

# Maroondah City Council

## **MEALS ON WHEELS**

### ***Winter Menu***

***8th May 2023 - 10th November 2023***

**MENU INGREDIENTS AND ALLERGENS**

**Angie Mirra**

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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**.

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## ***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***

### **Conventional Oven**

Do not remove clear film

Pre-heat oven to 170° C

Heat for 20 minutes until hot

### **Microwave Oven**

Do not remove clear film

Heat on high for 2-3 minutes until hot

# 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 and gluten free, fructose, (we can accommodate any allergy request).

**Special dietary requirements:** Diabetic, vegetarian, vegans

**Food texturing:** Vitamised, large dice, minced

**Religious reasons:** Halal

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

- Ø** Meals that can be made gluten free and are gluten free
- D** Meals that are suitable for diabetics
- F** Meals that can be frozen. (All desserts can be frozen)
- FR** Meals that can be modified for fructose (no onion/ garlic)
- X** 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 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 10 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. CREAMY PUMPKIN AND LENTIL SOUP

Pumpkin, potato, red lentil, garlic, cumin powder, dried oregano, 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

## 2. CHICKEN, PARSLEY AND CHICKPEA SOUP

Chicken, chickpea, carrot, celery, parsnip, Swede, dried parsley, paprika, crushed tomato, salt and pepper

Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley). Flavour enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin)

**CONTAINS: No allergens**      Ø D FR

## 3. WINTER LAMB AND BARLEY SOUP

Lamb, barley, Carrot, celery, parsnip, Swede, garlic, salt and pepper. Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley). Flavour enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch colour (riboflavin), parsley

**CONTAINS: Wheat, cereals (barley)**      Ø D FR

## 4. VEGETABLE MINESTRONE

Carrot, celery, parsnip, Swede, garlic, basil, parsley, spring onion, salt, pepper, crushed tomato. Risoni pasta (durum wheat semolina), olive oil. Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley). Flavour enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch colour (riboflavin)

**CONTAINS: Wheat**      Ø D FR

## 5. POTATO, LEEK AND BACON SOUP

Potato, leek, celery, parsley, garlic, 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). Bacon: Pork, water, salt, sugar, mineral salts (451) (450), antioxidant (316), preservative (250), natural wood smoke

**CONTAINS: Milk**      Ø D FR

## 6. ROASTED GARLIC AND CAULIFLOWER SOUP

Cauliflower, potato, celery, 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

## 7. CREAMY CHICKEN, VEGETABLES AND SWEET POTATO SOUP

Chicken, sweet potato, carrot, celery, parsnip, Swede. Parsley, thyme, 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

## 8. BEEF AND WINTER VEGETABLE SOUP

Beef, carrot, celery, parsnip, Swede, parsley, thyme, garlic, salt, pepper, chickpeas. 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), hydrolysed vegetable protein (derived from wheat) (contain soy), flavor, onion powder, flavor enhancer (635), spice, food acid (330)

**CONTAINS: Soy**      Ø D FR

## 9. CREAMY TOMATO AND CHICKPEA SOUP

Tomato, chickpeas, basil, spring onion, parsley, celery, salt, pepper and 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

## 10. CARROT, SWEET POTATO AND BACON SOUP

Carrot, sweet potato, thyme, spring onion, 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 colour (riboflavin). Milk (pasteurized and homogenized whole milk). Bacon: Pork, water, salt, sugar, mineral salts (451) (450), antioxidant (316), preservative (250), natural wood smoke

**CONTAINS: Milk**      Ø D FR

# 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

### WILDBERRY AND MANGO INFUSED YOGHURT

Yoghurt : Milk, sugar, fruit 6.25% (mango puree(50%), strawberry puree(20%), raspberry puree(15%), blueberry puree(15%), milk solids, thickeners(1442, 1422, 406, 440), water, acidity regulator (330, 331), natural colour (160a), natural flavour, live yoghurt cultures(including acidophilus bifidus, casei)

**CONTAINS: Milk D**

## WEEK ONE, DAY TUESDAY

### DESSERT: APPLE CRUMBLE WITH CUSTARD

Apples, wheat flour, sugar, sultanas, butter, egg, almond meal, cinnamon, canola oil, emulsifier (soy lecithin 322)  
CUSTARD: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar

**CONTAINS: Wheat, eggs, soy, milk, nuts D F**

## WEEK ONE, DAY WEDNESDAY

### DESSERT: BANANA AND BLUEBERRY CAKE WITH CUSTARD

Cake : Sugar, wheat flour, bananas(23%), water, milk, eggs, vegetable oil, raising agents(calcium phosphate, sodium bicarbonate), blueberries, canola oil, Neufchatel, icing sugar  
CUSTARD :Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar

**CONTAINS: Wheat, milk, eggs D F**

## WEEK ONE, DAY THURSDAY

### DESSERT: FRUIT TRIFLE

Ingredients: 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), flavors, sweeteners (952, 950), colors (160a, 122), mineral (calcium).

**CONTAINS: Milk, egg, wheat (gluten), sulphites.  
May contain tree nuts D**

## WEEK ONE, DAY FRIDAY

### CHOCOLATE COCONUT CUSTARD

Ingredients: Coconut Milk (Reconstituted), water, sugar, cocoa powder, modified tapioca starch (1422), pea protein, flavor, vegetable gums (407,415)

**CONTAINS: No allergens D**

## WEEK TWO, DAY MONDAY

### PASSIONFRUIT AND RASPBERRY YOGHURT

Yoghurt: Milk, sugar, milk solids, passion fruit pulp(3.1%), raspberry puree (3.1%), thickeners (1442, 406, 440), water, carrot and safflower concentrate, natural colour (160a), acidity regulator (330, 331), natural flavour, live yoghurt cultures (including acidophilus bifidus and casei)

**CONTAINS : Milk D**

## WEEK TWO, DAY TUESDAY

### STICKY DATE WITH CUSTARD

Cake: Dates (pitted 22%), sugar, wheat flour, eggs, butter (milk solids), walnuts, raising agent (sodium bicarbonate), glaze, canola oil.  
CUSTARD: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar.

**CONTAINS: Wheat (gluten), milk, egg, nuts D F**

## WEEK TWO, DAY WEDNESDAY

### FRUIT CAKE WITH CUSTARD

Mixed fruit (48%) (sultanas, currants, glace cherry [color (127)], orange peel), wheat flour, sugar, butter, egg, milk, baking powder (calcium phosphate, sodium bicarbonate), flavor, glaze, canola oil.  
CUSTARD: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar.

**CONTAINS: Wheat, milk, egg D F**

## WEEK TWO, DAY THURSDAY

### NEW YORK CHEESECAKE WITH CRUMBLE AND CUSTARD

Cake : 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, condensed milk (37%), coconut, 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), icing mix(sugar, starch), cocoa, flavour, colour (102, 133), canola oil, emulsifier(soy lecithin 322), wheat flour, raising agent (calcium phosphate, sodium bicarbonate), flavours  
Custard: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar

**CONTAINS: Wheat, egg, milk, soy D F**

## WEEK TWO, DAY FRIDAY

### CHOCALATE MOUSSE

Ingredients: 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 and soy, may contain traces of tree nuts D**

### WEEK THREE, DAY MONDAY

#### PASSIONFRUIT AND RASPBERRY YOGHURT

Yoghurt: Milk, sugar, milk solids, passion fruit pulp (3.1%), raspberry puree (3.1%), thickeners (1442, 406, 440), water, carrot and safflower concentrate, natural colour (160a), acidity regulator (330, 331), natural flavour, live yoghurt cultures (including acidophilus bifidus and casei).

**CONTAINS: Milk D**

### WEEK THREE, DAY TUESDAY

#### RED VELVET MOUSSE

Ingredients: 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 and soy, may contain traces of tree nuts D**

### WEEK THREE, DAY WEDNESDAY

#### RASPBERRY CHEESECAKE WITH RASPBERRY COULI

Cake: 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, sugar, water)

**CONTAINS: Milk, wheat (gluten) soy, egg D F**

### WEEK THREE, DAY THURSDAY

#### CARROT CAKE WITH CUSTARD

Sugar, eggs, carrots (14%), vegetable oil, wheat flour, sultanas (5%), sour cream, raising agent (calcium phosphate, sodium bicarbonate), Neufchatel cheese, walnuts, flavor, butter, spices, Neufchatel, mixed fruit, nuts and seeds

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

**CONTAINS: Egg, wheat, milk, nuts D F**

### WEEK THREE, DAY FRIDAY

#### TROPICAL PUNCH DESSERT

Ingredients: Reconstituted coconut milk, water, sugar, modified starch (1450, 1422), rice protein, vegetable gums (407, 415), flavours, acidity regulator (330), colour (102, 110)

**CONTAINS: No allergens D**

### WEEK FOUR, DAY MONDAY

#### WILDBERRY AND MANGO INFUSED YOGHURT

Yoghurt: Milk, sugar, fruit 6.25% (mango puree (50%), strawberry puree (20%), raspberry puree (15%), blueberry puree (15%), milk solids, thickeners (1442, 1422, 406, 440), water, acidity regulator (330, 331), natural colour (160a), natural flavour, live yoghurt cultures (including acidophilus bifidus, casei)

**CONTAINS: Milk D**

### WEEK FOUR, DAY TUESDAY

#### MANGO PANNA COTTA

Ingredients : Reconstituted Milk solids, cream[skim milk, cream, thickener (1422), emulsifier (472e), gums(415, 407)], sugar, halal gelatin, flavour, thickener (407), [mango sauce (10%), mango puree, water, sugar, starch(1422), natural flavour, natural colour]

**CONTAINS: Milk D**

### WEEK FOUR, DAY WEDNESDAY

#### RHUBARB AND APPLE CRUMBLE SLICE WITH CUSTARD

Cake: Apples, rhubarb, wheat flour, sugar, sultanas (9%), 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), egg, almond meal, cinnamon, canola oil, emulsifier (soy lecithin 322)

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

**CONTAINS: Wheat (gluten), soy, eggs, milk, nuts D F**

### WEEK FOUR, DAY THURSDAY

#### LEMON AND LIME DRIZZLE CAKE WITH CUSTARD

Cake: Wheat flour (self raising), sugar, icing sugar, sour cream (milk solids), coconut, water, eggs, vegetable oil, neufchatel cheese, vanilla, canola oil, emulsifier (soy lecithin 322), lemon flavour

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

**CONTAINS: Wheat, milk, eggs, soy D F X**

### WEEK FOUR, DAY FRIDAY

#### CRÈME CARAMEL

Ingredients: Reconstituted Milk solids, cream, sugar, halal gelatin, gum (407), flavour, colour (160a), caramel sauce (10%): Water, sugar, thickener (1422), whey powder, vegetable gum (466), acidity regulator (270), flavours, colours (150d, 155), mineral (calcium) and salt.

