salt, culture), parmesan (pasteurized milk, salt, cultures, enzyme), eggs, cream (halal gelatin, milk and milk products), swiss brown mushrooms, spring onion, parsley, salt and pepper Tomato Relish: Tomato 50%, sugar, onion, vinegar, concentrated tomato, thickener (1422), salt, spices, garlic, acidity regulator (330) and firming agent (509) CONTAINS: Milk, egg, may contain peanuts V Ø D Ĥ FR (SUITABLE TO FREEZE)	
SIDES				DESSERT			
Crushed potato with mustard (water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric) and spring onion, olive oil, pumpkin and broccoli CONTAINS: May contain peanuts				MANGO AND PINEAPPLE CRUMBLE CAKE WITH CUSTARD Cake mix (wheat flour, vitamins (thiamin, folate), sugar, vegetable fat and oil (palm, canola, coconut (emulsifiers 471, 477), antioxidant (322 from soy, 307)), milk solids, egg powder, raising agents (541,500), salt, maize starch, flavours, colours (102, 110), mango, pineapple, coconut, butter (pasteurized cream, water, salt, milk fat 80% minimum) Custard: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar CONTAINS: Wheat (gluten), egg, milk, soy D			

WEEK DAY	2 WEDNESDAY			SOUP	MOROCCAN LAMB, CHICKPEA AND VEGETABLE SOUP
A	B	C	D		
ROAST LAMB WITH ROASTED GARLIC AND ROSEMARY GRAVY Lamb, herbs, salt and pepper Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635)) rosemary, garlic, cracked pepper and salt CONTAINS: Milk, soy Ø D Ħ FR LF DF (SUITABLE TO FREEZE)	BEEF STROGANOFF Rump beef strips, onions, mushrooms, tomato paste, dill, sweet paprika, lemon juice, garlic, gluten free beef booster [salt, sugar, maize, starch, beef fat 5.6%, antioxidant (306), food acid (330) (contains soy), yeast extract, soy sauce powder (contains food acid (260) (contains soy and wheat flavors (contain soy), hydrolyzed vegetable protein, colour (150c), onion powder, flavor enhancer (635), spice, food acid (330), cream (halal gelatin, milk and milk products), salt and pepper CONTAINS: Soy, milk, wheat (gluten free), may contain fish and milk Ø D Ħ X (SUITABLE TO FREEZE)	CHICKEN AND SAGE RISsoles WITH RICH GRAVY Rissoles: Chicken mince, sage, onion, salt and pepper Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635)) CONTAINS: Milk, soy Ø D Ħ X (SUITABLE TO FREEZE)	CHICKPEA AND PUMPKIN MASALA WITH RICE Pumpkin, chickpeas, onion, garlic, green chilli, mustard seeds, turmeric, cumin, coriander, garam masala, crushed tomato, brown sugar, fresh coriander leaf, salt and pepper Rice: Rice, turmeric and salt CONTAINS: No allergens V LF DF D Ħ X (SUITABLE TO FREEZE)		
SIDES			DESSERT		
Steamed potato with herb oil (thyme, parsley, oregano, basil, olive oil, salt and pepper) (A, (B) and (C) meals, Rice (D) meal, corn and carrots			RASPBERRY CHEESECAKE WITH COULIS Neufchatel cheese (25%), thickened cream (halal gelatin, milk and milk products), biscuit crumb (18%) (wheat flour, sugar, vegetable oil, wheat bran, fructose syrup, salt, raising agent [calcium phosphate, sodium bicarbonate], emulsifier {soy lecithin}), white chocolate (13%), (sugar, milk solids, cocoa butter, emulsifier [soya lecithin, 476], flavors), butter, sugar, gelatin, canola oil Raspberry coulis: Raspberries (60%), sugar, water, food acid (330), vegetable gum (415), preservative (202)) CONTAINS: Milk, wheat (gluten), soy D Ħ X (SUITABLE TO FREEZE)		

WEEK DAY		2 THURSDAY		SOUP		ROASTED CAPSICUM, TOMATO AND LENTIL SOUP	
A		B		C		D	
ROAST BEEF WITH DIANNE SAUCE Beef: Porterhouse, salt and pepper Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635)), spice, tomato paste, cream (halal gelatin, milk and milk products), worcestershire (water, white vinegar, molasses, onion, garlic, spices, natural flavours, colour {150d}), djion mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], salt and cracked pepper CONTAINS: Milk, soy , may contain peanuts Ø D Ħ LF DF FR (SUITABLE TO FREEZE)		RED CHICKEN CURRY WITH JASMINE RICE Chicken, onions, eggplant, snake beans, curry paste (lemongrass, garlic, shallot, galangal, red chilli, kaffir lime peel, spice, water, sunflower oil, salt, sugar, modified tapioca starch {1442}, citric acid), coconut milk powder, fresh coriander, salt and pepper Rice: Jasmine rice and salt CONTAINS: May contain wheat, soy, sesame, fish and crustacean Ø D Ħ X (SUITABLE TO FREEZE)		ROAST PUMPKIN, BACON AND ROSEMARY QUICHE Pastry: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavor, antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330) Filling: Eggs, cream (halal gelatin, milk and milk products), cheese (pasteurized milk, salt, cultures, enzyme), bacon (pork, water, salt, sugar, mineral salts {451}, natural wood smoke), pumpkin, rosemary, salt and pepper CONTAINS: Milk, wheat (gluten), soy, eggs Ø D Ħ FR (SUITABLE TO FREEZE)		OVEN BAKED GREEK EGGPLANT Eggplant, red onion, garlic, red capsicum, oregano, roma tomato, lemon zest, tomato paste, black olives, salt and pepper, cheese (pasteurized milk, salt, cultures, enzyme), parmesan (pasteurized milk, salt, cultures, enzyme), panko crumb (wheat flour, yeast, salt, palm oil, glucose, food contains ammonium chloride, acidity regulator {E516}) Sauce: Crushed tomato, basil, brown sugar, salt and cracked pepper. CONTAINS: Wheat (gluten), milk V Ø D Ħ FR (SUITABLE TO FREEZE)	
SIDES				DESSERT			
Mash potato, butter (pasteurized cream, water, salt, milk fat 80% minimum), milk (pasteurized and homogenized whole milk), salt and pepper (A), (C), (D) meals, Rice (B) meal, red cabbage and pumpkin CONTAINS: Milk				TIRAMISU Cream, milk, water, sugar, milk solids, wheat flour, egg, flavours, beef gelatin, mineral (calcium), mineral salts (450, 500), preservative (202, 234), vegetable gum (400), stabilizers (410, 412), thickener (407a), raising agents (500, 503), coffee powder and starter culture CONTAINS: Milk, egg, wheat (gluten), may contain tree nuts D			

WEEK DAY		2 FRIDAY		SOUP		BROCCOLI, SPINACH, LEEK AND BACON SOUP	
A		B		C		D	
BBQ CHICKEN FILLET WITH TOMATO AND OLIVE GRAVY Chicken fillet, coriander, cardamom, cayenne, paprika, turmeric, garlic, lemon zest/juice, oil, brown sugar, salt and pepper Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), tomato, olives, salt and pepper CONTAINS: Milk, soy Ø D F LF DF FR (SUITABLE TO FREEZE)		LEMON, PAPRIKA GRILLED FISH WITH CHIVE CREAM SAUCE Fish: Hake, butter (pasteurized cream, water, salt, milk fat 80% minimum), sweet paprika, lemon zest/juice, salt, cracked pepper Sauce: Cream (halal gelatin, milk and milk products), turmeric, lemon zest/juice, salt, pepper, chive, dijon mustard (water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric), corn flour CONTAINS: Milk, fish , may contain peanuts Ø D FR		MONGOLIAN PORK STIRFRY WITH RICE Pork, mongolian sauce (water, sugar, soy 17% {water, soybean, rice, salt}, sherry, thickeners [1422, 415], onion, chilli, 1.6%, vegetable oil, food acids {acetic, lactic}, garlic, yeast extract, colour {150d}, salt, natural flavour), corn flour, oil, carrots, capsicum, onion ,celery, bok choy, spring onion, broccoli, cauliflower, oil, salt and pepper Rice: Jasmine rice, salt and pepper CONTAINS: Soy , may contain milk, sesame, peanuts and tree nuts Ø D F X LF DF (SUITABLE TO FREEZE)		SPICY POTATO, LEEK AND MUSHROOM GRATIN Potato, leek, swiss brown mushrooms, mild curry powder, turmeric, coriander, parsley, ricotta cheese (pasteurized milk, salt, cultures, enzyme), cream (halal gelatin, milk and milk products), tasty cheese (pasteurized milk, salt, cultures, enzyme), salt and pepper CONTAINS: Milk Ø D F X V (SUITABLE TO FREEZE)	
SIDES				DESSERT			
Cajun roast potato (paprika, cayenne, black pepper, onion powder, cumin, garlic powder, salt), (A), (B) and (D) meals, Rice (C) meal, cauliflower and green beans				LEMON CREAM MOUSSE Cream (milk), cheese (milk), water, sugar, milk solids, beef gelatin, flavour, mineral salts (450, 500), stabilizers (400, 410, 412), acid (330), preservatives (234, 202), colours (102,110), natural yogurt, mineral (calcium), contains live cultures of lactobacillus acidophilus, bifidus and casei CONTAINS: Milk D			

