

# Maroondah City Council

## ***MEALS ON WHEELS***

### ***Summer Menu***

***13th November 2023 - 10th May 2024***

**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 20 choices available throughout the cycle. If you do not like the daily fresh choice, we can deliver a Heinz long life soup instead.

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

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

## HONEY AND THYME PUMPKIN SOUP

Pumpkin, potato, thyme, milk (pasteurized and homogenized whole milk), honey, 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: Milk Ø D FR**

## CREAMY CHICKEN AND VEGGIE SOUP

Chicken, carrot, celery, turnip, swede, parsley, spring onion, 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) and milk (pasteurized and homogenized whole milk)

**CONTAINS: Milk Ø D FR**

## BEEF AND VEGGIE SOUP

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

**CONTAINS: Soy Ø D FR**

## CREAMY ITALIAN BASIL, LENTIL AND TOMATO SOUP

Tomatoes, basil, parsley, oregano, lentils, 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), milk (pasteurized and homogenized whole milk)

**CONTAINS: Milk Ø D FR**

## POTATO, PARSLEY, LEEK AND CHIVE SOUP

Potato, garlic, leek, chives, parsley, milk (pasteurized and homogenized whole milk), 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), salt and pepper

**CONTAINS: Milk Ø D FR**

## CREAMY CAULIFLOWER AND TURMERIC SOUP

Cauliflower, potato, turmeric, cumin powder, parsley, salt and pepper, milk (pasteurized and homogenized whole milk), 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: Milk Ø D FR**

## SPANISH CHICKEN, CORN AND VEGGIE SOUP

Carrot, celery, parsnip, swede, turnip, corn, parsley, thyme, fresh coriander, chicken, tomato, sweet paprika, cumin powder, garlic, spring onion, 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)

**CONTAINS: No allergens Ø D FR**

## MOROCCAN LAMB AND VEGGIE SOUP

Carrot, celery, swede, turnip, chickpea, lamb, garlic, parsley, spring onion, tomato, cumin powder, paprika, turmeric, 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**

## RED PEPPER SOUP

Roasted sweet capsicum, tomatoes, marjoram, parsley, spring onion, leek, 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), milk (pasteurized and homogenized whole milk), salt and pepper

**CONTAINS: Milk Ø D FR**

## CREAMY MUSHROOM, LEEK AND CHIVE SOUP

Mushrooms, potato, garlic, leek, chives, milk (pasteurized and homogenized whole milk), 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), salt and pepper

**CONTAINS: Milk Ø D FR**

# SOUPS

## CARROT, PUMPKIN AND COCONUT SOUP

Carrot, pumpkin, celery, potato, coconut milk, parsley, salt and pepper, vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley)), flavour enhancers (monosodium glutamate, disodium inosinate), sugar, spices, maize starch color (riboflavin), milk (pasteurized and homogenized whole milk)

**CONTAINS: Milk Ø D FR**

## CREAMY LEEK, CHICKEN AND VEGGIE SOUP

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

**CONTAINS: Milk Ø D FR**

## BEEF, VEGETABLE AND BARLEY SOUP

Carrot, celery, turnip, swede, garlic, spring onion, salt and pepper, beef, vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley)), flavour enhancers (monosodium glutamate, disodium inosinate), sugar, spices, maize starch color (riboflavin), barley, parsley, thyme

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

## SMOKEY TOMATO AND CHICKPEA SOUP

Tomato, spring onion, celery, chickpeas, garlic, paprika, parsley, salt and pepper, vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley)), flavour enhancers (monosodium glutamate, disodium inosinate), sugar, spices, maize starch color (riboflavin), milk (pasteurized and homogenized whole milk)

**CONTAINS: Milk Ø D FR**

## CREAMY ASPARAGUS AND CHIVE SOUP

Asparagus, celery, leek, potato, chives, salt and pepper, vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley)), flavour enhancers (monosodium glutamate, disodium inosinate), sugar, spices, maize starch color (riboflavin), milk (pasteurized and homogenized whole milk)

**CONTAINS: Milk Ø D**

## PEA AND HAM SOUP

Potato, peas, celery, leek, salt and pepper, vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley)), flavour enhancers (monosodium glutamate, disodium inosinate), sugar, spices, maize starch color (riboflavin), milk (pasteurized and homogenized whole milk), ham (pork, water, salt, sugar, mineral salts {451,450}, antioxidant {316}, preservative {250})

**CONTAINS: Milk Ø D FR**

## CHICKEN, VEGETABLE AND PESTO SOUP

Carrot, celery, turnip, swede, crushed tomato, spring onion, parsley, chicken, pesto (basil, pine nuts, cheese {pasteurized milk, salt, cultures}, olive oil, salt and pepper), milk (pasteurized and homogenized whole milk), vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley)), flavour enhancers (monosodium glutamate, disodium inosinate), sugar, spices, maize starch color (riboflavin)