**CONTAINS: Milk D**

### WEEK FIVE, DAY MONDAY

#### PASSIONFRUIT AND RASPBERRY YOGHURT

Yoghurt : Milk, sugar, milk solids, passion fruit pulp(3.1%), raspberry puree (3.1%), thickeners (1442, 406, 440), water, carrot and safflower concentrate, natural colour (160a), acidity regulator (330, 331), natural flavour, live yoghurt cultures (including acidophilus bifidus and casei).

**CONTAINS : Milk D**

### WEEK FIVE, DAY TUESDAY

#### FLOURLESS COFFEE, CINNAMON AND MACADAMIA CAKE WITH COFFEE CUSTARD

CAKE: Egg, almond meal (24%), sugar, butter, cream, macadamia nuts (4%), raising agents (calcium phosphate, sodium bicarbonate, flavor, cinnamon.

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

**CONTAINS: Eggs, milk, tree nuts, soy D F**

### WEEK FIVE DAY WEDNESDAY

#### CHOCALATE MUD CAKE 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). CUSTARD: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar

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

### WEEK FIVE, DAY THURSDAY

#### TIRAMISU

Ingredients: 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), coffee powder and starter culture

**CONTAINS: Milk, wheat, egg, may contain tree nuts D**

### WEEK FIVE, DAY FRIDAY

#### VANILLA CREAMED RICE

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

**CONTAINS: Milk D**

### WEEK SIX, DAY MONDAY

#### WILDBERRY AND MANGO INFUSED YOGHURT

Yoghurt: Milk, sugar, fruit 6.25% (mango puree (50%), strawberry puree (20%), raspberry puree (15%), blueberry puree (15%), milk solids, thickeners (1442, 1422, 406, 440), water, acidity regulator (330, 331), natural colour (160a), natural flavour, live yoghurt cultures (including acidophilus bifidus, casei)

**CONTAINS: Milk D**

### WEEK SIX, DAY TUESDAY

#### RASPBERRY CHEESECAKE WITH RASPBERRY COULI

Cake : 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, sugar, water)

**CONTAINS: Milk, wheat (gluten), soy, egg D**

### WEEK SIX, DAY WEDNESDAY

#### FLOURLESS LEMON BUTTER 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, neufchatel cheese, juice (1.3%) (preservative (223), flavour, raising agent (calcium phosphate, sodium bicarbonate), flavour, canola oil, emulsifier (soy lecithin 322)

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

**CONTAINS: Egg, soy, milk Ø D F**

### WEEK SIX, DAY THURSDAY

#### CRÈME CAPPUCCINO

Ingredients: Cream (55%), cheese, Milk, sugar, water, Milk solids, halal gelatin, flavour, Preservative (202), salt, stabilizers (410, 412), starter culture

**CONTAINS: Milk D**

### WEEK SIX, DAY FRIDAY

#### VANILLA BEAN PANNA COTTA

Ingredients: 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**

<b>WEEK DAY</b>		<b>1 MONDAY</b>		<b>SOUP</b>		<b>1. CREAMY PUMPKIN &amp; LENTIL</b>	
<b>A</b>		<b>B</b>		<b>C</b>		<b>D</b>	
<p><b>CORN BEEF WITH HERB GRAVY</b></p> <p>Corned beef : Brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolyzed vegetable protein (maize), vegetable oil, humectants (422)</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, sage, thyme, salt and pepper  <b>CONTAINS: Milk, soy</b></p> <p>Ø D FR</p>		<p><b>SLOW COOKED BRAISED PORK STEAK WITH CREAMY MUSHROOM GRAVY</b></p> <p>Pork : Pork steak, 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. Cream (halal gelatin, milk and milk products), mushrooms, thyme, salt and pepper  <b>CONTAINS: Milk, soy</b></p> <p>Ø D FR</p>		<p><b>CHICKEN SAUSAGES WITH HOME STYLE TOMATO SAUCE</b></p> <p>Sausage: Chicken leg meat, skin on, salt pepper, ground oregano, lemon peel.</p> <p>Sauce: Crushed tomato, basil, red onion, garlic, balsamic vinegar (wine vinegar {sulphites}, concentrated grape must, caramel{E150d}), brown sugar, salt and pepper  <b>CONTAINS: Sulphites</b></p> <p>Ø D FR X</p>		<p><b>ROAST PUMPKIN AND SAGE RISSOTO</b></p> <p>Arborio rice, pumpkin, sage, spinach, garlic, white wine (sulphites), nutmeg, Cream (halal gelatin, milk and milk products), lemon zest, parmesan (pasteurized milk, salt, cultures, enzyme), salt and cracked pepper  <b>CONTAINS: Milk, sulphites</b></p> <p>Ø D F X</p>	
<b>SIDES</b>				<b>DESSERT</b>			
<p>Rosemary roasted chats ( rosemary, olive oil, salt and pepper) peas and carrots.</p>				<p><b>WILDBERRY AND MANGO INFUSED YOGHURT</b></p> <p>Yoghurt : Milk, sugar, fruit 6.25% (mango puree(50%), strawberry puree(20%), raspberry puree(15%), blueberry puree(15%), milk solids, thickeners(1442, 1422, 406, 440), water, acidity regulator (330, 331), natural colour (160a), natural flavour, live yoghurt cultures(including acidophilus bifidus, casei).  <b>CONTAINS: Milk D</b></p>			



WEEK DAY		1 TUESDAY	
A		B	
ROAST PORK WITH CRANBERRY AND CHIVE GRAVY		WINTER LAMB CASSEROLE	
<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. Cranberry sauce (sugar, water, cranberry {30%}, gelling agent {fruit pectin}, food acids {330, 331}, mineral salt {509}), chives, salt and cracked pepper.</p> <p><b>CONTAINS: Milk, soy</b></p> <p>Ø D F FR</p>		<p>Lamb, carrots, onions, celery, crushed tomato, rosemary, parsley, garlic, red wine (sulphites), salt and 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><b>CONTAINS: Soy, milk, sulphites, wheat (gluten free), may contain sesame</b></p> <p>Ø D F X</p>	
SIDES		DESSERT	
<p>Mash potato, butter (pasteurized cream ,water, salt, milk fat 80% minimum) , Milk (pasteurized and homogenized whole milk), salt and pepper. Broccoli and Cauliflower</p> <p><b>CONTAINS: Milk</b></p>		<p><b>APPLE CRUMBLE WITH CUSTARD</b></p> <p>Apples, wheat flour, sugar, sultanas, butter, egg, almond meal, cinnamon, canola oil, emulsifier (soy lecithin 322)</p> <p>CUSTARD: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar</p> <p><b>CONTAINS: wheat, eggs, soy, milk, nuts</b> D F</p>	

SOUP		2. CHICKEN, PARSLEY & CHICKPEA	
C		D	
LEMON CHICKEN STIRFRY WITH RICE		BEETROOT, ASPARAGUS AND FETA QUICHE	
<p>Chicken, Lemon sauce: Water, lemon juice [21%], sugar, thickeners (1414, 415), salt, natural flavours, garlic, yeast extract, food acid (citric), colour(160a). Spring onion, carrots, celery, capsicum, bok-choy, salt and pepper</p> <p>Rice: Rice, turmeric, salt, water</p> <p><b>CONTAINS: May contain soybean, milk, sesame, peanuts and tree nuts</b></p> <p>Ø D F X</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), feta cheese (pasteurized milk, salt, cultures, enzyme), beetroot, asparagus, dill, salt and pepper</p> <p><b>CONTAINS: Wheat, eggs, milk, soy</b></p> <p>Ø D F FR</p>	

WEEK DAY	1 WEDNESDAY		SOUP	3. WINTER LAMB & BARLEY
A	B	C	D	
<p><b>PORTUGUESE LEMON ROAST CHICKEN WITH STOCK SAUCE</b></p> <p>Chicken fillet, tomato paste, garlic, lemon thyme, lemon juice/zest, oregano, paprika, olive oil, salt and pepper</p> <p>Sauce: Stock from chicken, water, parsley, salt, pepper and corn flour</p> <p><b>CONTAINS: No allergens</b></p> <p>Ø D F FR</p>	<p><b>NORTHERN ITALIAN BEEF STEW</b></p> <p>Beef, carrots, onion, celery, crushed tomato, red wine (sulphites), garlic, thyme, marjoram, sage, basil, salt, 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><b>CONTAINS: Soy, Wheat (gluten free), sulphites, may contain milk, sesame</b></p> <p>Ø D F X</p>	<p><b>CHEESY HAM AND HERB QUICHE</b></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), Ham (pork, water, salt, sugar, mineral salts (451)(450), antioxidant (316), preservative (250), parsley, spring onion, basil, salt and pepper</p> <p><b>CONTAINS: Wheat, eggs, milk, soy</b></p> <p>Ø D F FR</p>	<p><b>MUSHROOM, LEEK AND FETA SLICE</b></p> <p>Swiss brown mushrooms, leek, baby spinach, thyme, eggs, cream (halal gelatin, milk and milk products), Feta ( pasteurized milk, salt, cultures, enzyme), tasty cheese ( pasteurized milk, salt, cultures, enzyme), salt and pepper</p> <p><b>CONTAINS: Eggs, milk</b></p> <p>Ø D F</p>	
SIDES		DESSERT		
<p>Roast potato (salt, pepper and oil),Cross cut beans and carrots.</p>		<p><b>BANANA AND BLUEBERRY CAKE WITH CUSTARD</b></p> <p>Cake : Sugar, wheat flour, bananas(23%), water, milk, eggs, vegetable oil, raising agents(calcium phosphate, sodium bicarbonate), blueberries, canola oil, Neufchatel, icing sugar</p> <p>CUSTARD :Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar</p> <p><b>CONTAINS: Wheat, milk, eggs D F</b></p>		