WEEK DAY		3 MONDAY		SOUP		CREAMY MUSHROOM, THYME AND CELERY SOUP	
A		B		C		D	
<p>ROAST BEEF WITH CARAMELISED ONION AND RED WINE GRAVY</p> <p>Beef: Porterhouse, salt and pepper</p> <p>Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635)), spice, onions, thyme, red wine (sulphites), salt and cracked pepper</p> <p>CONTAINS: Milk, soy, sulphites, may contain peanuts</p> <p>Ø D Ė LF DF FR</p> <p>(SUITABLE TO FREEZE)</p>		<p>VEAL SCHNITZEL WITH CREAMY MUSHROOM GRAVY</p> <p>Veal: Veal (66%), breadcrumbs (wheat flour, salt, yeast, mineral salt (516), acidity regulator (300), enzyme, colour (160b), batter (thickeners (1404, 412), wheat flour, herbs and spices, vegetable oil, textured vegetable protein (soy), seasoning (salt, hydrolyzed vegetable protein (soy), dehydrated vegetables (soy), spices, herbs, vegetable oil, mineral salt (451, soy protein)</p> <p>Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635)), cream (halal gelatin, milk and milk products), mushrooms, salt and pepper</p> <p>CONTAINS: Wheat (gluten), soy, milk, may contain peanuts</p> <p>D X FR</p>		<p>HERB ROASTED CHICKEN THIGH FILLET WITH CACCIATORE SAUCE</p> <p>Chicken thigh, thyme, paprika, cumin, turmeric, coriander, cinnamon, salt, pepper and oil</p> <p>Sauce: Crushed tomato, white wine, olives, basil, sugar, garlic, salt and pepper</p> <p>CONTAINS: Sulphites, may contain peanuts</p> <p>Ø D Ė FR</p> <p>(SUITABLE TO FREEZE)</p>		<p>PENNE PASTA WITH BASIL CREAM SAUCE</p> <p>Penne pasta: Durum wheat semolina</p> <p>Sauce: Cream (halal gelatin, milk and milk products), parmesan (pasteurized milk, salt, cultures, enzyme), basil, mushroom, zucchini, grilled pumpkin, capsicum, corn flour, salt and pepper</p> <p>CONTAINS: Milk, wheat (gluten), may contain traces of egg and soy, peanuts</p> <p>Ø D Ė X V</p>	
SIDES				DESSERT			
<p>Creamed potatoes (cream, halal gelatin, milk and milk products, salt and pepper, seeded mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], salt and cracked pepper), corn and diced carrots</p> <p>CONTAINS: Milk, may contain peanuts</p>				<p>PASSIONFRUIT YOGHURT</p> <p>Yoghurt (82%) {skim milk, live yoghurt cultures}, passion fruit blend (18%) {sugar, passion fruit (33%), water, vegetable gums (pectin, locust bean gum), acidity regulators (sodium citrate, citric acid), mineral salt (calcium citrate), natural flavours</p> <p>CONTAINS: Milk D</p>			

WEEK DAY		3 TUESDAY	
A		B	
ROAST LAMB WITH ROASTED GARLIC AND MINT SAUCE Lamb: Leg of lamb, salt and pepper Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635)), spice, mint, garlic, salt and cracked pepper CONTAINS: Milk, soy , may contain peanuts Ø D F LF DF FR (SUITABLE TO FREEZE)		MOROCCAN BEEF AND CHICKPEA TAGINE Beef, onion, carrot, celery, garlic, crushed tomato, ginger powder, coriander, cumin, sweet paprika, fresh coriander, turmeric, chickpeas, parsley, salt and pepper, gluten free beef booster [salt, sugar, maize, starch, beef fat 5.6%, antioxidant (306), food acid (330) (contains soy), yeast extract, soy sauce powder (contains food acid (260) (contains soy and wheat flavors (contain soy), hydrolyzed vegetable protein, colour (150c), onion powder, flavor enhancer (635), spice, food acid (330) and herbs] CONTAINS: Soy, wheat (gluten free), may contain milk, fish, peanuts Ø D F X (SUITABLE TO FREEZE)	
C		D	
CHICKEN SATAY STIRFRY WITH JASMINE RICE Diced chicken, celery, carrot, onion, bok choy, zucchini, spring onion, capsicum, broccoli, cauliflower, satay sauce (water, sugar, roasted peanut 7%, peanut butter 6% {peanut, sugar, vegetable oils [peanuts], salt, emulsifier [471]}, coconut milk powder (2.5%) (contain milk), garlic (1.4%), salt, thickeners (1422, 415), canola oil, natural flavours, food acid (lactic), spices, onion, sesame oil, colours (160c, 150d), corn flour, salt and pepper Rice: Jasmine rice, salt CONTAINS: Peanuts, milk, sesame , may contain soy, tree nuts D F X (SUITABLE TO FREEZE)		ASPARAGUS, PEA AND ZUCCHINI QUICHE Pastry: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavor, antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330) Filling: Eggs, cream (halal gelatin, milk and milk products), cheese (pasteurized milk, salt, cultures, enzyme), peas, asparagus, zucchini, spring onion, mint, salt and pepper CONTAINS: Wheat (gluten), eggs, milk, soy , may contain peanuts Ø D F V (SUITABLE TO FREEZE)	
SIDES		DESSERT	
Crushed potato with mustard and spring onion (dijon mustard, water, mustard seed 18%, salt, sugar, food acid {acetic}, turmeric) and olive oil, (A), (B) and (D) meals, Rice (C) meal, peas and pumpkin CONTAINS: May contain peanuts		APPLE AND RHUBARB MUFFIN CAKE WITH CUSTARD Cake mix (wheat flour, vitamins (thiamin, folate), sugar, vegetable fat and oil (palm, canola, coconut (emulsifiers 471, 477), antioxidant (322 from soy, 307)), milk solids, egg powder, raising agents (541, 500), salt, maize starch, flavours, colours (102,110)), apple, rhubarb, butter (pasteurized cream, water, salt, milk fat 80% minimum) Custard: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar CONTAINS: Wheat (gluten), egg, milk, soy D	

WEEK DAY		3 WEDNESDAY		SOUP		CHICKEN, TARRAGON AND VEGETABLE SOUP	
A		B		C		D	
CORNEB BEEF WITH HERB AND HORSERADISH GRAVY Corned beef (beef, brine, water, salt, mineral salts {451, 452, 450}, sugar, antioxidant {316}, sodium nitrate (250), hydrolyzed vegetable protein (maize), vegetable oil, humectants (422)Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635)), spice, horseradish (horseradish (46%)) (contain sulphites), water, mustard seed, sugar, salt, food acid (acetic), vegetable oil, mustard extract, vegetable gum (xanthan (contains soy))), preservatives (sodium metabisulphate), chives, parsley, salt, pepper, cream (halal gelatin, milk and milk products) CONTAINS: Milk, sulphites, soy, may contain peanuts Ø D F LF DF FR (SUITABLE TO FREEZE)		KASHMIRI CHICKEN CURRY WITH RICE Diced chicken, onions, cloves, cinnamon, garam masala, ginger, garlic, paprika, chilli powder, yogurt (milk, cream, milk solids non-fat, live yoghurt culture), almond meal, water, crushed tomato, salt and pepper Rice: Rice, turmeric and salt CONTAINS: Milk, almonds (tree nuts) Ø D F X (SUITABLE TO FREEZE)		BACON AND MUSHROOM CARBONARA Penne pasta (durum wheat semolina), bacon (pork, water, salt, sugar, mineral salts {451, 450}, antioxidant {316}, preservative {250}, natural wood smoke), button mushrooms, butter (pasteurized cream, water, salt, milk fat 80% minimum), cream (halal gelatin, milk and milk products), paprika, garlic, salt, pepper, parsley, corn flour, parmesan (pasteurized milk, salt, cultures, enzyme) CONTAINS: Milk, wheat (gluten), may contain traces of egg and soy D F X (SUITABLE TO FREEZE)		MEXICAN BEAN AND RICE STUFFED CAPSICUM Capsicum, red kidney bean, paprika, cumin, tomato paste, spring onion, garlic, rice, oil, parsley, salt, pepper, cheese (pasteurized milk, salt, cultures, enzyme) CONTAINS: Milk Ø D F FR (SUITABLE TO FREEZE)	
SIDES				DESSERT			
Roast potato (A), (C) and (D) meals, Rice (B) meal, butter beans and cabbage				LEMON AND LIME AND POPPY SEED TEA CAKE WITH CUSTARD Cake: Egg, sugar, gluten free flour (tapioca starch, rice flour, potato starch, modified tapioca starch, dextrose, thickener, (446, 464), emulsifier (471), cake margarine (animal fats and vegetable oils, water, salt, emulsifiers (soy bean lecithin, 435), milk solids, acidity regulators (331,330), flavours, antioxidants {320,[32mg/kg], 310 [10mg/kg]) and colour (160a), cream, lemon, lime, neufchatel cheese, juice (1.3%) (preservative (223), flavour, raising agent (calcium phosphate, sodium bicarbonate), flavour, canola oil, emulsifier (soy lecithin 322), poppy seeds, lime zest Custard: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar CONTAINS: Egg, soy, milk Ø D F			