**CONTAINS: Milk, nuts Ø D FR**

## BEEF, HERB AND VEGETABLE SOUP

Carrot, celery, turnip, swede, parsley, thyme, spring onion, beef, tomato, chickpea, salt and pepper, vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley)), flavour enhancers (monosodium glutamate, disodium inosinate), sugar, spices, maize starch color (riboflavin)

**CONTAINS: No allergens Ø D FR**

## SPINACH, LENTIL AND VEGGIE SOUP

Carrot, celery, turnip, swede, red lentil, spinach, garlic, parsley, spring onion, cumin powder, vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley)), flavour enhancers (monosodium glutamate, disodium inosinate), sugar, spices, maize starch color (riboflavin)

**CONTAINS: No allergens Ø D FR**

## CREAM OF LEEK AND SWEET POTATO SOUP

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

**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

### PASSION FRUIT YOGHURT

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

**CONTAINS: Milk D**

## WEEK ONE, DAY TUESDAY

### DESSERT: MANGO AND PINEAPPLE CRUMBLE CAKE WITH CUSTARD

Cake Mix: Wheat flour (wheat flour, vitamins (thiamin, folate), sugar, vegetable fat and oil (palm, canola, coconut (emulsifiers 471, 477), antioxidant (322 from soy, 307)), milk solids, egg powder, raising agents (541,500), salt, maize starch, flavours, colours (102,110),

mango, pineapple, coconut, butter (pasteurized cream, water, salt, milk fat 80% minimum)

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

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

## WEEK ONE, DAY WEDNESDAY

### DESSERT: TIRAMISU SPONGE CAKE WITH CHOCOLATE SAUCE

Cream (34%), dark chocolate (34%) (sugar, cocoa mass, cocoa butter, milk solids, emulsifier {soy lecithin, 47b}, flavor), eggs, wheat flour, sugar, water, emulsifier, baking powder (calcium phosphate, sodium bicarbonate), milk powder flavors, cocoa powder

Sauce: Sugar, water, dextrose, milk solids, cocoa (4.5%), vegetable fat, maltodextrin, salt, vegetable gum (401), preservative (202), flavour, emulsifiers (322)

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

## 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

### TROPICAL PUNCH DESSERT

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 TWO, DAY MONDAY

### BLUEBERRY YOGHURT

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

**CONTAINS : Milk D**

## WEEK TWO, DAY TUESDAY

### LEMON BUTTER AND ROASTED COCONUT CAKE WITH CUSTARD

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

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

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

## WEEK TWO, DAY WEDNESDAY

### PASSION FRUIT CHEESE CAKE WITH PASSION FRUIT COULIS

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

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

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

## WEEK TWO, DAY THURSDAY

### AUSTRALIAN NATIVE WATTLESEED CHOCOLATE PANNA COTTA

Reconstituted milk solids, cream {skim milk, cream, thickener (1422), emulsifier (472e), vegetable gums (415, 407)}, sugar, beef gelatin, flavours, colour and mineral (calcium)

**CONTAINS: Milk D**

## WEEK TWO, DAY FRIDAY

### VANILLA CREAMED RICE

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

**CONTAINS: Milk D**



# DESSERTS

## WEEK THREE, DAY MONDAY

### STRAWBERRY YOGHURT

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

**CONTAINS: Milk D**

## WEEK THREE, DAY TUESDAY

### COFFEE AND WALNUT CAKE WITH CUSTARD

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

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

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

## WEEK THREE, DAY WEDNESDAY

### GLUTEN FREE FUDGE BROWNIE WITH CUSTARD

Brownie: Compound chocolate (sugar, vegetable fat, cocoa powder, emulsifiers (322 soy, 476, 492) flavours), 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), egg, sour cream (milk solids, culture), flavour, canola oil, emulsifier (soy lecithin 322) (calcium phosphate, sodium bicarbonate)

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

**CONTAINS: Soy, egg, milk Ø D**

## WEEK THREE, DAY THURSDAY

### AUSTRALIAN NATIVE DAVIDSON PLUM PANNA COTTA

Reconstituted milk solids, cream {skim milk, cream, thickener (1422), emulsifier (472e), vegetable gums (415, 407)}, sugar, beef gelatin, flavours, colour and mineral (calcium)

**CONTAINS: Milk D**

## WEEK THREE, DAY FRIDAY

### CHOCOLATE COCONUT CUSTARD

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

**CONTAINS: No allergens D**

## WEEK FOUR, DAY MONDAY

### PASSION FRUIT YOGHURT

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

**CONTAINS: Milk D**

## WEEK FOUR, DAY TUESDAY

### APPLE AND RHUBARB CRUMBLE CAKE WITH CUSTARD

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

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

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

## WEEK FOUR, DAY WEDNESDAY

### RASPBERRY CHEESECAKE WITH RASPBERRY COULIS

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], flavours) , butter, sugar, gelatin, canola oil, raspberry coulis (raspberries, sugar, water)