WEEK DAY		1 THURSDAY	
A		B	
SOUP		4. VEGETABLE MINESTRONE	
C		D	
<b>ROAST BEEF WITH RED WINE GRAVY</b> 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. Seeded mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], red wine(sulphites), thyme, salt and cracked pepper <b>CONTAINS: Milk, soy, sulphites</b> Ø D F FR		<b>SATAY CHICKEN DRUMSTICKS WITH RICE</b> Chicken drumsticks, Satay sauce(water, sugar, roasted peanuts(13%),coconut milk powder(2.7%)(contains milk), salt, vegetable oils( canola, sesame), garlic, thickeners(1422, 415), onion, food acid(lactic), colours(160c, 150d), cumin, chillies, natural flavours. Gravy : Stock from chicken, parsley, corn flour, salt and cracked pepper. Rice : rice, salt, turmeric and water <b>CONTAINS: Peanuts, milk, sesame, may contain soybean and tree nuts</b> Ø D F FR	
<b>LAMB AND CHICKPEA WINTER STEW</b> Lamb, cinnamon, cumin, paprika, carrot, onion, celery, garlic, parsley, mint, chickpeas, tomato paste, salt and 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) <b>CONTAINS: Soy, milk, wheat (gluten free), may contain sesame</b> Ø D F X		<b>ROAST WINTER VEGETABLE STRUDEL</b> 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). Pumpkin, sweet potato, red onion, carrot, 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). <b>CONTAINS: Wheat, soy, egg, milk</b> D F X	
<b>SIDES</b> Mustard potato: cream (pasteurized and homogenized whole milk), Whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], Meals (A), (C) and (D). Pumpkin and corn <b>CONTAINS: Milk</b>		<b>DESSERT</b> <b>FRUIT TRIFLE</b> Ingredients: 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), flavors, sweeteners (952, 950), colors (160a, 122), mineral (calcium). <b>CONTAINS: Milk, egg, wheat (gluten), sulphites. May contain tree nuts</b> D	

WEEK DAY		1 FRIDAY		SOUP		5. POTATO, LEEK & BACON	
A		B		C		D	
<b>HONEY AND LEMON ROAST CHICKEN WITH RICH GRAVY</b>  Chicken fillet, honey, lemon juice/zest, garlic, thyme, olive oil, salt and cracked 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, salt and pepper <b>CONTAINS: Milk, Soy</b>  Ø D Æ FR		<b>CRUMBED FISH WITH TARTARE SAUCE</b>  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  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 <b>CONTAINS: Fish, wheat (gluten), soy, egg</b>  D FR Ø		<b>HONEY, SOY PORK AND CASHEW STIRFRY WITH RICE</b>  Pork, sesame oil, honey, sweet soy( palm sugar 76%, wheat preservatives, E211, E223), red chilli, ginger, gluten free soy sauce (water, soybeans (20%), rice, salt, contains (3.2% alcohol v/v) from the natural brewing process), salt and cracked pepper. Spring onion, carrots, celery, capsicum, bok Choy , cashews, salt and cracked pepper.  Rice: Rice, turmeric, salt <b>CONTAINS: Soy, nuts, wheat, sesame</b>  D Æ X		<b>SESAME, GINGER TOFU STIRFRY WITH RICE</b>  Tofu(Soya bean) sesame oil, honey, sweet soy( palm sugar 76%, wheat preservatives, E211, E223), red chilli, ginger, gluten free soy sauce (water, soybeans (20%), rice, salt, contains (3.2% alcohol v/v) from the natural brewing process), salt and cracked pepper. Spring onion, carrots, celery, capsicum, bok Choy, salt and cracked pepper  Rice: Rice, turmeric, salt <b>CONTAINS: Soy, wheat, sesame</b>  D Æ X	
<b>SIDES</b>				<b>DESSERT</b>			
Crushed potato with mustard and spring onion (Dijon mustard, water, mustard seed 18%, salt, sugar, food acid {acetic}, turmeric) and olive oil, (A), (B) meals. Broccoli and diced carrots				<b>CHOCOLATE COCONUT CUSTARD</b>  Ingredients: Coconut Milk (Reconstituted), water, sugar, cocoa powder, modified tapioca starch (1422), pea protein, flavor, vegetable gums (407,415) <b>CONTAINS: No allergens D</b>			

<b>WEEK DAY</b>		<b>2 MONDAY</b>	
<b>A</b>		<b>B</b>	
<p><b>SMOKY B.B.Q ROASTED CHICKEN WITH HERB GRAVY</b></p> <p>Chicken fillet, mixed herbs, paprika, mild curry powder, salt and cracked 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, parsley, thyme, salt and cracked pepper</p> <p><b>CONTAINS: Milk, soy</b></p> <p>Ø D F FR</p>		<p><b>VEAL SCHNITZEL WITH RICH GRAVY</b></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), spice</p> <p><b>CONTAINS: Wheat (gluten), milk, soy</b></p> <p>D X FR</p>	
<b>SIDES</b>		<b>DESSERT</b>	
<p>Rosemary Roasted chat potatoes (oil, salt, pepper, rosemary), Cross cut beans, carrots</p>		<p><b>PASSIONFRUIT AND RASPBERRY YOGHURT</b></p> <p>Yoghurt: Milk, sugar, milk solids, passion fruit pulp(3.1%), raspberry puree (3.1%), thickeners (1442, 406, 440), water, carrot and safflower concentrate, natural colour (160a), acidity regulator (330, 331), natural flavour, live yoghurt cultures (including acidophilus bifidus and casei)</p> <p><b>CONTAINS : Milk D</b></p>	

<b>SOUP</b>		<b>6. ROASTED GARLIC &amp; CAULIFLOWER</b>	
<b>C</b>		<b>D</b>	
<p><b>B.B.Q PORK SAUSAGE WITH TOMATO RELISH</b></p> <p>Sausage : Pork , premix continental (rice flour, salt, mineral salt[451], preservative {223}, spice, spice extract{160}, herb extracts, vegetable powder), water, pepper, garlic, beef, sweet sherry, fennel</p> <p>Relish : Tomato Relish : Tomato 50%,sugar, onion, vinegar, concentrated tomato, thickener (1422), salt, spices, garlic, acidity regulator (330) and firming agent (509)</p> <p><b>CONTAINS: No allergens</b></p> <p>Ø D F FR</p>		<p><b>GNOCCHI WITH CREAMY MUSHROOM SAUCE</b></p> <p>Gnocchi: Potatoes (61%), flour, thiamin, folic acid, parmesan cheese, margarine, salt, egg.</p> <p>Sauce: Cream (halal gelatin, milk and milk products, cheese (pasteurized milk, salt, cultures, enzyme), mushrooms, garlic, thyme, corn flour, salt and pepper</p> <p><b>CONTAINS: Wheat (gluten), milk, egg</b></p> <p>D FR X</p>	

<b>WEEK DAY</b>		<b>2 TUESDAY</b>	
<b>A</b>		<b>B</b>	
<b>SOUP</b>		<b>7. CREAMY CHICKEN, VEGETABLES &amp; SWEET POTATO</b>	
<b>C</b>		<b>D</b>	
<b>ROAST LAMB WITH MINT GRAVY</b> 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, salt and cracked pepper <b>CONTAINS: Milk, soy</b> Ø D Ę FR		<b>WINTER BEEF CASSEROLE</b> Beef, onion, celery, carrot, garlic, tomato paste, parsley, oregano, crushed tomato, red wine (sulphites), nutmeg, 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] <b>CONTAINS: Soy, sulphites, wheat (gluten free), may contain milk, sesame</b> Ø D Ę X	
<b>SWEET CHILLI, CHICKEN STIRFRY WITH RICE</b> Diced chicken, gluten free soy (water, soybeans (20 %), rice, salt contains 3.2 % alcohol from the natural brewing process ), sesame oil, sweet chilli (sugar, water, chilli, salt, garlic, thickener{1442, 415}, acidity regulator (260), preservative {202}).Carrots, capsicum, onion ,celery, bok choy, spring onion, oil, salt and pepper Rice : Rice, salt and pepper <b>CONTAINS: Soy, sesame</b> Ø D Ę X		<b>PANKO AND PARMESAN BAKED EGGPLANT WITH TOMATO AND BASIL SAUCE</b> Eggplant, panko crumb(wheat flour, yeast, salt, palm oil, glucose, food contains ammonium chloride, acidity regulator{E516}), cheese (pasteurized milk, salt, cultures, enzyme), butter (pasteurized cream ,water, salt, milk fat 80% minimum), salt and pepper Sauce : crushed tomato, basil, brown sugar, water, salt and pepper <b>CONTAINS: Milk, wheat</b> Ø D Ę FR	
<b>SIDES</b>		<b>DESSERT</b>	
Crushed potato with mustard and spring onion (Dijon mustard, water, mustard seed 18%, salt, sugar, food acid {acetic}, turmeric) and olive oil., meals (A), (B) and (C). Peas and pumpkin.		<b>STICKY DATE WITH CUSTARD</b> Cake: Dates (pitted 22%), sugar, wheat flour, eggs, butter (milk solids), walnuts, raising agent (sodium bicarbonate), glaze, canola oil. CUSTARD: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar. <b>CONTAINS: Wheat (gluten), milk, egg, nuts</b> D Ę	