WEEK DAY		3 THURSDAY		SOUP		LAMB MULLIGATAWNY (SPICED VEGETABLE AND HERB) SOUP	
A		B		C		D	
<p>ROAST PORK WITH GREEN PEPPERCORN AND CHIVE GRAVY</p> <p>Pork: Pork (98%), thickener (1412), starch (tapioca), salt, mineral salts (451, 450, 452), roast pork rub (colour 150c), flavour enhancers (627, 631), water</p> <p>Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635)), green peppercorn, chives, cracked pepper and salt</p> <p>CONTAINS: Milk, soy</p> <p>Ø D F FR LF DF</p> <p>(SUITABLE TO FREEZE)</p>		<p>BAKED TANDOORI CHICKEN THIGH FILLET WITH YELLOW RICE</p> <p>Chicken thigh fillet, tandoori paste (water, spices, cayenne, mustard, ginger, coriander, paprika, onion powder, fenugreek, celery, black pepper, turmeric, vegetable oil, semolina (wheat), salt, acidity regulators (260, 330), colour (160c), ginger puree, stabilizers (415, 412)), yoghurt (milk, cream, milk solids non fat, live culture), garlic, gluten free soy sauce (water, soybeans (20%), rice, salt, contains (3.2% alcohol v/v) from the natural brewing process) Sauce: Stock from chicken, water, coriander, corn flour, salt and pepper</p> <p>Rice: Rice, turmeric and salt</p> <p>CONTAINS: Wheat (gluten), milk, soy Ø D F X</p> <p>(SUITABLE TO FREEZE)</p>		<p>BALSAMIC LAMB AND SUNDRIED TOMATO STEW</p> <p>Diced lamb, balsamic (wine, vinegar, concentrated grape must, caramel E150d, antioxidant), carrots, onions, celery, garlic, red wine, crushed tomato, sun dried tomato (oil, herbs, salt), basil, thyme, gluten free beef stock: salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), food acid (330) (contain soy)], yeast extract, soy sauce powder [contains food acid (260) (contains soy and wheat)], flavors, hydrolyzed vegetable protein (contains soy and wheat), colour (150c), onion powder, flavor enhancer (635), spice, food acid (330)</p> <p>CONTAINS: Soy, wheat (gluten free), sulphites, may contain milk, fish Ø D F X</p> <p>(SUITABLE TO FREEZE)</p>		<p>SWEET POTATO AND PUMPKIN PEANUT CURRY WITH RICE</p> <p>Sweet potato, pumpkin, onion, brown sugar, coconut milk, roasted peanuts, fresh coriander, yellow curry paste (lemongrass, garlic, shallot, ginger, turmeric, chili, kaffir lime peel, spices, water, sunflower oil, salt, modified tapioca starch (1442), citric acid)</p> <p>Rice: Rice, turmeric and salt</p> <p>CONTAINS: Peanuts, may contain wheat, soybean, sesame, fish and crustacean</p> <p>Ø D F X</p> <p>(SUITABLE TO FREEZE)</p>	
SIDES				DESSERT			
<p>Mash potato, butter (pasteurized cream ,water, salt, milk fat 80% minimum), milk (pasteurized and homogenized whole milk), salt and pepper (A) and (C) meal, Rice (B) and (D) meals, broccoli and butter beans</p> <p>CONTAINS: Milk</p>				<p>CRÈME CAPPUCCINO</p> <p>Cream (55%) (milk), cheese (milk), sugar, water, milk solids, beef gelatin, flavour, preservative (202), salt, stabilizers (410,412), mineral (calcium), starter culture</p> <p>CONTAINS: Milk D</p>			

WEEK DAY		3 FRIDAY		SOUP		ROASTED GARLIC, POTATO AND LEEK SOUP	
A		B		C		D	
<p>PORTUGUESE BAKED LEMON CHICKEN FILLET</p> <p>Chicken fillet, tomato paste, garlic, lemon juice/zest, oregano, lemon thyme, paprika, oil, salt and pepper</p> <p>Sauce: Stock from chicken, cream (halal gelatin, milk and milk products), parsley, salt, pepper and corn flour</p> <p>CONTAINS: Milk, may contain peanuts</p> <p>Ø D F LF DF FR</p> <p>(SUITABLE TO FREEZE)</p>		<p>BEER BATTERED FISH WITH ZESTY LEMON MAYONNAISE</p> <p>Fish: White fish (60%), coating (wheat flour, water, palm oil, thickeners (1404), salt, mineral salts (450, 500), flavor enhancer (621), sugar, milk powder (0.1%)</p> <p>Mayonnaise: Canola oil (76%), pasteurized free range egg yolks (7.5%), water, vinegar, sugar, salt, lemon juice concentrated, natural mustard flavour, antioxidant (385), lemon juice/zest, chives, and cracked pepper</p> <p>CONTAINS: Fish, wheat (gluten), milk, egg, may contain peanuts</p> <p>Ø D FR</p>		<p>CHILLI CON CARNE WITH RICE</p> <p>Beef mince, red onion, capsicum, red kidney beans, jalapeno, cumin powder, paprika, crushed tomato, brown sugar, salt and cracked pepper</p> <p>Rice: Rice and salt</p> <p>CONTAINS: No allergens</p> <p>Ø D F X</p> <p>(SUITABLE TO FREEZE)</p>		<p>BAKED VEGGIE SCHNITZEL WITH CREAMY MUSHROOM AND PARMESAN SAUCE</p> <p>Schnitzel: Vegetables (52%), (potato, carrot, onion, pea, pumpkin, cabbage, spinach), rice flour, vegetable oil (canola), maize flour, thickener (1422), salt, baking powder (450, 500, 541), garlic, vegetable gum (guar), dextrose, spice, cheese (pasteurized milk, salt, cultures, enzyme)</p> <p>Sauce: Cream (halal gelatin, milk and milk products), parmesan (pasteurized milk, salt, cultures, enzyme), parsley, thyme, mushroom, corn flour, salt and pepper</p> <p>CONTAINS: Milk, may contain peanuts</p> <p>Ø D X V</p>	
SIDES				DESSERT			
<p>Creamed potatoes (cream, halal gelatin, milk and milk products, salt, pepper, seeded mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric]) (A), (B) and (D) meals, Rice (C) meal, carrots and (peas, corn, capsicum)</p> <p>CONTAINS: Milk, may contain peanuts</p>				<p>CHOCOLATE MOUSSE</p> <p>Cream, water, sugar, milk solids, cocoa mass, milk, cocoa butter, stabilizers (400, 410,412), halal gelatin, mineral salts [450, 500, 170, (calcium)], emulsifiers [322 (soy), 476], preservatives (234, 202), flavours, starter culture, chocolate: 8%</p> <p>CONTAINS: Milk, soy, may contain traces of tree nuts D</p>			

WEEK DAY		4 MONDAY		SOUP		CAULIFLOWER, BACON AND CELERY SOUP	
A		B		C		D	
CORNEB BEEF WITH GREEN PEPPER CORN GRAVY Corned beef (beef, brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolyzed vegetable protein (maize), vegetable oil, humectants (422) Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice, green pepper, parsley, salt and pepper CONTAINS: Milk, soy, may contain peanuts LF DF Ø D F FR (SUITABLE TO FREEZE)		BRAISED PORK STEAK WITH RED WINE AND MUSTARD GRAVY Pork : Pork steak, salt and pepper Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice, red wine (sulphites), seeded mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], salt and cracked pepper CONTAINS: Milk, soy, sulphites, may contain peanuts Ø D FR LF DF		OVEN BAKED CHICKEN KIEV WITH CREAMY MUSHROOM SAUCE Chicken (51%), wheat flour, butter 12% (cream, milk), salt, water, canola oil, isolated soy protein, thickeners (1404, guar gum), soy flour, salt, garlic, yeast, spices, sugar, hydrolyzed vegetable protein (soy, maize), herbs, colours (cur cumin, annatto, extracts) Sauce: Cream (halal gelatin, milk and milk products), mushroom, thyme, garlic, white wine, salt and pepper CONTAINS: Milk, soy, wheat (gluten), sulphites, may contain peanuts FR D X		ROAST PUMPKIN, CHICKPEA AND PARMESAN STEW Pumpkin, red onion, capsicum, chickpeas, garlic, paprika, cumin powder, cinnamon, crushed tomato, parsley, salt, pepper, parmesan (pasteurized milk, salt, cultures, enzyme) CONTAINS: Milk, may contain peanuts Ø D F X (SUITABLE TO FREEZE)	
SIDES				DESSERT			
Crushed potato (seeded mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], salt, cracked pepper, spring onion, olive oil), peas and corn CONTAINS: Milk, may contain peanuts				BLUEBERRY YOGHURT Yoghurt (82%) {skim milk, live yoghurt cultures}, blueberry blend (18%) { blueberries (45%), sugar, water, vegetable gums (pectin, locust bean gum), acidity regulators (sodium citrate, citric acid), mineral salt (calcium citrate), natural flavours CONTAINS: Milk D			