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

## WEEK FOUR, DAY THURSDAY

# DESSERTS

## WEEK FOUR, DAY THURSDAY

### LEMON DESSERT

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

**CONTAINS: Milk D**

## WEEK FOUR, DAY FRIDAY

### CHOCOLATE MOUSSE

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

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

## WEEK FIVE, DAY MONDAY

### BLUEBERRY YOGHURT

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

**CONTAINS: Milk D**

## WEEK FIVE, DAY TUESDAY

### CHERRY RIPE CHOCOLATE CAKE WITH CUSTARD

Cake mix: Wheat flour, sugar, vegetable oil {emulsifier (471, 477), antioxidant (soybean lecithin, 307)}, milk solids, raising agents (450, 500), thickener (1422, 415), emulsifiers (471, 472 (b), 472 (a)), salt preservative (281), colour (102, 110), eggs, cocoa powder, coconut, glace cherries (cherries {47%}, sugar, glucose and fructose syrup, acidity regulator {E-330}, colour {129}, preservative {202}, preservative {223}), margarine (vegetable oils 60% (containing 47% canola oil), water, salt emulsifiers{471, 322(from soy)}), milk solids, preservative (202), food acid (270), natural colour (160a), vitamins A and D, natural flavour, maize starch, colour (102)

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

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

## WEEK FIVE DAY WEDNESDAY

### MIXED BERRY CHEESE CAKE WITH MIXED BERRY FRUIT COULIS

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], flavours) , butter, sugar, gelatin, canola oil

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

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

## WEEK FIVE, DAY THURSDAY

### MANGO PANNA COTTA

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 FIVE, DAY FRIDAY

### CRÈME CARAMEL

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 SIX, DAY MONDAY

### STRAWBERRY YOGHURT

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

**CONTAINS: Milk D**



# DESSERTS

## WEEK SIX, DAY TUESDAY

### BLUEBERRY MUFFIN CAKE WITH CUSTARD

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

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

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

## WEEK SIX, DAY WEDNESDAY

### MANGO CHEESECAKE WITH MANGO COULIS

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], flavours), butter, sugar, gelatin, canola oil, mango coulis: (mango, sugar, water)

**CONTAINS: Soy, wheat (gluten), egg, milk D**

## WEEK SIX DAY THURSDAY

### VANILLA BEAN PANNA COTTA

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

**CONTAINS: Milk D**

## WEEK SIX, DAY FRIDAY

### RED VELVET MOUSSE

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

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

WEEK DAY	1 MONDAY			
<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>SOUP</b> HONEY AND THYME PUMPKIN SOUP
<p><b>CORN BEEF WITH BECHAMEL CREAM SAUCE</b></p> <p>Corn 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), onions, bay leaves, nutmeg, parmesan (pasteurized milk, salt, cultures, enzyme), salt, pepper and corn flour</p> <p><b>CONTAINS: Milk</b></p> <p><b>Ø D F FR</b></p> <p><b>(SUITABLE TO FREEZE)</b></p>	<p><b>ITALIAN PORK SAUSAGE WITH TOMATO 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, flavour, food acid (330), flavour enhancer (635), spice, crushed tomato, salt and pepper</p> <p><b>CONTAINS: Milk, soy Ø D F X</b></p> <p><b>(SUITABLE TO FREEZE)</b></p>	<p><b>CHICKEN SCHNITZEL WITH HERB 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, flavour, food acid (330), flavour enhancer (635), spice, parsley, thyme and chives</p> <p><b>CONTAINS: Milk, soy, wheat (gluten) D X FR</b></p>	<p><b>MUSHROOM AND ASPARAGUS RISOTTO</b></p> <p>Arborio rice, mushroom, asparagus, thyme, 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><b>Ø D X F</b></p> <p><b>(SUITABLE TO FREEZE)</b></p>	
<b>SIDES</b>			<b>DESSERT</b>	
<p>Roasted chat potato (oil, salt and pepper), cross cut beans and carrots</p>			<p><b>PASSION FRUIT YOGHURT</b></p> <p>Yoghurt: Yoghurt (82%) {skim milk, live yoghurt cultures}, passion fruit blend (18%), sugar, passion fruit (33%), water, vegetable gums (pectin, locust bean gum), acidity regulators (sodium citrate, citric acid), mineral salt (calcium citrate), natural flavours</p> <p><b>CONTAINS: Milk D</b></p>	