WEEK DAY		2 WEDNESDAY		SOUP		8. BEEF & WINTER VEGETABLE	
A		B		C		D	
<b>CORN BEEF WITH LEMON AND DILL CREAM SAUCE</b> Corned 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 (sulphites), dill, Dijon mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], lemon juice/zest, corn flour, salt and cracked pepper <b>CONTAINS: Milk, sulphites</b> Ø D F FR		<b>THAI GREEN CHICKEN CURRY WITH RICE</b> Chicken, Thai green curry paste : Green paste base(69%)(green chilli, finger root, lemongrass, garlic, shallot, galangal, kaffir lime peel, sweet basil, spices), water, sunflower oil, salt, sugar, modified tapioca starch (1442), citric acid. Fresh basil, kaffir lime leaves, limes, coconut milk, palm sugar, corn flour, eggplant, salt and pepper Rice: rice, salt and water. <b>CONTAINS : May contain wheat, soybean, sesame, fish and crustacean</b> Ø D F X		<b>QUICHE LORRAINE</b> 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), natural wood smoke], onion, parsley, nutmeg. Cheese (pasteurized milk, salt, cultures, enzyme), parmesan cheese (pasteurized milk, salt, cultures, enzyme), eggs and cream (halal gelatin, milk and milk products), salt and pepper <b>CONTAINS: Milk, eggs, wheat (gluten), soy</b> Ø D F FR		<b>MUSHROOM, LEEK AND FETA QUICHE</b> 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: Leek, mushroom, chives. Cheese (pasteurized milk, salt, cultures, enzyme), Feta cheese (pasteurized milk, salt, cultures, enzyme), eggs and cream (halal gelatin, milk and milk products), salt and pepper <b>CONTAINS: Milk, eggs, wheat (gluten), soy</b> Ø D F FR	
<b>SIDES</b>				<b>DESSERT</b>			
Roast potato, Meals (A), (C) and (D). Butter beans and carrots				<b>DESSERT: FRUIT CAKE WITH CUSTARD</b> Mixed fruit (48%) (sultanas, currants, glace cherry [color (127)], orange peel), wheat flour, sugar, butter, egg, milk, baking powder (calcium phosphate, sodium bicarbonate), flavor, glaze, canola oil. CUSTARD: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar. <b>CONTAINS: Wheat, milk, egg D F</b>			

<b>WEEK DAY</b>	<b>2 THURSDAY</b>		<b>SOUP</b>	<b>9. CREAMY TOMATO &amp; CHICKPEA</b>
<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	
<p><b>ROAST PORK WITH TARRAGON AND MUSTARD GRAVY</b>  PORK: Pork(98%), thickener (1412), starch (tapioca), salt, mineral salts (451, 450, 452), roast pork rub (colour 150c) flavour enhancers (627, 631) water.  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], tarragon, salt and cracked pepper.  <b>CONTAINS: Milk, soy Ø D F FR</b></p>	<p><b>SPICED RUBBED CHICKEN DRUMSTICKS WITH HERB GRAVY</b>  Chicken drumsticks, paprika, cumin, coriander, turmeric, cayenne, brown sugar, oil, 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),parsley, thyme, salt and pepper  <b>CONTAINS: Milk, soy</b>  Ø D F FR</p>	<p><b>INDIAN MADRAS LAMB CURRY WITH RICE</b>  Diced lamb, madras paste (water, spices {26%}, vegetable oil, salt, food acids [acetic, citric, lactic], tamarind, maize flour, garlic powder), onions, fresh coriander, crushed tomato, salt and pepper  Rice: rice, turmeric, salt  <b>CONTAINS : no allergens</b>  Ø D F X</p>	<p><b>SHITAKE MUSHROOM AND EGG FRIED RICE</b>  Rice : Rice, spring onion, ginger, eggs, carrots, celery, capsicum, bok choy, shitake mushroom, gluten free soy (water, soybeans (20 %), rice, salt contains 3.2 % alcohol from the natural brewing process ), 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)].Oil, salt and cracked pepper  <b>CONTAINS: Eggs, soy</b>  Ø D F X</p>	
<b>SIDES</b>		<b>DESSERT</b>		
<p>Mash potato, butter (pasteurized cream ,water, salt, milk fat 80% minimum), cream (halal gelatin, milk and milk products), salt and pepper (A) and (B) meals. Broccoli and corn.  <b>CONTAINS: Milk</b></p>		<p><b>DESSERT: NEW YORK CHEESECAKE WITH CRUMBLE AND CUSTARD</b>  Cake : 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, condensed milk (37%), coconut, 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), icing mix(sugar, starch), cocoa, flavour, colour (102, 133), canola oil, emulsifier(soy lecithin 322), wheat flour, raising agent (calcium phosphate, sodium bicarbonate), flavours  Custard: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar  <b>CONTAINS: Wheat, egg, milk, soy D F</b></p>		



WEEK DAY		2 FRIDAY	
A		B	
<b>SAGE AND GARLIC ROAST CHICKEN WITH WHITE WINE SAUCE</b> Chicken: Chicken fillet, sage, garlic, olive oil, salt and cracked pepper Sauce: Cream (halal gelatin, milk and milk products), white wine (sulphites), parsley, mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], corn flour, salt and cracked pepper <b>CONTAINS: Milk, sulphites</b> Ø D F FR		<b>BEER BATTERED FISH WITH HERB AND LEMON MAYONNAISE</b> 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%) Mayonnaise: Canola oil(76%), pasteurized free range egg yolks(7.5%), water, vinegar, sugar, salt, lemon juice concentrated, natural mustard flavour, antioxidant(385), lemon zest, chives, parsley and cracked pepper <b>CONTAINS: Fish, wheat (gluten), milk, egg</b> Ø D FR	
SIDES		DESSERT	
Roast potato (A), (B), and (D) meals, carrots and peas		<b>CHOCALATE MOUSSE</b> Ingredients: 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% <b>CONTAINS: Milk and soy, may contain traces of tree nuts D</b>	

SOUP		10. CARROT, SWEET POTATO & BACON	
C		D	
<b>BEEF CHOW MEIN WITH RICE</b> Beef mince, spring onion, garlic, curry powder, carrot, celery, cabbage, peas, soy sauce (water, soybeans (20%), rice, salt, contains (3.2% alcohol v/v) from the natural brewing process), corn flour, brown sugar, salt and pepper Rice : Rice, turmeric and salt <b>CONTAINS: Soy</b> Ø D F X		<b>GRILLED CHEESE VEGIE SCHNITZEL WITH BEETROOT RELISH</b> 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) Relish : Beetroot, water, sugar, red vinegar, modified starch (1422), lemon juice, garlic, salt, herbs and spices <b>CONTAINS : Milk</b> Ø D X	

WEEK DAY		3 MONDAY		SOUP		1. CREAMY PUMPKIN & LENTIL	
A		B		C		D	
<p><b>CORN BEEF WITH CREAMY GREEN PEPPERCORN SAUCE</b></p> <p>Corned beef: Brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolyzed vegetable protein (maize), vegetable oil, humectants (422).</p> <p>Sauce: Cream (halal gelatin, milk and milk products), Dijon mustard, parsley, corn flour, salt and green peppercorn</p> <p><b>CONTAINS: Milk</b></p> <p>Ø D F FR</p>		<p><b>PORK SAUSAGE WITH RICH GRAVY</b></p> <p>Sausage : Pork, premix continental (Rice flour, salt, mineral salt{451}, preservative{223}, spice, spice extracts{160}, herb extracts, vegetable powder), water, pepper, garlic, beef, sweet sherry, fennel</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, salt and pepper</p> <p><b>CONTAINS: Milk, soy</b></p> <p>Ø D F</p>		<p><b>CHICKEN SCHNITZEL WITH HOME STYLE TOMATO SAUCE</b></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, red onion, basil, garlic, brown sugar, salt and cracked pepper.</p> <p><b>CONTAINS: Milk , soy, wheat</b></p> <p>FR D X</p>		<p><b>ROAST PUMPKIN, LEEK AND SPINACH RISOTTO</b></p> <p>Arborio rice, pumpkin, leek, spinach, garlic, white wine (sulphites), cream (halal gelatin, milk and milk products), lemon zest, parmesan (pasteurized milk, salt, cultures, enzyme), salt and cracked pepper.</p> <p><b>Contains: Milk, sulphites</b></p> <p>Ø D X F</p>	
SIDES				DESSERT			
<p>Cross cut beans, carrots and Roasted chat potato (oil, salt and pepper)</p>				<p><b>PASSIONFRUIT AND RASPBERRY YOGHURT</b></p> <p>Yoghurt: Milk, sugar, milk solids, passion fruit pulp (3.1%), raspberry puree (3.1%), thickeners (1442, 406, 440), water, carrot and safflower concentrate, natural colour (160a), acidity regulator (330, 331), natural flavour, live yoghurt cultures (including acidophilus bifidus and casei).</p> <p><b>CONTAINS: Milk D</b></p>			

WEEK DAY		3 TUESDAY		SOUP		2. CHICKEN, PARSLEY & CHICKPEA	
A		B		C		D	
<b>ROAST LAMB WITH ROAST GARLIC AND ROSEMARY GRAVY</b> 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, fresh rosemary, garlic, salt and pepper <b>CONTAINS: Milk , soy</b> Ø D Ę FR		<b>MOROCCAN BEEF STEW</b> Beef, onions, celery, carrots, cinnamon, cumin, turmeric, paprika, crushed tomato, fresh coriander, chickpeas. 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 <b>CONTAINS: Soy, Milk, wheat (gluten free) may contain sesame</b> Ø D Ę X		<b>BASIL, BACON AND SPRING ONION QUICHE</b> 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), Cheese (pasteurized milk, salt, cultures, enzyme), eggs and cream (halal gelatin, milk and milk products), salt , pepper, basil and spring onion <b>CONTAINS: Milk, eggs, wheat (gluten), soy</b> Ø D Ę FR		<b>ROAST PUMPKIN, CAPSICUM AND FETA QUICHE</b> Tasty cheese (pasteurized milk, salt, cultures, enzyme), pumpkin, capsicum, thyme, eggs, cream (halal gelatin, milk and milk products), salt and pepper. Feta cheese (pasteurized milk, salt, cultures, enzyme). 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) <b>CONTAINS: Milk, eggs, wheat (gluten), soy</b> Ø D Ę	
SIDES				DESSERT			
Mash potato, butter (pasteurized cream, water, salt, milk fat 80% minimum), cream (halal gelatin, milk and milk products), salt and pepper. Peas and pumpkin <b>CONTAINS: Milk</b>				<b>RED VELVET MOUSSE</b> Ingredients: 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%. <b>CONTAINS: Milk and soy, may contain traces of tree nuts</b> D			