WEEK DAY	4 TUESDAY			
A	B	C	D	SOUP
<p>ROAST PORK WITH APPLE SAUCE AND SAGE GRAVY</p> <p>Pork: Pork (98%), thickener (1412), starch (tapioca), salt, mineral salts (451, 450, 452), roast pork rub (colour 150c), flavour enhancers (627, 631) water</p> <p>Sauce: Apples, water</p> <p>Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice, whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), sage, salt and cracked pepper</p> <p>CONTAINS: Milk, soy Ø D F FR (SUITABLE TO FREEZE)</p>	<p>INDIAN LAMB ROGAN JOSH CURRY WITH RICE</p> <p>Diced lamb rump, onions, fresh coriander, crushed tomato, rogan josh paste (water, spices {24%}, vegetable oil, tomato paste {8%}, salt, lemon juice, onion powder, sugar, food acid {acetic}, garlic puree), salt and pepper</p> <p>Rice: Basmati rice, turmeric, salt</p> <p>CONTAINS: No allergens Ø D F X (SUITABLE TO FREEZE)</p>	<p>VIETNAMESE LEMONGRASS CHICKEN STIR FRY WITH RICE</p> <p>Diced chicken thigh fillet, broccoli, cauliflower, lemongrass, garlic, brown sugar, red chilli, honey, gluten free soy sauce (water, soybeans (20%), rice, salt, contains (3.2% alcohol v/v) from the natural brewing process), corn flour, salt and pepper</p> <p>Rice: Jasmine rice and salt</p> <p>CONTAINS: Soy Ø D F X (SUITABLE TO FREEZE)</p>	<p>THREE CHEESE SWEET POTATO AND LEEK TART</p> <p>Pastry: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavor, antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330)</p> <p>Filling: Eggs, cream (halal gelatin, milk and milk products), cheese (pasteurized milk, salt, cultures, enzyme), ricotta cheese (pasteurized milk, salt, cultures, enzyme), parmesan (pasteurized milk, salt, cultures, enzyme), sweet potato, leek, parsley, salt and pepper</p> <p>CONTAINS: Wheat (gluten), eggs, milk, soy Ø D F FR (SUITABLE TO FREEZE)</p>	LAMB, LENTIL AND VEGGIE SOUP
SIDES			DESSERT	
<p>Mash potato, butter (pasteurized cream, water, salt, milk fat 80% minimum), milk (pasteurized and homogenized whole milk), salt and pepper, (A) and (D), Rice (B) and (C) meals, broccoli and pumpkin</p> <p>CONTAINS: Milk</p>			<p>RASPBERRY ALMOND AND COCONUT CAKE WITH CUSTARD</p> <p>Cake mix (wheat flour, vitamins (thiamin, folate), sugar, vegetable fat and oil (palm, canola, coconut (emulsifiers 471, 477), antioxidant (322 from soy, 307)), milk solids, egg powder, raising agents (541,500), salt, maize starch, flavours, colours (102,110), raspberries, almonds, coconut, butter (pasteurized cream, water, salt, milk fat 80% minimum)</p> <p>Custard: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar</p> <p>CONTAINS: Wheat (gluten), egg, milk, soy, almonds (tree nuts) D</p>	

WEEK DAY		4 WEDNESDAY	
A		B	
AMERICAN BBQ ROASTED CHICKEN WITH MUSTARD CREAM SAUCE Chicken fillet, tomato paste, red chilli, red onion, dijon mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], honey, oil, salt and pepper Sauce: Cream (halal gelatin, milk and milk products), dijon mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], chives, salt , pepper and corn flour CONTAINS: Milk , may contain peanuts Ø D Ĥ LF DF FR (SUITABLE TO FREEZE)		BRAISED BEEF WINE AND MUSHROOM STEW Beef, carrots, onion, celery, crushed tomato, red wine (sulphites), thyme, parsley, garlic, mushrooms, salt, cracked pepper, gluten free beef stock: salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), food acid (330) (contain soy)], yeast extract, soy sauce powder [contains food acid (260) (contains soy and wheat)], flavors, hydrolyzed vegetable protein (contains soy and wheat), colour (150c), onion powder, flavor enhancer (635), spice, food acid (330) CONTAINS: Soy, wheat (gluten free), sulphites , may contain milk, fish Ø D Ĥ X (SUITABLE TO FREEZE)	
C		D	
ASPARAGUS, BACON AND SPINACH RISOTTO Cream (halal gelatin, milk and milk products), bacon [pork, water, salt, sugar, mineral salts (451), natural wood smoke], asparagus, spring onion, spinach, thyme, white wine, garlic, parmesan cheese (pasteurized milk, salt, cultures, enzyme), salt and pepper CONTAINS: Milk, sulphites Ø D Ĥ FR (SUITABLE TO FREEZE)		SWEET POTATO, LEEK AND DILL FRITTATA WITH BEETROOT RELISH Sweet potato, leek, dill, eggs, cream (halal gelatin, milk and milk products), feta (pasteurized milk, salt, milk solids, lactic cultures, rennet), tasty cheese (pasteurized milk, salt, cultures, enzyme), salt and pepper Relish: Beetroot, water, sugar, red vinegar, modified starch (1422), lemon juice, garlic, salt, herbs and spices CONTAINS: Eggs, milk Ø D Ĥ (SUITABLE TO FREEZE)	
SIDES		DESSERT	
Roast potato (salt, pepper and oil), butter beans and carrots		SUMMER FRUIT CHEESECAKE WITH MIXED BERRY COULIS Neufchatel cheese (31%), sour cream, biscuit crumb [wheat flour, sugar, vegetable oil, wheat bran, fructose syrup, salt, raising agent (calcium phosphate, sodium bicarbonate), emulsifier (soy lecithin)], egg, butter, wheat flour, raising agent (calcium phosphate, sodium bicarbonate), blueberries, raspberry, passion fruit, flavor Mixed berry fruit coulis: Fruit (48%) (raspberries, blackberries, blackcurrants), water, sugar, food acid (330), vegetable gum (415), preservative (202) CONTAINS: Milk, wheat (gluten), soy, egg D Ĥ X (SUITABLE TO FREEZE)	

WEEK DAY		4 THURSDAY		SOUP		CREAMY TOMATO, CHICKPEA AND PESTO SOUP	
A		B		C		D	
<p>ROAST BEEF WITH BOURGUIGNON SAUCE</p> <p>Beef: Porterhouse, salt and pepper</p> <p>Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice, shallots, parsley, thyme, red wine, salt and cracked pepper</p> <p>CONTAINS: Milk, soy, sulphites, may contain peanuts</p> <p>LF DF Ø D Ė FR</p> <p>(SUITABLE TO FREEZE)</p>		<p>GRILLED DUKKAH CHICKEN THIGH FILLET WITH CREAMY STOCK SAUCE</p> <p>Chicken thigh fillet, oil, garlic, dukkah (sesame seeds, spices, salt, hazelnuts)</p> <p>Stock gravy: Liquid stock from chicken, cream (pasteurized and homogenized whole milk), parsley, corn flour, salt and pepper</p> <p>CONTAINS: Hazelnut (tree nut), sesame, milk, may contain peanuts</p> <p>Ø D Ė FR</p> <p>(SUITABLE TO FREEZE)</p>		<p>LAMB AND CINNAMON CURRY WITH RICE</p> <p>Diced lamb rump, onions, garlic, ginger, cinnamon, cardamom, cloves, cumin powder, turmeric, cayenne, garam masala, crushed tomato, fresh coriander, salt and pepper</p> <p>Rice: Basmati rice, turmeric and salt</p> <p>CONTAINS: No allergens</p> <p>Ø D Ė X LF DF</p> <p>(SUITABLE TO FREEZE)</p>		<p>SWEET POTATO, FETA AND CAPSICUM STRUDEL WITH TOMATO RELISH</p> <p>Pastry (wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavor, antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330), sweet potato, red onion, capsicum, red kidney beans, feta (pasteurized milk, salt, milk solids, lactic cultures, rennet), Tomato relish (tomato 50%, sugar, onion, vinegar concentrated tomato, thickener {1422}, salt, spices, garlic, acidity regulator {330} and firming agent {509}), egg, milk (pasteurized and homogenized whole milk)</p> <p>CONTAINS: Wheat (gluten), soy, egg, milk, may contain peanuts</p> <p>D Ė X</p> <p>(SUITABLE TO FREEZE)</p>	
SIDES				DESSERT			
<p>Mustard potato (cream (pasteurized and homogenized whole milk), whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], (A), (B) and (D) meals, Rice (C) meal, zucchini and peas, corn, capsicum</p> <p>CONTAINS: Milk, may contain peanuts</p>				<p>CHOC TOP DUET MOUSSE</p> <p>Cream (milk), cheese (milk), water, sugar, milk solids, cocoa powder, cocoa butter, cocoa mass, vegetable fat, beef gelatin, stabilizers (410, 412), salt, emulsifiers (322, 471, 476, 492), thickener (407a), flavours, preservative (202), starter cultures and mineral (calcium), chocolate (8%)</p> <p>CONTAINS: Milk, soy, may contain traces of peanuts, almonds, hazelnuts D</p>			