WEEK DAY		3 WEDNESDAY		SOUP		3. WINTER LAMB & BARLEY	
A		B		C		D	
<b>ROAST BEEF WITH BLACK PEPPER GRAVY</b> 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. Red wine (sulphites), thyme, salt and black pepper <b>CONTAINS: Milk, soy, sulphites</b> Ø D F FR		<b>SMOKEY SPANISH CHICKEN DRUMSTICKS WITH STOCK GRAVY</b> Chicken drumsticks, olive oil, garlic, paprika, red chilli, vinegar, thyme, lime juice/zest, red onion, tomato paste, coriander, salt and pepper Stock gravy: Liquid stock from chicken, fresh coriander, salt and pepper, corn flour <b>CONTAINS: No allergens</b> Ø D F FR		<b>SUNDRIED TOMATO AND RED WINE LAMB STEW</b> Lamb, onion, carrot, celery, garlic, red wine (contain sulphites), crushed tomato, 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), sundried tomato, basil, thyme, salt and pepper <b>CONTAINS: Soy, sulphites</b> Ø D F X		<b>PANKO AND PARMESAN SWEET POTATO BAKE</b> Bake: Sweet potato, Parmesan (pasteurized milk, salt, cultures, enzyme), Tasty Cheese (pasteurized milk, salt, cultures, enzyme), thyme, salt, pepper, and cream (halal gelatin, milk and milk products). Panko breadcrumbs (wheat flour, yeast, salt, palm oil, glucose, ammonium chloride, acidity regulator E516) <b>CONTAINS: Milk, wheat</b> Ø D F FR	
SIDES				DESSERT			
Rosemary and thyme roast potato, Broccoli and cauliflower				<b>RASPBERRY CHEESECAKE WITH RASPBERRY COULI</b> Cake: 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, sugar, water) <b>CONTAINS: Milk, wheat (gluten) soy, egg</b> D F			

WEEK DAY		3 THURSDAY	
A		B	
SOUP		4. VEGETABLE MINESTRONE	
C		D	
<p><b>ROAST PORK WITH APPLE SAUCE AND GRAVY</b></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</p> <p><b>CONTAINS: Milk, soy</b></p> <p>Ø D F FR</p>		<p><b>TERIYAKI CHICKEN STIR FRY WITH RICE</b></p> <p>Stir fry: Diced chicken, celery, carrots, spring onion, capsicum, bok choy. Teriyaki sauce: Water, sugar, soy sauce (18%), (Water, soybean, rice, salt), pear paste, thickeners (1442, 415), ginger (2.5%), sesame oil, food acid (acetic), sherry, garlic, yeast extract, colour(150d)</p> <p>Rice: Rice, salt</p> <p><b>CONTAINS: Soy, sesame, may contain milk, peanuts and tree nuts</b></p> <p>Ø D F FR</p>	
<p><b>BRAISED BEEF TORTELLINI WITH WHITE WINE AND HERB CREAM SAUCE</b></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), parsley, chives, thyme, corn flour, salt and pepper</p> <p><b>CONTAINS: Milk, wheat (gluten), egg, sulphites</b></p> <p>D X</p>		<p><b>PANKO CRUSTED TOFU WITH SWEET CHILLI AND RICE</b></p> <p>Tofu (soybeans, salt), panko breadcrumbs (wheat flour, yeast, salt, palm oil, glucose, ammonium chloride, acidity regulator E516), egg, flour, salt and pepper</p> <p>Sweet chilli sauce: (sugar, water, chilli, salt, garlic, thickener [1422, 415], acidity regulator [260], preservative [202])</p> <p>Rice: Rice, water, salt</p> <p><b>CONTAINS: Soy, wheat, egg</b></p> <p>D F FR</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) and (C) meal, cabbage and corn. Rice (B) and (D) meal</p> <p><b>CONTAINS: Milk</b></p>		<p><b>CARROT CAKE WITH CUSTARD</b></p> <p>Sugar, eggs, carrots (14%), vegetable oil, wheat flour, sultanas (5%), sour cream, raising agent (calcium phosphate, sodium bicarbonate), Neufchatel cheese, walnuts, flavor, butter, spices, Neufchatel, mixed fruit, nuts and seeds</p> <p>CUSTARD :Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar</p> <p><b>CONTAINS: Egg, wheat, milk, nuts D F</b></p>	

WEEK DAY		3 FRIDAY		SOUP		5. POTATO, LEEK & BACON	
A		B		C		D	
<b>GREEK STYLE ROAST CHICKEN WITH GRAVY</b> Chicken fillet: Oregano, garlic, lemon juice/zest, olive oil, honey salt and pepper  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 (306)], yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635) <b>CONTAINS: Milk and soy</b>  Ø D Ď		<b>LEMON, PEPPER AND BUTTER GRILLED FISH WITH TARRAGON CREAM SAUCE</b>  Fish : Hake, butter (pasteurized cream ,water, salt, milk fat 80% minimum), lemon zest/juice, salt, cracked pepper  Sauce : Cream ( halal gelatin, milk and milk products), turmeric, lemon zest/juice, salt, pepper ,tarragon, Dijon mustard (water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric), corn flour <b>CONTAINS: Milk, fish</b>  Ø D FR		<b>SAVOURY MEATLOAF WITH CREAMY HERB GRAVY</b>  Beef (80%), water, tomato, onion, pepper, garlic, parsley, salt, gluten free breadcrumbs.  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, oregano, salt and cracked pepper <b>CONTAINS: Milk, soy</b>  Ø D Ď X		<b>PENNE PASTA WITH GARLIC, MUSHROOMS AND HERBS</b>  Pasta : Durum wheat semolina.  Button mushrooms, Swiss brown mushrooms, olive oil, tomato paste, onions, garlic, oregano, basil, parmesan (pasteurized milk, salt, cultures, enzyme), salt and pepper. <b>CONTAINS: Milk , wheat , may contain traces of egg and soy</b>  D Ď X	
SIDES				DESSERT			
Roast potato (A), (B)(C) and (D). Carrot, cauliflower and broccoli medley				<b>TROPICAL PUNCH DESSERT</b>  Ingredients: Reconstituted coconut milk, water, sugar, modified starch (1450, 1422), rice protein, vegetable gums (407, 415), flavours, acidity regulator (330), colour (102, 110) <b>CONTAINS: No allergens</b>  D			

<b>WEEK DAY</b>		<b>4 MONDAY</b>					
<b>A</b>		<b>B</b>					
<p><b>B.B.Q ROAST CHICKEN WITH GREEN PEPPERCORN GRAVY</b></p> <p>Chicken fillet, mixed herbs, paprika, mild curry powder, 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. Green peppercorn, parsley, salt and pepper  <b>CONTAINS: Milk, soy</b></p> <p>Ø D Ę FR</p>		<p><b>SLOW COOKED BRAISED BEEF STEAKS WITH MUSTARD GRAVY</b></p> <p>Steak : Beef, salt 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. Seeded mustard (water, mustard seed, salt, sugar, food acid, acetic, turmeric), salt and pepper  <b>CONTAINS: Milk, soy</b></p> <p>Ø D Ę FR</p>					
<b>SIDES</b>		<b>DESSERT</b>					
<p>Mustard roasted chat potato ( Cream (halal gelatin, milk and milk products), Dijon mustard (water, mustard seed, salt, sugar, food acid, acetic, turmeric). Cross cut beans and carrots  <b>CONTAINS: Milk</b></p>		<p><b>6. ROASTED GARLIC &amp; CAULIFLOWER</b></p> <th colspan="2"><b>C</b></th> <th colspan="2"><b>D</b></th>		<b>C</b>		<b>D</b>	
		<p><b>LAMB AND ROSEMARY SAUSAGE WITH ONION GRAVY</b></p> <p>Sausage : Lamb (70%), water, premix continental (Rice flour, salt, mineral salt{451}, preservative{223}, spice, spice extracts{160}, herb extracts, vegetable powder), lamb and rosemary</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, salt and cracked pepper  <b>CONTAINS: Milk, soy</b></p> <p>Ø D Ę FR</p>		<p><b>GNOCCHI WITH NAPOLI SAUCE</b></p> <p>Gnocchi: Potatoes (61%), flour, thiamin, folic acid, parmesan cheese, margarine, salt, egg</p> <p>Sauce: crushed tomato, garlic, basil, onion, olive oil, salt, sugar and pepper  <b>CONTAINS: Wheat (gluten), milk, egg</b></p> <p><b>D X</b></p>			
		<p><b>WILDBERRY AND MANGO INFUSED YOGHURT</b></p> <p>Yoghurt: Milk, sugar, fruit 6.25% (mango puree (50%), strawberry puree (20%), raspberry puree (15%), blueberry puree (15%), milk solids, thickeners (1442, 1422, 406, 440), water, acidity regulator (330, 331), natural colour (160a), natural flavour, live yoghurt cultures (including acidophilus bifidus, casei)  <b>CONTAINS: Milk</b></p> <p><b>D</b></p>					

WEEK DAY		4 TUESDAY	
A		B	
<b>CORN BEEF WITH PARMESAN AND PARSLEY CREAM SAUCE</b>  Corned 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), cheese (pasteurized milk, salt, culture),parsley, corn flour, salt and pepper <b>CONTAINS: Milk</b>  Ø D F FR		<b>SLOW COOKED WINTER PORK STEW</b>  Diced pork, carrots, onion, celery, rosemary, oregano, paprika, crushed tomato, red wine(sulphites).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 <b>CONTAINS: Sulphites, Soy, may contain sesame</b>  Ø D F X	
SIDES		DESSERT	
Pumpkin, peas. Crushed potato with mustard and spring onion (Dijon mustard, water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric) and olive oil		<b>MANGO PANNA COTTA</b>  Ingredients : Reconstituted Milk solids, cream[skim milk, cream, thickener (1422), emulsifier (472e), gums(415, 407)], sugar, halal gelatin, flavour, thickener (407), [mango sauce (10%), mango puree, water, sugar, starch(1422), natural flavour, natural colour] <b>CONTAINS: Milk D</b>	