WEEK DAY		4 FRIDAY		SOUP		MUSHROOM, CHICKEN, LEEK AND CELERY SOUP	
A		B		C		D	
<p>LEMON, MUSTARD AND ROSEMARY BAKED CHICKEN FILLET WITH RICH GRAVY</p> <p>Chicken fillet, lemon juice/zest, garlic, rosemary, olive oil, salt, cracked pepper, seeded mustard (water, mustard seed 18%, salt, sugar, food acid {acetic}, turmeric)</p> <p>Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice, parsley, thyme, salt and pepper</p> <p>CONTAINS: Milk, soy, may contain peanuts Ø D F LF DF FR</p> <p>(SUITABLE TO FREEZE)</p>		<p>CRUMBED FISH WITH WHITE WINE AND DILL CREAM SAUCE</p> <p>Fish: Formed basa portions (52%), water, wheat flour, canola oil, thickeners (1404, xanthan gum, guar gum) maize flour, maize starch, acidity regulators (potassium citrate, calcium citrate 451, sodium citrate 450, sodium bicarbonate, salt, rice, flour, yeast, food acid (citric), egg powder, sugar, malt dextrin, glucose</p> <p>Sauce: Cream (halal gelatin, milk and milk products), dill, white wine (sulphites), garlic, lemon juice/zest, cracked pepper, salt and corn flour</p> <p>CONTAINS: Milk, fish, wheat (gluten), egg, sulphites</p> <p>D FR</p>		<p>STICKY PORK STIRFRY WITH JASMINE RICE</p> <p>Pork, sesame oil, honey, hoisin (sugar, water, fermented soybean paste {water, salt, soybeans, wheat flour}, salt, sweet potato powder, colours {150a, 129}, modified corn starch {1422}, sesame paste, dehydrated garlic, spices, salted chilli peppers, acidity regulator 260), oil, salt, pepper, corn flour, spring onion, broccoli, cauliflower, zucchini, bok choy, capsicum, carrot</p> <p>Rice: Jasmine rice, salt</p> <p>CONTAINS: Soy, wheat (gluten), sesame</p> <p>D F X</p>		<p>JAPANESE VEGETARIAN PANCAKE WITH RICE</p> <p>Pancake: Eggs, flour, mirin (distilled vinegar [alcohol, wheat, rice, corn and sake cake extract], water, diluted with water to 4.2% acidity {42 grain}), salt, eggs, water, shitake mushroom, cabbage, spring onion</p> <p>Mayonnaise: Canola oil (76%), pasteurized free range egg yolks (7.5%), water, vinegar, sugar, salt, lemon juice concentrated, natural mustard flavour, antioxidant (385), lemon juice/zest, sweet soy (coconut sugar, sugar, soy extract (11%) (water, salt, soybean, wheat), water, colour (150a), salt, preservatives (211, 223) (sulphites)), acidity regulator (330), stabilliser (415)</p> <p>Rice: Jasmin rice, salt</p> <p>CONTAINS: Soy, wheat (gluten), eggs, sulphites D F X</p> <p>(SUITABLE TO FREEZE)</p>	
SIDES				DESSERT			
<p>Creamy parmesan and chive potato (cream (halal gelatin, milk and milk products), parmesan (pasteurized milk, salt, cultures, enzyme), salt and pepper) (A) and (B) meals, Rice (C) and (D) meals, red cabbage and diced carrots</p> <p>CONTAINS: Milk</p>				<p>TROPICAL PUNCH DESSERT</p> <p>Coconut milk (reconstituted), water, sugar, modified starch (1450, 1422), pea protein, vegetable gums (407,415), flavours, acidity regulator (330), colours (102, 110)</p> <p>CONTAINS: No allergens D LF DF V Ø</p>			

WEEK DAY	5 MONDAY			
A	B	C	D	SOUP SWEET POTATO, PUMPKIN AND THYME SOUP
<p>ITALIAN BASIL PESTO ROAST CHICKEN WITH PARMESAN CREAM SAUCE</p> <p>Chicken fillet, olive oil, pesto (basil, pinenuts, cheese {pasteurized milk, salt, cultures}, salt and pepper</p> <p>Sauce: Cream (halal gelatin, milk and milk products), parmesan (pasteurized milk, salt, cultures, enzyme), fresh basil, corn flour, salt and cracked pepper</p> <p>CONTAINS: Milk, pine nut (tree nut)</p> <p>Ø D F LF DF FR</p> <p>(SUITABLE TO FREEZE)</p>	<p>BRATWURST SAUSAGE WITH RED WINE AND ONION GRAVY</p> <p>Sausage: Pork beef 80%, water, pepper, sweet sherry, premix continental (rice flour, salt, mineral salt {451}, preservative {223}, spice, spice extracts {160}, herb extracts, vegetable powder)</p> <p>Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (acetic), turmeric], acid (330), flavor enhancer (635), spice, red wine (sulphites), parsley, onion, salt and cracked pepper</p> <p>CONTAINS: Milk, soy, sulphites Ø D F LF DF (SUITABLE TO FREEZE)</p>	<p>SALMON AND VEGETABLE PATTIE WITH LEMON AND DILL CREAM SAUCE</p> <p>Pattie: Water, rehydrated potato flakes (water, potatoes, emulsifier {471}, mineral salt {450}, food acid {330}, preservatives {220,222,223-sulphites, salmon {fish} {12%}, vegetables {10%} (carrot, corn, onion, celery), flour (wheat, rice), vegetable oil, cheese (milk, cultures, salt, enzyme, preservative {200}), soy protein, salt, wheat gluten, thickeners (415,464), mineral salts (450,500), maltodextrin (maize), yeast, sugar, yeast extract, hydrolyzed vegetable protein (soy), spice, herb, flavour, spice extracts</p> <p>Sauce: Cream (halal gelatin, milk and milk products), lemon zest/juice, dill, salt, pepper, and corn flour</p> <p>CONTAINS: Milk, soy, wheat (gluten), fish, sulphites D F X</p>	<p>ROASTED PUMPKIN, FETA AND PINENUT RISOTTO</p> <p>Arborio rice, white wine (sulphites), olive oil, garlic, pumpkin, spinach, cream (halal gelatin, milk and milk products), parmesan (pasteurized milk, salt, cultures, enzyme), lemon zest, feta (pasteurized milk, salt, milk solids, lactic cultures, rennet), pinenuts, salt and cracked pepper</p> <p>CONTAINS: Milk, sulphites, pinenuts (tree nut)</p> <p>V Ø D X</p> <p>(SUITABLE TO FREEZE)</p>	
SIDES			DESSERT	
<p>Steamed potato with herb oil (thyme, parsley, oregano, basil, olive oil, salt and pepper), yellow butter beans and carrots</p>			<p>STRAWBERRY YOGHURT</p> <p>Yoghurt (82%) {skim milk, live yoghurt cultures}, passion fruit blend (18%) {sugar, passion fruit (33%), water, vegetable gums (pectin, locust bean gum), acidity regulators (sodium citrate, citric acid), mineral salt (calcium citrate), natural flavours</p> <p>CONTAINS: Milk D</p>	