SOUP		7. CREAMY CHICKEN, VEGETABLES & SWEET POTATO	
C		D	
<b>MUSHROOM, SPRING ONION AND SMOKED CHICKEN QUICHE</b>  Smoked chicken (chicken 95%, water, salt, mineral salts [451,452], sugar, antioxidants [316], hydrolyzed maize protein, flavor enhancer [635], sodium nitrate [250], vegetable oil, natural smoke).  Eggs, Cream (halal gelatin, milk and milk products), cheese (pasteurized milk, salt, culture), mushrooms, spring onion, salt and pepper. 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). <b>CONTAINS: Milk, eggs, wheat (gluten), soy</b>  Ø D F FR		<b>MEDITERRANEAN VEGETABLE FRITTATA</b>  Cheese (pasteurized milk, salt, cultures, enzyme), eggs and cream (halal gelatin, milk and milk products), Feta cheese(pasteurized milk, salt, cultures, enzyme), capsicum, zucchini, spring onion, basil, parsley, salt and pepper. <b>CONTAINS: Milk, Egg</b>  Ø D F	



WEEK DAY		4 WEDNESDAY		SOUP		8. BEEF & WINTER VEGETABLE	
A		B		C		D	
<b>ROAST PORK WITH TOMATO GRAVY</b> PORK: Pork(98%), thickener (1412), starch (tapioca), salt, mineral salts (451, 450, 452), roast pork rub (colour 150c) flavour enhancers (627, 631) water 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, thyme, salt and cracked pepper <b>CONTAINS: Milk, soy</b> Ø D F FR		<b>SPANISH BEEF STEW</b> Diced beef, red wine (contain sulphites), 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). Parsley, oregano, paprika, cumin powder, garlic, celery, carrots, onions, tomato paste, sliced black olives, salt and cracked pepper <b>CONTAINS: Soy, sulphites, may contain milk, sesame</b> Ø D F X		<b>OVEN GRILLED CHICKEN AND PARSLEY MEATBALLS WITH WHITE WINE SAUCE</b> Ingredients: Chicken, parsley, onion, garlic, gluten free breadcrumbs, salt and pepper. Sauce : Cream (halal gelatin, milk and milk products), white wine (sulphites), ( Dijon mustard ,water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric), parsley, garlic, corn flour, salt and pepper <b>CONTAINS: Milk, sulphites</b> Ø D F X		<b>MUSHROOM AND SWEET POTATO CURRY WITH RICE</b> Button mushrooms, Swiss brown mushroom, green chilli, fenugreek seeds, mustard seeds, mild curry powder, tomato, coconut milk, onion, ginger, garlic, turmeric, sweet potato, salt and pepper Rice : Rice, salt and turmeric <b>CONTAINS: No allergens</b> Ø D F	
SIDES				DESSERT			
Broccoli and Carrots. Roast potato, meals (A), (B), (C)				<b>DESSERT: RHUBARB AND APPLE CRUMBLE SLICE WITH CUSTARD</b> Cake: Apples, rhubarb, wheat flour, sugar, sultanas (9%), 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), egg, almond meal, cinnamon, canola oil, emulsifier (soy lecithin 322) CUSTARD: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar <b>CONTAINS: Wheat (gluten), soy, eggs, milk, nuts</b> D F			

WEEK DAY		4 THURSDAY	
A		B	
SOUP		9. CREAMY TOMATO & CHICKPEA	
C		D	
<b>ROAST BEEF WITH HERB AND HORSERADDISH GRAVY</b> 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 metabisulphite), thyme, parsley, salt and cracked pepper <b>CONTAINS: Milk, soy, sulphites</b> Ø D F FR		<b>TIKKA MASALA CHICKEN CURRY WITH RICE</b> Chicken, tikka masala paste(water, tomatoes [23%], diced from paste), onion, yoghurt [7.5%] (milk, skimmed milk powder, cultures), vegetable oil, cream, spices [3%], thickener (maize starch 1422), sugar, garlic, salt, ginger, lemon juice, food acids (acetic, lactic), colour (paprika extract), coriander leaf, mustard powder, natural flavour. Onion, crushed tomato, fresh coriander, salt and pepper Rice: Rice, salt and turmeric <b>CONTAINS: Milk, may contain wheat, peanuts, soybean and tree nuts</b> Ø D F X	
<b>TUNA, SPINACH, MUSHROOM AND FETA QUICHE</b> 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), tuna, spinach, mushroom, Feta (pasteurized milk, salt, cultures, enzyme), salt and pepper <b>CONTAINS: Milk, wheat (gluten), soy, eggs, fish</b> Ø D F FR		<b>PARMESAN AND PANKO CRUMBED EGGPLANT WITH CHEESE SAUCE</b> Eggplant, Panko crumbs [wheat flour, yeast, salt, palm oil, glucose, food contains ammonium chloride, acidity regulator (E516)], Butter (pasteurized cream, water, salt, milk fat 80% minimum), Cheese (pasteurized milk, salt, cultures, enzyme), salt and pepper Sauce : cream (halal gelatin, milk and milk products), Cheese (pasteurized milk, salt, cultures, enzyme), parsley, corn flour, salt and pepper <b>CONTAINS: Wheat (gluten), milk</b> Ø D F FR	
<b>SIDES</b> Potato mash, cream (halal gelatin, milk and milk products), Butter (pasteurized cream, water, salt, milk fat 80% minimum). (A), (C), (D). Zucchini and corn <b>CONTAINS: Milk</b>		<b>DESSERT</b> <b>LEMON AND LIME DRIZZLE CAKE WITH CUSTARD</b> Cake: Wheat flour (self raising), sugar, icing sugar, sour cream (milk solids), coconut, water, eggs, vegetable oil, neufchatel cheese, vanilla, canola oil, emulsifier (soy lecithin 322), lemon flavour CUSTARD: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar. <b>CONTAINS: Wheat, milk, eggs, soy D F X</b>	

WEEK DAY		4 FRIDAY		SOUP		10. CARROT, SWEET POTATO & BACON	
A		B		C		D	
<b>ROAST CHICKEN WITH PARSLEY, PAPRIKA AND HERB GRAVY</b>  Chicken : Chicken fillet, dried parsley, garlic powder, paprika, oil, salt and cracked 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, Cream (halal gelatin, milk and milk products), parsley, thyme, salt and cracked pepper <b>CONTAINS: Soy, Milk</b>  Ø D Æ FR		<b>LEMON, PANKO AND PARMESAN CRUSTED FISH WITH DILL CREAM SAUCE</b>  Fish : Hake, butter (pasteurized cream ,water, salt, milk fat 80% minimum), dried parsley, lemon zest, salt, pepper, panko breadcrumbs (wheat flour, yeast, salt, palm oil, glucose, yeast food contain ammonium chloride, acidity regulator E516).Parmesan Cheese (pasteurized milk, salt, cultures, enzyme).  Sauce : Cream ( halal gelatin, milk and milk products), turmeric, lemon zest, dill, salt, pepper <b>CONTAINS: Fish, wheat (gluten), milk</b>  Ø D FR		<b>STICKY PORK STIRFRY WITH RICE</b>  Pork, honey, 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). Carrots, capsicum, onion, celery, bok choy, spring onion, oil, salt and pepper  Rice: Rice, salt and pepper <b>CONTAINS: Soy, wheat, sesame seeds</b>  D Æ X		<b>THAI YELLOW VEGETABLE CURRY WITH RICE</b>  Yellow curry paste: Lemongrass, garlic, shallot, ginger, turmeric, chili, kaffir lime peel, spices, water, sunflower oil, salt, modified tapioca starch (1442), citric acid. Eggplant, green beans, sweet potato, zucchini, cauliflower, coconut milk, palm sugar, fresh coriander, salt and pepper  Rice: Rice, turmeric, salt <b>CONTAINS: May contain wheat, soybean, sesame, fish and crustacean</b>  Ø D Æ X	
SIDES				DESSERT			
Meals (A)(B) Roast potato, Rice (C) and (D). Butter beans, diced carrots				<b>CRÈME CARAMEL</b>  Ingredients: Reconstituted Milk solids, cream, sugar, halal gelatin, gum (407), flavour, colour (160a), caramel sauce (10%): Water, sugar, thickener (1422), whey powder, vegetable gum (466), acidity regulator (270), flavours, colours (150d, 155), mineral (calcium) and salt. <b>CONTAINS: Milk</b> <b>D</b>			

<b>WEEK DAY</b>		<b>5 MONDAY</b>		<b>SOUP</b>		<b>1. CREAMY PUMPKIN &amp; LENTIL</b>	
<b>A</b>		<b>B</b>		<b>C</b>		<b>D</b>	
<p><b>ROAST PORK WITH CREAMY DIJON AND CHIVE GRAVY</b></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. Dijon mustard (water, mustard seed 18%, salt, sugar, food acid{acetic}, turmeric), chives, salt, cracked pepper and cream (halal gelatin, milk and milk products)</p> <p><b>CONTAINS: Milk, soy</b></p> <p>Ø D F FR</p>		<p><b>CHICKEN SCHNITZEL WITH RICH GRAVY</b></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>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><b>CONTAINS: Milk, soy, wheat</b></p> <p>FR D X</p>		<p><b>SAVOURY BEEF AND SAGE RISSOLES WITH MUSTARD AND HERB CREAM SAUCE</b></p> <p>Rissole: Beef mince, sage, onion, salt and pepper.</p> <p>Sauce: Whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], cream (halal gelatin, milk and milk products), parsley, thyme, sage, corn flour, salt and pepper</p> <p><b>CONTAINS: Milk</b></p> <p>Ø D F X</p>		<p><b>BAKE CHEESE AND VEGIE PATTIE WITH TOMATO AND BASIL SAUCE</b></p> <p>Burger: Vegetables (78%), (potato, cabbage, carrot, cauliflower, onion, pumpkin, pea, corn, garlic), maize flour, rice flour, vegetable oil (canola), salt, baking powder (450, 500), vegetable gum (guar), spices. Cheese (pasteurized milk, salt, cultures, enzyme</p> <p>Sauce: Crushed tomato, basil, garlic, sugar, water, salt and pepper</p> <p><b>CONTAINS: Milk</b></p> <p>Ø D F X</p>	
<b>SIDES</b>				<b>DESSERT</b>			
<p>Roasted chats, butter beans and carrots</p>				<p><b>PASSIONFRUIT AND RASPBERRY YOGHURT</b></p> <p>Yoghurt : Milk, sugar, milk solids, passion fruit pulp(3.1%), raspberry puree (3.1%), thickeners (1442, 406, 440), water, carrot and safflower concentrate, natural colour (160a), acidity regulator (330, 331), natural flavour, live yoghurt cultures (including acidophilus bifidus and casei).</p> <p><b>CONTAINS : Milk</b></p> <p>D</p>			