WEEK DAY	5 TUESDAY	SOUP	
A	B	C	D
<p>ROAST BEEF WITH HORSERADISH AND THYME GRAVY</p> <p>Beef: Porterhouse, salt and pepper Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice, horseradish (horseradish (46%) (contain sulphites), water, mustard seed, sugar, salt, food acid (acetic), vegetable oil, mustard extract, vegetable gum (xanthan (contains soy)), preservatives (sodium metabisulphate), thyme, salt and cracked pepper</p> <p>CONTAINS: Milk, soy, sulphites, may contain peanuts Ø D F LF DF FR (SUITABLE TO FREEZE)</p>	<p>IRISH LAMB STEW</p> <p>Lamb, carrots, onion, celery, crushed tomato, thyme, parsley, garlic, chats, bay leaves, salt, cracked pepper, gluten free beef stock: salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), food acid (330) (contain soy)], yeast extract, soy sauce powder [contains food acid (260) (contains soy and wheat)], flavors, hydrolyzed vegetable protein (contains soy and wheat), colour (150c), onion powder, flavor enhancer (635), spice, food acid (330)</p> <p>CONTAINS: Milk, soy</p> <p>Ø D F X</p> <p>(SUITABLE TO FREEZE)</p>	<p>ROASTED CHICKEN THIGH FILLET WITH OLIVE AND LEMON TAGINE SAUCE</p> <p>Chicken thigh fillet, lemon juice/zest, onions, chickpeas, paprika, garlic, cumin powder, turmeric, coriander, cayenne, dried ginger, green olives, fresh coriander, salt and pepper, butter (pasteurized cream, water, salt, milk fat 80% minimum, chicken booster (salt, sugar, maize starch, chicken fat (3.6%), onion powder, yeast extract, flavor, chicken powder (1%), flavor enhancer (635), color (150), spice)</p> <p>CONTAINS: Milk (may contain soy)</p> <p>Ø D F X</p> <p>(SUITABLE TO FREEZE)</p>	<p>RED LENTIL DHAL WITH ROASTED CASHEWS AND CAULIFLOWER AND RICE</p> <p>Red lentil, onion, fresh coriander, curry leaves, mustard seeds, turmeric, green chilli, mild curry powder, cauliflower, roasted cashews, coconut milk, salt and pepper vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley), flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin)</p> <p>Rice: Basmati rice, turmeric and salt</p> <p>CONTAINS: Cashews (tree nut)</p> <p>V Ø D F X</p> <p>(SUITABLE TO FREEZE)</p>
SIDES		DESSERT	
<p>Mash potato (butter (pasteurized cream, water, salt, milk fat 80% minimum), milk (pasteurized and homogenized whole milk), salt and pepper) (A), (B), and (C) meals, Rice (D) meal, broccoli and pumpkin</p> <p>CONTAINS: Milk</p>		<p>CHOC CHIP CHERRY CAKE WITH CUSTARD</p> <p>Cake mix (wheat flour (wheat flour, vitamins (thiamin, folate), sugar, vegetable fat and oil (palm, canola, coconut (emulsifiers 471, 477), antioxidant (322 from soy, 307)), milk solids, egg powder, raising agents (541,500), salt, maize starch, flavours, colours (102,110), cherries, coconut, butter (pasteurized cream, water, salt, milk fat 80% minimum), chocolate (sugar, vegetable fat, cocoa powder, milk solids, emulsifiers (492, soy lecithin, 476) flavour</p> <p>Custard: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar</p> <p>CONTAINS: Wheat (gluten), egg, milk, soy, may contain peanuts, tree nuts D</p>	

WEEK DAY		5 WEDNESDAY		SOUP		MOROCCAN LAMB, CHICKPEA AND VEGETABLE SOUP	
A		B		C		D	
<p>ROAST PORK WITH WHITE WINE, TOMATO AND HERB SAUCE</p> <p>Pork: Pork loin, salt and pepper</p> <p>Sauce: Crushed tomato, basil, oregano, brown sugar, garlic, salt, pepper, white wine (sulphites), corn flour</p> <p>CONTAINS: Sulphites</p> <p>Ø D Ħ LF DF FR</p> <p>(SUITABLE TO FREEZE)</p>		<p>SWEDISH MEAT BALLS</p> <p>Meatballs: Beef mince, nutmeg, allspice, salt and pepper</p> <p>Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice, dill, butter (pasteurized cream, water, salt, milk fat 80% minimum), cream (halal gelatin, milk and milk products), salt and cracked pepper</p> <p>CONTAINS: Milk, soy</p> <p>Ø D Ħ X</p> <p>(SUITABLE TO FREEZE)</p>		<p>AFRICAN CHICKEN AND CHICKPEA STEW</p> <p>Chicken thigh fillet, oil, fresh coriander, garlic, paprika, cumin, coriander powder, red chilli, turmeric, crushed tomato, onion, chickpeas, parsley, salt and pepper</p> <p>CONTAINS: No allergens</p> <p>Ø D Ħ LF DF X</p> <p>(SUITABLE TO FREEZE)</p>		<p>DUKKAH ROASTED CAULIFLOWER STEAKS WITH LEMON MINT CREAM SAUCE</p> <p>Cauliflower, dukkah (sesame seeds, spices, salt, hazelnuts), butter (pasteurized cream, water, salt, milk fat 80% minimum), salt and pepper</p> <p>Sauce: Cream (halal gelatin, milk and milk products), lemon zest/juice, mint, corn flour, salt and pepper</p> <p>CONTAINS: Milk, Hazelnut (tree nut), sesame</p> <p>V Ø D Ħ X</p> <p>(SUITABLE TO FREEZE)</p>	
SIDES				DESSERT			
<p>Roast potato (salt, pepper and oil), zucchini and corn</p>				<p>PASSION CHEESECAKE WITH PASSION FRUIT COULIS</p> <p>Neufchatel cheese (25%), thickened cream (halal gelatin, milk and milk products), biscuit crumb (18%) (wheat flour, sugar, vegetable oil, wheat bran, fructose syrup, salt, raising agent [calcium phosphate, sodium bicarbonate], emulsifier {soy lecithin}), white chocolate (13%), (sugar, milk solids, cocoa butter, emulsifier [soya lecithin, 476], flavors), butter, sugar, gelatin, canola oil</p> <p>Passion fruit coulis: Passion fruit pulp (41%), water, sugar, passion fruit concentrate (8.81%, vegetable gum (415), preservative (202)</p> <p>CONTAINS: Milk, wheat (gluten), soy, egg Ħ D X (SUITABLE TO FREEZE)</p>			

WEEK DAY		5 THURSDAY		SOUP		BACON, LEEK AND CAULIFLOWER SOUP	
A		B		C		D	
CORNEB BEEF WITH SAGE AND SEEDED MUSTARD GRAVY Corned beef (beef, brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolyzed vegetable protein (maize), vegetable oil, humectants (422) Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice, seeded mustard (water, mustard seed 18%, salt, sugar, food acid {acetic}, turmeric), sage, salt and pepper CONTAINS: Milk, soy, may contain peanuts Ø D F LF DF FR (SUITABLE TO FREEZE)		LAMB, RED WINE AND OREGANO STEW Lamp rump diced, carrot, onion, celery, crushed tomato, red wine (sulphites), garlic, oregano, parsley, nutmeg, paprika, salt, pepper, gluten free beef stock powder: salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), food acid (330) (contain soy)], yeast extract, soy sauce powder (derived from wheat), colour (150c), hydrolyzed vegetable protein (contain soy), flavor, onion powder, flavour enhancer (635), spice, food acid (330), and herb CONTAINS: Soy, sulphites, wheat (gluten free), may contain, milk, fish, peanuts Ø D F X (SUITABLE TO FREEZE)		INDIAN PORK, SPINACH AND SWEET POTATO CURRY WITH BASMATI RICE Diced pork, vindaloo paste (vegetable oil, coriander, water, salt, tamarind [5.5%], cumin, turmeric, chilli, maize flour, ginger powder, garlic powder, spices, food acids [acetic, citric, lactic]), onions, fresh coriander, crushed tomato, spinach, sweet potato, salt and pepper Rice: Basmati rice, turmeric and salt CONTAINS: No allergens Ø D F X (SUITABLE TO FREEZE)		PENNE NAPOLETANA WITH SUMMER VEGGIES Pasta (durum wheat semolina), olive oil, roma tomato, tomato paste, red onion, garlic, oregano, capsicum, zucchini, mushrooms, olives, parsley, salt, pepper and parmesan (pasteurized milk, salt, cultures, enzyme) CONTAINS: Milk, wheat (gluten), may contain traces of egg and soy, peanut V D F (SUITABLE TO FREEZE)	
SIDES				DESSERT			
Mustard potato (cream (pasteurized and homogenized whole milk), whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric]) (A), (B) and (D) meals, Rice (C) meal, cauliflower and butter beans CONTAINS: Milk (may contain peanut)				VANILLA BEAN PANNA COTTA Cream [skim milk, cream, thickener (1422), emulsifier (472e), vegetable gums (415, 407)], reconstituted milk solids, sugar, vanilla bean paste (0.5%), flavour, vegetable gum (407), halal gelatin, mineral salt (452) and mineral (calcium) CONTAINS: Milk D			