WEEK DAY		5 TUESDAY	
A		B	
SOUP		2. CHICKEN, PARSLEY & CHICKPEA	
C		D	
<b>ROAST LAMB WITH CRACKED PEPPER AND ROSEMARY GRAVY</b>  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, rosemary, cracked pepper and salt <b>CONTAINS: Milk, soy</b>  Ø D F FR		<b>MONGOLIAN BEEF STIRFRY WITH RICE</b>  Beef strips, capsicum, carrot, bok choy, spring onion, celery. Mongolian sauce: water, sugar, soy sauce (17%) (water, soybean, rice, salt), sherry, thickeners (1422, 415), onion, chilies (1.6%), vegetable oil, food acids (acetic, lactic), garlic, yeast extract, colour(150d), salt, natural flavour. Salt, pepper and oil  Rice: Rice, turmeric, salt <b>CONTAINS: Soy, may contain milk, sesame, peanuts and tree nuts</b>  Ø D F X	
<b>SMOKED CHICKEN , LEEK AND MUSHROOM QUICHE</b>  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), salt and pepper, 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, mushroom, thyme, salt and pepper <b>CONTAINS : Milk, eggs, wheat (gluten), soy</b>  Ø D F FR		<b>PANKO CRUSTED WINTER VEGETABLE GRATIN</b>  Pumpkin, sweet potato, carrot, capsicum, red onion, crushed tomato, oregano, Panko crumbs [wheat flour, yeast, salt, palm oil, glucose, food contains ammonium chloride, acidity regulator (E516)], Cheese ( pasteurized milk, salt, cultures, enzyme), salt and pepper <b>CONTAINS: Wheat, milk</b>  D F FR	
<b>SIDES</b>  Potato mash: milk (pasteurized and homogenized whole milk), butter (pasteurized cream, water, salt, milk fat 80% minimum). Meals (A), (C) and (D). Peas and cauliflower <b>CONTAINS: Milk</b>		<b>DESSERT</b>  <b>FLOURLESS COFFEE, CINNAMON AND MACADAMIA CAKE WITH COFFEE CUSTARD</b> CAKE: Egg, almond meal (24%), sugar, butter, cream, macadamia nuts (4%), raising agents (calcium phosphate, sodium bicarbonate, flavor, cinnamon. CUSTARD: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar, coffee <b>CONTAINS: Eggs, milk, tree nuts, soy</b> D F	

WEEK DAY	5 WEDNESDAY		SOUP	3. WINTER LAMB & BARLEY
A	B	C	D	
<p><b>HONEY, SAGE AND DIJON GLAZED CHICKEN FILLET WITH STOCK SAUCE</b></p> <p>Chicken fillet, honey, sage, djon mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], olive oil, salt and cracked pepper</p> <p>Sauce: Stock from roast chicken, parsley, cream (halal gelatin, milk and milk products), salt, pepper and corn flour</p> <p><b>CONTAINS: Milk</b></p> <p>Ø D Ę FR</p>	<p><b>PORK KRANSKY SAUSAGE WITH MUSTARD CREAM SAUCE</b></p> <p>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</p> <p>Sauce: Whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), Cream (halal gelatin, milk and milk products),turmeric], chives, corn flour, salt and cracked pepper</p> <p><b>CONTAINS: Milk</b></p> <p>Ø D Ę FR X</p>	<p><b>INDIAN MADRAS BEEF CURRY WITH RICE</b></p> <p>Beef, Madras paste: ( water, spices[26%], vegetable oil, salt, food acids[acetic, citric, lactic], tamarind, maize flour, garlic powder), crushed tomato, onions, fresh coriander</p> <p>RICE: Rice, salt and pepper</p> <p><b>CONTAINS: No allergens</b></p> <p>Ø D Ę X</p>	<p><b>ROAST PUMPKIN, LEEK AND SPINACH RISSOTO</b></p> <p>Arborio rice, pumpkin, leek, spinach, garlic, white wine (sulphites), nutmeg, Cream (halal gelatin, milk and milk products), lemon zest, parmesan (pasteurized milk, salt, cultures, enzyme), salt and cracked pepper</p> <p><b>CONTAINS: Milk, sulphites</b></p> <p>Ø D Ę X</p>	
SIDES			DESSERT	
<p>Roast potato, meals (A), (B) and (D). Broccoli and diced carrots</p>			<p><b>CHOCALATE MUD CAKE WITH CUSTARD</b></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). CUSTARD: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar</p> <p><b>CONTAINS: Wheat (gluten), milk, egg, soy D Ę</b></p>	

WEEK DAY		5 THURSDAY	
A		B	
SOUP		4. VEGETABLE MINESTRONE	
C		D	
<b>ROAST TURKEY WITH CRANBERRY AND THYME SAUCE</b> 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) Sauce: Cranberry sauce (sugar, water, cranberry {30%}, gelling agent {fruit pectin}, food acids {330, 331}, mineral salt {509}). 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, fresh thyme <b>CONTAINS: Milk, soy, sulphites</b> Ø D F FR		<b>BLACK BEAN BEEF STIR FRY WITH RICE</b> Beef strips, black bean sauce (water, sugar, fermented black bean {14%} {black bean, salt}, ginger, salt, thickener [1422, 415], vinegar, soybean oil, colour[150C], soy sauce [water soybean, salt, wheat flour], preservative [211]). Carrots, capsicum, onion ,celery, bok choy, spring onion, oil, salt and pepper. Rice: Rice, salt and pepper <b>CONTAINS: Soy, wheat, may be present: crustacean, fish, sesame, peanuts and tree nuts</b> D F X	
<b>THREE CHEESE TUNA MORNAY WITH PANKO CRUMB</b> 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, lemon zest, nutmeg, corn flour, salt and pepper. Panko crumbs [wheat flour, yeast, salt, palm oil, glucose, food contains ammonium chloride, acidity regulator (E516)], tuna <b>CONTAINS: Milk, wheat, fish, may contain traces of egg and soy</b> D F X		<b>THREE CHEESE VEGIE MORNAY WITH PANKO CRUMB</b> Pasta: Durum wheat semolina Cream (halal gelatin, milk and milk products), Cheese (pasteurized milk, salt, cultures, enzyme), parmesan (pasteurized milk, salt, cultures, enzyme), feta ( pasteurized milk, salt, cultures, enzyme), pumpkin, leek, spinach, parsley, nutmeg, corn flour, salt and pepper. Panko crumbs [wheat flour, yeast, salt, palm oil, glucose, food contains ammonium chloride, acidity regulator (E516)] <b>CONTAINS: Milk, wheat, may contain traces of egg and soy</b> D F FR	
<b>SIDES</b>		<b>DESSERT</b>	
Paprika and nutmeg roast potato (salt, oil, spices) (A) (C)and (D) meals. Cross cut beans and pumpkin		<b>TIRAMISU</b> Ingredients: 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), coffee powder and starter culture <b>CONTAINS: Milk, wheat, egg, may contain tree nuts D</b>	

WEEK DAY		5 FRIDAY		SOUP		5. POTATO, LEEK & BACON	
A		B		C		D	
<p><b>CORN BEEF WITH CREAMY HERB GRAVY</b></p> <p>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)</p> <p>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), sage, thyme, parsley, salt and pepper</p> <p><b>CONTAINS: Milk, soy</b></p> <p>Ø D Æ FR</p>		<p><b>CRUMBED FISH WITH TARTARE SAUCE</b></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, maltodextrin, glucose</p> <p>TARETARE 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><b>CONTAINS: Soybean and egg products, fish, wheat (gluten)</b></p> <p>Ø D FR</p>		<p><b>HONEY CHICKEN AND CASHEW NOODLES</b></p> <p>Stir fry: Diced chicken, celery, carrot, onion, bok choy, egg, spring onion, capsicum, ginger, honey, gluten free soy (water, soy beans 20%, rice, salt contains 3.2% alcohol from the natural brewing process), cashews, corn flour, salt and cracked pepper</p> <p>Rice noodles: Rice flour, water</p> <p><b>CONTAINS: Soy, eggs, nuts</b></p> <p>Ø D Æ X</p>		<p><b>SHITAKE MUSHROOM AND EGG NOODLE STIRFRY</b></p> <p>Spring onion, ginger, curry powder, soy sauce (water, soybeans (20%), rice, salt, contains (3.2% alcohol v/v) from the natural brewing process), carrots, celery, capsicum, bok Choy ,egg, Swiss brown mushroom, shitake mushroom. Rice noodles: Rice flour, water</p> <p><b>CONTAINS: Soy, egg</b></p> <p>Ø D Æ X</p>	
SIDES				DESSERT			
<p>Roast potato (A) and (B)meal. Carrots and peas</p>				<p><b>VANILLA CREAMED RICE</b></p> <p>Ingredients: Reconstituted Milk solids, milk, cream, rice, sugar, water, modified starch (1422), flavour, mineral (calcium).</p> <p><b>CONTAINS: Milk</b></p> <p>D</p>			