WEEK DAY		5 FRIDAY		SOUP		CREAMY CHICKPEA, TOMATO AND CELERY SOUP	
A		B		C		D	
<p>ROAST TURKEY WITH CRANBERRY AND PARSLEY GRAVY</p> <p>Turkey: Turkey breast (minimum 80%), water, salt, thickener (1422 maize), dextrose, vegetable gum (407), mineral salts (451,452), preservative (223 sulphites), humectants (422), colour (150c maize)</p> <p>Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice</p> <p>Cranberry sauce (sugar, water, cranberry {30%}, gelling agent, {fruit pectin}, food acids {330, 331}, mineral salt {509}), parsley, salt and cracked pepper)</p> <p>CONTAINS: Milk, soy, sulphites, may contain peanuts Ø D F LF DF FR (SUITABLE TO FREEZE)</p>		<p>TEMPURA FISH WITH TARTARE</p> <p>Fish: White fish (60%), coating (wheat flour, water, palm oil, thickeners (1404), salt, mineral salts (450, 500), flavor enhancer (621), sugar, milk powder (0.1 %)</p> <p>Tartare Sauce: Water, soybean oil, vinegar, sugar, egg yolk, gherkins, salt, capers, parsley, thickeners (1422), mustard, vegetable gum (xanthan), garlic puree, preservatives (200, 385), herb</p> <p>CONTAINS: Fish, wheat (gluten), milk, egg, soy, may contain peanuts</p> <p>Ø D FR LF</p>		<p>KHEEMA MUTTER (INDIAN MINCED BEEF) WITH BASMATI RICE</p> <p>Beef, onions, garlic, ginger, green chilli, cumin seeds, mild curry powder, crushed tomato, sugar, peas, fresh coriander, coconut milk, salt and pepper</p> <p>Rice: Basmati Rice, turmeric and salt</p> <p>CONTAINS: No allergens</p> <p>X Ø D F (SUITABLE TO FREEZE)</p>		<p>BROCCOLI, ROAST CAPSICUM AND FETA QUICHE</p> <p>Pastry: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavor, antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330)</p> <p>Filling: Broccoli, capsicum, red onion, basil, cheese (pasteurized milk, salt, cultures, enzyme), eggs, cream (halal gelatin, milk and milk products), feta (pasteurized milk, salt, milk solids, lactic cultures, rennet), salt and pepper</p> <p>CONTAINS: Milk, eggs, soy, wheat (gluten), may contain peanuts</p> <p>Ø D F (SUITABLE TO FREEZE)</p>	
SIDES				DESSERT			
<p>Crushed potato (oil, spring onion, mustard (water, mustard seed 19%, salt, food acids {acetic, citric}, sugar, turmeric, colours {caramel {150c}, beta-carotene), mustard flavour, spice extract), salt and cracked pepper (A), (B) and (D) meals, Rice (C) meal, peas and carrots</p> <p>CONTAINS: Milk, may contain peanuts</p>				<p>RED VELVET MOUSSE</p> <p>Cream, water, sugar, milk solids, cocoa powder, cocoa butter, halal gelatin, cocoa mass, emulsifiers (322, 476, 410, 412), flavours, salt, colour (122), preservative (202), mineral (calcium and starter culture, chocolate: 8%</p> <p>CONTAINS: Milk, soy, may contain traces of tree nuts D</p>			

WEEK DAY		6 MONDAY		SOUP		CREAMY MUSHROOM, THYME AND CELERY SOUP	
A		B		C		D	
CORNEB BEEF WITH CHIVE AND MUSHROOM SAUCE Corned beef (beef, brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolyzed vegetable protein (maize), vegetable oil, humectants (422) Gravy: Rich gravy mix (Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice, cream (halal gelatin, milk and milk products), mushrooms, chive, salt and pepper CONTAINS: Milk, soy Ø D F LF DF FR (SUITABLE TO FREEZE)		SAGE, MUSTARD AND HONEY BRAISED SCOTCH FILLET WITH RICH GRAVY Pork scotch fillet, honey, sage, seeded mustard (water, mustard seed 18%, salt, sugar, food acid {acetic}, turmeric, salt and pepper Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice, parsley, salt and pepper CONTAINS: Milk, soy, may contain peanuts Ø D F X (SUITABLE TO FREEZE)		OVEN BAKED CHICKEN KIEV WITH SPRING ONION AND CRACKED PEPPER GRAVY Chicken (51%), wheat flour, butter 12% (cream, milk), salt, water, canola oil, isolated soy protein, thickeners (1404, guar gum), soy flour, salt, garlic, yeast, spices, sugar, hydrolyzed vegetable protein (soy, maize), herbs, colours (cur cumin, annatto, extracts) Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice, spring onion, salt and cracked pepper CONTAINS: Milk, soy, wheat (gluten) FR D X		TUSCAN GNOCCHI Gnocchi: Potatoes (61%), flour, thiamin, folic acid, parmesan cheese, margarine, salt, egg Sauce: Olive oil, tomato paste, cherry tomato, oregano, thyme, baby spinach, leek, garlic, white wine (sulphites), salt, pepper, parmesan (pasteurized milk, salt, cultures, enzyme) CONTAINS: Wheat (gluten), milk, egg, sulphites D X	
SIDES				DESSERT			
Roasted chat potato (oil, salt and pepper), cross cut beans and carrots				PASSIONFRUIT YOGHURT Yoghurt (82%) {skim milk, live yoghurt cultures}, passion fruit blend (18%) {sugar, passion fruit (33%), water, vegetable gums (pectin, locust bean gum), acidity regulators (sodium citrate, citric acid), mineral salt (calcium citrate), natural flavours CONTAINS: Milk D			

WEEK DAY		6 TUESDAY		SOUP		SPANISH CHICKEN AND VEGGIE SOUP	
A		B		C		D	
ROAST LAMB WITH DUKKAH GRAVY Lamb, herbs, salt and pepper Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice, parsley, cracked black pepper, salt, dukkah (sesame seeds, spices, salt, hazelnuts), parsley, salt and pepper CONTAINS: Milk, soy, hazelnut (tree nut), sesame Ø D Ħ LF DF FR (SUITABLE TO FREEZE)		BRAISED BEEF, WINE AND MUSHROOM STEW Beef rump, carrots, onion, celery, crushed tomato, red wine (sulphites), garlic, thyme, button mushrooms, parsley, salt, cracked pepper, gluten free beef stock: salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), food acid (330) (contain soy)], yeast extract, soy sauce powder [contains food acid (260) (contains soy and wheat)], flavors, hydrolyzed vegetable protein (contains soy and wheat), colour (150c), onion powder, flavor enhancer (635), spice, food acid (330) CONTAINS: Soy, wheat (gluten free), sulphites, milk , may contain fish Ø D Ħ X (SUITABLE TO FREEZE)		ASPARAGUS, BACON AND RICOTTA QUICHE Pastry: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavor, antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330) Filling: Bacon (pork, water, salt, sugar, mineral salts {451} {450}, antioxidant (316), preservative {250}, natural wood smoke, eggs, cream (halal gelatin, milk and milk products), ricotta (milk, milk solids, acidity regulator (260), salt, preservative (202)), tasty cheese (pasteurized milk, salt, cultures, enzyme), asparagus, parsley, salt and pepper CONTAINS: Milk, eggs, wheat (gluten), soy Ø D Ħ FR (SUITABLE TO FREEZE)		ROAST VEGETABLE AND GREEN PEA RISOTTO Arborio rice, pumpkin, sweet potato, carrot, pea, sage, spinach, garlic, white wine (sulphites), nutmeg, cream (halal gelatin, milk and milk products), parmesan (pasteurized milk, salt, cultures, enzyme), pinenuts, salt and pepper CONTAINS: Milk, sulphites, pine nuts (tree nuts) Ø D Ħ X (SUITABLE TO FREEZE)	
SIDES				DESSERT			
Mash potato (butter (pasteurized cream, water, salt, milk fat 80% minimum), milk (pasteurized and homogenized whole milk), salt and pepper), peas and pumpkin CONTAINS: Milk				LEMON COCONUT AND WHITE CHOCOLATE CAKE WITH CUSTARD Cake mix (wheat flour, sugar, vegetable oil {emulsifier (471, 477), antioxidant (soybean lecithin, 307)}, milk solids, raising agents (450, 500), thickener (1422, 415), emulsifiers (471, 472 (b), 472 a), salt preservative (281), colour (102, 110), eggs, lemon juice/zest, coconut, margarine (vegetable oils 60% (containing 47% canola oil), water, salt emulsifiers {471, 322 (from soy)}, milk solids, preservative (202), food acid (270), natural colour (160a), vitamins A and D, natural flavour, maize starch, colour (102), white chocolate (sugar, vegetable fat, milk, solids (28%), stabilliser (E492), emulsifier, soy lecithin (E322), flavour. Custard: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar CONTAINS: Wheat (gluten), eggs, milk, soy D			

WEEK DAY		6 WEDNESDAY	
A		B	
<p>ROAST BEEF WITH CREAMY MUSHROOM AND SPRING ONION GRAVY</p> <p>Beef: Porterhouse, salt and pepper</p> <p>Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice, mushrooms, spring onion, cream (halal gelatin, milk and milk products), salt and cracked pepper</p> <p>CONTAINS: Milk, soy, may contain peanuts Ø D F LF DF FR</p> <p>(SUITABLE TO FREEZE)</p>		<p>LEMONGRASS AND GINGER BAKED CHICKEN THIGH FILLET WITH JASMINE RICE</p> <p>Chicken thigh fillet, oil, lemongrass, ginger, red chilli, brown sugar, gluten free soy sauce (water, soybeans (20%), rice, salt, contains (3.2% alcohol v/v) from the natural brewing process)</p> <p>Stock gravy: Liquid stock from chicken, spring onion, salt, pepper and corn flour</p> <p>Rice: Jasmine rice and salt</p> <p>CONTAINS: Soy</p> <p>Ø D F FR</p> <p>(SUITABLE TO FREEZE)</p>	
SOUP		MEDITERRANEAN BEEF SOUP	
C		D	
<p>PERSIAN LAMB, CHICKPEA AND MINT STEW</p> <p>Lamb rump, carrots, onions, celery, potato, tomato paste, cinnamon, turmeric, mint, parsley, chickpeas, gluten free beef stock: salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), food acid (330) (contain soy)], yeast extract, soy sauce powder [contains food acid (260) (contains soy and wheat)], flavors, hydrolyzed vegetable protein (contains soy and wheat), colour (150c), onion powder, flavor enhancer (635), spice, food acid (330), salt and pepper</p> <p>CONTAINS: Soy, milk, wheat (gluten free), may contain fish, peanuts</p> <p>Ø D F X (SUITABLE TO FREEZE)</p>		<p>ZUCCHINI, LEEK AND SPINACH SLICE</p> <p>Zucchini, leek, baby spinach, cheese (pasteurized milk, salt, cultures, enzyme), eggs, cream (halal gelatin, milk and milk products), feta (pasteurized milk, salt, milk solids, lactic cultures, rennet), salt and pepper</p> <p>CONTAINS: Milk, eggs, may contain peanuts</p> <p>Ø D F X</p> <p>(SUITABLE TO FREEZE)</p>	
SIDES		DESSERT	
<p>Crushed potato (oil, spring onion, mustard (water, mustard seed 19%, salt, food acids {acetic, citric}, sugar, turmeric, colours {caramel {150c}, beta-carotene), mustard flavour, spice extract), salt and cracked pepper (A), (C) and (D) meals, Rice (B) meal, broccoli and carrots</p> <p>CONTAINS: May contain peanuts</p>		<p>RASPBERRY MUD PUDDING WITH CUSTARD</p> <p>Cake: Sugar, wheat flour, sour cream (milk solids), water, eggs, oil, cocoa, chocolate, cream, flavours, raising agents (calcium phosphate, sodium bicarbonate), canola oil, emulsifier (soy lecithin 322), raspberries</p> <p>Custard: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar</p> <p>CONTAINS: Milk, wheat (gluten), soy, egg D F (SUITABLE TO FREEZE)</p>	

WEEK DAY		6 THURSDAY		SOUP		BROCCOLI, SPINACH, LEEK AND BACON SOUP	
A		B		C		D	
<p>ROAST PORK WITH TARRAGON AND MUSTARD GRAVY</p> <p>Pork: Pork (98%), thickener (1412), starch (tapioca), salt, mineral salts (451, 450, 452), roast pork rub (colour 150c) flavour enhancers (627, 631) water</p> <p>Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice, tarragon, salt, pepper, whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric]</p> <p>CONTAINS: CONTAINS: Milk, soy, may contain peanuts LF DF Ø D Æ FR (SUITABLE TO FREEZE)</p>		<p>KUNG PAO CHICKEN STIRFRY WITH JASMINE RICE</p> <p>Diced chicken thigh fillet, celery, carrots, spring onion, capsicum, bok choy, broccoli, cauliflower, gluten free soy (water, soy beans 20%, rice, salt contains 3.2% alcohol from the natural brewing process), hoisin sauce (sugar, water, fermented soybean paste {water, salt, soybeans, wheat flour}, salt sweet potato powder, colours {150a, 129}, modified corn starch {1422}, sesame paste, dehydrated garlic, spices, salted chilli peppers {chilli peppers, salt} acidity regulator 260), Chinese rice wine (water, rice, wheat, salt, alcohol {5,2%}), sweet chilli (sugar, water, chilli, salt, garlic, thickener {1422, 415}, acidity regulator {260}, preservative {202}), sesame oil, ginger, salt, pepper and corn flour</p> <p>Rice: Jasmine rice and salt</p> <p>CONTAINS: Soy, wheat (gluten), sesame D Æ X</p> <p>(SUITABLE TO FREEZE)</p>		<p>BRAISED BEEF TORTELLINI WITH BASIL AND PARMESAN CREAM SAUCE</p> <p>Tortellini: Durum, wheat, semolina, water, breadcrumbs (cereals and cereal flour, salt, yeast), vegetable oil, vinegar, preservatives (281), emulsifiers (471, 472,481), vitamins, thiamin, folic acid, beef (5%), canola oil, carrots, parmesan, margarine, crushed tomato, onion, TVP, flavour, flavour enhances (621), eggs, salt, garlic, herbs, spices</p> <p>Sauce: Cream (halal gelatin, milk and milk products), parmesan (pasteurized milk, salt, cultures, enzyme), white wine (sulphites), garlic, basil, parsley, corn flour, salt and pepper</p> <p>CONTAINS: Milk, wheat (gluten), egg, sulphites, may contain peanuts</p> <p>D X</p>		<p>PUMPKIN AND RICOTTA RAVIOLI WITH NAPOLI SAUCE</p> <p>Pasta: Durum wheat semolina (75%), pasteurized egg, water, filling (pumpkin, herbs, parmesan cheese)</p> <p>Sauce: Tomato, white wine (sulphites), garlic, basil, spinach, red onion, brown sugar, corn flour, salt and pepper</p> <p>CONTAINS: Milk, wheat (gluten), egg, sulphites, may contain traces of soy, peanuts</p> <p>D X</p>	
SIDES				DESSERT			
<p>Mustard cream baked potato, cream (halal gelatin, milk and milk products), whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric]) (A), (C) and (D) meals, Rice (B) meal, cabbage and corn</p> <p>CONTAINS: MILK may contain peanuts</p>				<p>FRUIT TRIFLE</p> <p>Water, milk solids, sugar, modified starch (1422), fruit (5%) (pears, peaches, pineapple), halal gelatin, wheat flour, eggs, raising agents (503, 500), glucose syrup, food acid (297, 331), flavours, sweeteners (952, 950), colours (160a, 122), mineral (calcium)</p> <p>CONTAINS: Milk, egg, wheat (gluten), sulphites, may contain tree nuts D</p>			

WEEK DAY		6 FRIDAY		SOUP		ROASTED CAPSICUM, TOMATO AND LENTIL SOUP	
A		B		C		D	
BBQ ROAST CHICKEN FILLET WITH CREAMY PEPPERCORN GRAVY Chicken fillet, mixed herbs, paprika, mild curry powder, sugar, salt, pepper and oil Gravy: Rich gravy mix (maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice, cream (halal gelatin, milk and milk products), green peppercorn, salt and pepper CONTAINS: Soy, milk Ø D Ħ LF DF FR (SUITABLE TO FREEZE)		CRUMBED FISH WITH LEMON AND HERB CREAM SAUCE Fish: Formed basa portions (52%), water, wheat flour, canola oil, thickeners (1404, xanthan gum, guar gum) maize flour, maize starch, acidity regulators (potassium citrate, calcium citrate 451, sodium citrate 450, sodium bicarbonate, salt, rice, flour, yeast, food acid (citric), egg powder, sugar, maltodextrin, glucose Sauce: Cream (halal gelatin, milk and milk products), lemon juice/zest, djion [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], chives, parsley, salt, pepper and corn flour CONTAINS: Egg, fish, wheat (gluten), milk, may contain peanuts Ø D LF DF FR		TEXAN BEEF STEW Beef, onions, celery, carrots, chilli, cumin, allspice, paprika, crushed tomato, oregano, gluten free beef stock powder: salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), food acid (330) (contain soy)], yeast extract, soy sauce powder (derived from wheat), colour (150c), hydrolyzed vegetable protein (contain soy), flavor, onion powder, flavour enhancer (635), spice, food acid (330), and herb, salt and pepper CONTAINS: Soy, milk, wheat (gluten free) may contain fish Ø D Ħ X		CHINESE BROCCOLI AND MUSHROOM NOODLE STIRFRY Hokkien noodles (wheat flour (72%), water, vegetable oil, noodle improver, emulsifying salt (451, 450), thickener (415), preservative (202), lye water, baking powder, color (101, 102)), gailan (chinese broccoli), shitake mushroom, spring onion, broccoli, cauliflower, garlic, red chilli, chinese five spice, sesame oil, sweet soy (coconut sugar, sugar, soy extract (11%) (water, salt, soybean, wheat), water, colour (150a), salt, preservatives (211, 223) (sulphites)), egg, salt and pepper CONTAINS: Wheat (gluten), soy, sesame, egg D Ħ X V (SUITABLE TO FREEZE)	
SIDES				DESSERT			
Creamy parmesan and chive potato (cream (halal gelatin, milk and milk products), parmesan (pasteurized milk, salt, cultures, enzyme), salt and pepper) (A), (B) and (C) meals, yellow butter beans and peas				PASSION FRUIT PANNA COTTA Reconstituted milk solids, cream {skim milk, cream, thickener (1422), emulsifier (472e), vegetable gums (415, 407)}, sugar, beef gelatin, flavour, mineral (calcium), passion fruit pulp seedless, water, sugar, stabilliser (1422), natural flavour, natural color (100), acidity regulator (331) CONTAINS: Milk D			