WEEK DAY		6 MONDAY		SOUP		6. ROASTED GARLIC & CAULIFLOWER	
A		B		C		D	
<p><b>HONEY ROAST CHICKEN WITH RICH GRAVY</b></p> <p>Chicken fillet, Dijon mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], honey, thyme, oil, salt and cracked 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</p> <p><b>CONTAINS: Milk, soy</b></p> <p>Ø D F FR</p>		<p><b>HAM STEAK AND PINEAPPLE WITH HERB GRAVY</b></p> <p>Ham steak: Pork [sow stall free] (86%), water, salt, acidity regulator (325), mineral salts (451, 508, 450, 452), thickeners (1412, 451), vegetable gums (407a, 412), sugar, dextrose, pork collagen, antioxidant (316), preservative (250), yeast extract, canola oil, colour (120), herb extract</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. Pineapple, parsley, thyme, sage, salt and pepper</p> <p><b>CONTAINS: Milk, soy</b></p> <p>Ø D F FR</p>		<p><b>SAVOURY VEAL AND SAGE RISSOLES WITH SPRING ONION GRAVY</b></p> <p>Rissole: Veal mince, sage, onion, 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. Spring onion, salt and pepper</p> <p><b>CONTAINS: Milk, soy</b></p> <p>Ø D F FR</p>		<p><b>RICOTTA AND SPINACH SAUSAGE ROLL WITH TOMATO CHUTNEY</b></p> <p>Sausage Roll: Ricotta cheese (28%)[milk, whey solids, food acid (260)],wheat flour, vegetable oil [vegetable oil, water, salt, emulsifiers (471, soybean lecithin), antioxidant (320), flavor],spinach reconstituted (9%)[water, dehydrated spinach], water, potato, maltodextrin, onion, breadcrumbs [wheat],potato flakes, cheese powders[milk], whey protein concentrate, wheat fibre, spices, salt ,flavor, pastry glaze [milk solids, colour (160a)].</p> <p>Tomato Relish: Tomato (50%), sugar, onion, vinegar, concentrated tomato, thickener (1422), salt, spices, garlic, acidity regulator (330) and firming agent (509)</p> <p><b>CONTAINS: Wheat (gluten), milk, soy and maybe egg present</b></p> <p>D X</p>	
<b>SIDES</b>				<b>DESSERT</b>			
<p>Tuscan roasted chat potato (oil, salt, pepper, spices, herbs, garlic). Peas and carrots</p>				<p><b>WILDBERRY AND MANGO INFUSED YOGHURT</b></p> <p>Yoghurt: Milk, sugar, fruit 6.25% (mango puree (50%), strawberry puree (20%), raspberry puree (15%), blueberry puree (15%), milk solids, thickeners (1442, 1422, 406, 440), water, acidity regulator (330, 331), natural colour (160a), natural flavour, live yoghurt cultures (including acidophilus bifidus, casei)</p> <p><b>CONTAINS: Milk</b></p> <p>D</p>			

**WEEK  
DAY**

**6  
TUESDAY**

**SOUP**

**7. CREAMY CHICKEN, VEGETABLES & SWEET POTATO**

**A**

**B**

**C**

**D**

**ROAST BEEF WITH RED WINE  
AND HORSERADDISH GRAVY**

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 metabisulphite). Red wine (Sulphites), thyme, salt and cracked pepper

**CONTAINS: Milk, soy, sulphites**

**Ø D F FR**

**OVEN GRILLED LAMB  
MEATBALLS WITH ROSMARY  
GRAVY**

Ingredients: Lamb, onion, parsley, gluten free bread crumbs, garlic, 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. Rosemary, salt and cracked pepper

**CONTAINS: Milk, soy**

**Ø D F X**

**LEMONGRASS CHICKEN CURRY  
WITH RICE**

Chicken, coriander (fresh), chilli, ginger, turmeric, garlic, coriander powder, cumin powder, onion, lemongrass, coconut milk, Chicken booster (salt, sugar, maize starch, chicken fat (3.6%), onion powder, yeast extract, flavor, chicken powder (1%), flavor enhancer (635), color (150), spice). Salt and pepper

Rice: Rice, salt and turmeric

**CONTAINS: May contain milk,  
sesame and soy**

**Ø D F X**

**COCONUT DHAL WITH RICE**

Red lentils, ginger, turmeric, lemongrass, mustard seeds, green chilli, garamasala, coconut milk, fresh coriander, salt and pepper.

Rice: turmeric, salt, rice

**CONTAINS: No allergens**

**Ø D F FR**

**SIDES**

Broccoli and cauliflower. Mash potato, butter (pasteurized cream, water, salt, milk fat 80% minimum), cream (halal gelatin, milk and milk products), salt and pepper.

Meals (A),(B)

**CONTAINS: Milk**

**DESSERT**

**RASPBERRY CHEESECAKE WITH RASPBERRY COULI**

Cake : 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, sugar, water)

**CONTAINS: Milk, wheat (gluten), soy, egg D**

<b>WEEK DAY</b>		<b>6 WEDNESDAY</b>	
<b>A</b>		<b>B</b>	
<b>ROAST PORK WITH SAGE AND PEPPERCORN GRAVY</b>		<b>SAVOURY MEATLOAF WITH HERB GRAVY</b>	
<p>PORK: pork loin, 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. Sage, green peppercorn, salt and cracked pepper  <b>CONTAINS: Milk, soy</b></p> <p>Ø D Ę FR</p>		<p>Beef (80%), water, tomato, onion, pepper, garlic, parsley, salt, gluten free breadcrumbs.</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. Thyme, parsley, salt and cracked pepper  <b>CONTAINS: Milk, soy</b></p> <p>Ø D Ę X</p>	
<b>SIDES</b>		<b>DESSERT</b>	
<p>Cross cut beans, diced carrots, Roast potato (Salt, pepper and oil)</p>		<p><b>FLOURLESS LEMON BUTTER CAKE WITH CUSTARD</b></p> <p>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, neufchatel cheese, juice (1.3%)(preservative (223), flavour, raising agent (calcium phosphate, sodium bicarbonate), flavour, canola oil, emulsifier (soy lecithin 322)  CUSTARD :Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar  <b>CONTAINS: Egg, soy, milk</b> Ø D Ę</p>	

**SOUP** 8. BEEF & WINTER VEGETABLE

**C** **D**

**HONEY MUSTARD AND TARRAGON CHICKEN STEW**

Diced chicken, carrots, onion, celery, seeded mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], honey, garlic, tarragon. Chicken booster (salt, sugar, maize starch, chicken fat (3.6%), onion powder, yeast extract, flavor, chicken powder (1%), flavor enhancer (635), color (150), spice. Cream (halal gelatin, milk and milk products), salt and cracked pepper  
**CONTAINS: Milk**

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**CHEESE AND CHIVE POTATO BAKE**

Potato, nutmeg, chive, ricotta cheese (pasteurized milk, salt, cultures, enzyme), Cream (halal gelatin, milk and milk products), tasty cheese (pasteurized milk, salt, cultures, enzyme), salt and cracked pepper  
**CONTAINS: Milk**

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<b>WEEK DAY</b>		<b>6 THURSDAY</b>		<b>SOUP</b>		<b>9. CREAMY TOMATO &amp; CHICKPEA</b>	
<b>A</b>		<b>B</b>		<b>C</b>		<b>D</b>	
<p><b>CORN BEEF WITH CREAMY DIJON AND CHIVE GRAVY</b></p> <p>Corned beef: Brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolyzed vegetable protein (maize), vegetable oil, humectants (422)</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. Dijon mustard (water, mustard seed 18%, salt, sugar, food acid{acetic}, turmeric), chives, salt, cracked pepper and cream ( halal gelatin, milk and milk products)  <b>CONTAINS: Milk, soy</b>  <b>Ø D F FR</b></p>		<p><b>LEMONGRASS AND GINGER CHICKEN DRUMSTICKS WITH RICE</b></p> <p>Chicken drumsticks, Lemongrass, ginger, red chilli, brown sugar, soy sauce (water, soybeans (20%), rice, salt, contains (3.2% alcohol v/v) from the natural brewing process), oil, salt and pepper</p> <p>Sauce: Stock from chicken, spring onion, water, corn flour, salt and pepper.</p> <p>Rice: Rice, turmeric, salt  <b>CONTAINS: Soy</b>  <b>Ø D F X</b></p>		<p><b>PORK VINDALOO CURRY AND RICE</b></p> <p>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, salt and pepper</p> <p>Rice: Rice, turmeric and salt  <b>CONTAINS: No allergens</b>  <b>Ø D F X</b></p>		<p><b>CAUIFLOWER GRATIN WITH PARMESAN AND PANKO</b></p> <p>Gratin: Cauliflower, Parmesan (pasteurized milk, salt, cultures, enzyme), Tasty Cheese (pasteurized milk, salt, cultures, enzyme), thyme, salt, pepper, and cream (halal gelatin, milk and milk products). Panko breadcrumbs (wheat flour, yeast, salt, palm oil, glucose, ammonium chloride, acidity regulator E516),  <b>CONTAINS: Milk, wheat</b>  <b>Ø D F FR</b></p>	
<b>SIDES</b>				<b>DESSERT</b>			
<p>Cabbage and corn. Roast potato with paprika and nutmeg(A) and (D) meals.</p>				<p><b>CRÈME CAPPUCCINO</b></p> <p>Ingredients: Cream (55%), cheese, Milk, sugar, water, Milk solids, halal gelatin, flavour, Preservative (202), salt, stabilizers (410, 412), starter culture  <b>CONTAINS: Milk</b>  <b>D</b></p>			

WEEK DAY	6 FRIDAY		SOUP	10. CARROT, SWEET POTATO & BACON
A	B	C	D	
<p><b>BAKED LEMON AND CRACKED PEPPER CHICKEN WITH RICH GRAVY</b></p> <p>Chicken fillet, lemon juice/zest, garlic, thyme, olive oil, salt and cracked 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, parsley, salt and cracked pepper  <b>CONTAINS: Milk, soy</b></p> <p>Ø D F FR</p>	<p><b>CRUMBED FISH WITH CHIVE AND LEMON CREAM SAUCE</b></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), chive, lemon juice/zest, cracked pepper, salt and corn flour.  <b>CONTAINS: Milk, fish, wheat (gluten), egg</b></p> <p>D FR</p>	<p><b>OREGANO BEEF AND RED WINE STEW</b></p> <p>Diced beef, onions, carrot, celery, tomato paste, red wine (sulphites), thyme, crushed tomato, garlic, parsley, oregano. 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 cracked pepper  <b>CONTAINS: Soy, Wheat (gluten free), sulphites, milk, may contain sesame</b></p> <p>Ø D F X</p>	<p><b>SWEET POTATO STEW</b></p> <p>Crushed tomato, red onion, garlic, basil, paprika, thyme, capsicum, red kidney beans, roast sweet potato, parsley, salt and cracked pepper  <b>CONTAINS: Milk</b></p> <p>Ø D F X</p>	
SIDES			DESSERT	
<p>Creamy Roast potato, cream (halal gelatin, milk and milk products), carrot, cauliflower, broccoli medley  <b>CONTAINS: Milk</b></p>			<p><b>VANILLA BEAN PANNA COTTA</b></p> <p>Ingredients: 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)  <b>CONTAINS: Milk</b> D</p>	