WEEK DAY		1 TUESDAY	
A		B	
<b>ROAST LAMB WITH THYME AND ONION 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, flavour, food acid (330), flavour enhancer (635), spice, onion, thyme, salt and pepper  <b>CONTAINS: Milk, soy</b>  Ø D Ĥ FR  (SUITABLE TO FREEZE)		<b>HUNGARIAN BEEF STEW</b>  Beef, onions, celery, carrots, parsley, paprika, caraway, garlic, crushed tomato, gluten free beef stock powder: salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), food acid (330) (contain soy)], yeast extract, soy sauce powder (derived from wheat), colour (150c), hydrolyzed vegetable protein (contain soy), flavour, onion powder, flavour enhancer (635), spice, food acid (330), herbs, salt and pepper  <b>CONTAINS: Soy, milk, wheat (gluten free) may contain sesame</b>  Ø D Ĥ X  (SUITABLE TO FREEZE)	
C		D	
<b>ROAST PUMPKIN, BACON AND SPINACH QUICHE</b>  Pastry: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavour, 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), pumpkin, spinach, salt and pepper  <b>CONTAINS: Milk, eggs, wheat (gluten), soy</b>  Ø D Ĥ FR  (SUITABLE TO FREEZE)		<b>ROAST PUMPKIN, KALE AND FETA QUICHE</b>  Pastry: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavour, antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330)  Filling: Tasty cheese (pasteurized milk, salt, cultures, enzyme), pumpkin, kale, thyme, eggs, cream (halal gelatin, milk and milk products), feta cheese (pasteurized milk, salt, cultures, enzyme), salt and pepper  <b>CONTAINS: Milk, eggs, wheat (gluten), soy</b>  Ø D Ĥ  (SUITABLE TO FREEZE)	
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>MANGO AND PINEAPPLE CRUMBLE CAKE WITH CUSTARD</b> Cake Mix: Wheat flour (wheat flour, vitamins (thiamin, folate), sugar, vegetable fat and oil (palm, canola, coconut (emulsifiers 471, 477), antioxidant (322 from soy, 307)), milk solids, egg powder, raising agents (541,500), salt, maize starch, flavours, colours (102,110), mango, pineapple, coconut, butter (pasteurized cream, water, salt, milk fat 80% minimum) Custard: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar <b>CONTAINS: Wheat (gluten), egg, milk, soy D</b>	

WEEK DAY	1 WEDNESDAY			
<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	SOUP
<b>ROAST BEEF WITH RED WINE AND ROSEMARY 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, flavour, food acid (330), flavour enhancer (635), spice, red wine (sulphites), rosemary, salt and black pepper  <b>CONTAINS: Milk, soy, sulphites</b>  <b>Ø D F FR</b>  <b>(SUITABLE TO FREEZE)</b>	<b>BUFFALO CHICKEN DRUMSTICKS WITH STOCK GRAVY</b>  Chicken drumsticks, red chilli, djion mustard (water, mustard seed 18%, salt, sugar, food acid {acetic}, turmeric), red onion, tomato paste, honey, olive oil, salt and pepper  Stock Gravy: Liquid stock from chicken, fresh parsley, corn flour, salt and pepper  <b>CONTAINS: No allergens</b>  <b>Ø D F FR</b>  <b>(SUITABLE TO FREEZE)</b>	<b>IRISH LAMB STEW</b>  Lamb, onion, carrot, celery, garlic, thyme, parsley, tomato paste, 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), flavour, onion powder, flavour enhancer (635), spice, food acid (330), salt and pepper  <b>CONTAINS: Soy, wheat (gluten free)</b>  <b>Ø D F X</b>  <b>(SUITABLE TO FREEZE)</b>	<b>PANKO AND PARMESAN CAULIFLOWER BAKE</b>  Bake: 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 bread crumbs: (wheat flour, yeast, salt, palm oil, glucose, ammonium chloride, acidity regulator E516)  <b>CONTAINS: Milk, wheat (gluten)</b>  <b>Ø D F FR</b>  <b>(SUITABLE TO FREEZE)</b>	BEEF AND VEGGIE SOUP
<b>SIDES</b>			<b>DESSERT</b>	
Rosemary and thyme roast potato, broccoli and cauliflower			<b>TIRAMISU SPONGE CAKE WITH CHOCOLATE SAUCE</b>  Cream (34%), dark chocolate (34%) (sugar, cocoa mass, cocoa butter, milk solids, emulsifier {soy lecithin, 47b}, flavour), eggs, wheat flour, sugar, water, emulsifier, baking powder (calcium phosphate, sodium bicarbonate), milk powder flavours, cocoa powder Sauce: Sugar, water, dextrose, milk solids, cocoa (4.5%), vegetable fat, maltodextrin, salt, vegetable gum (401), preservative (202), flavour, emulsifiers (322) <b>CONTAINS: Milk, wheat (gluten), soy, egg D</b>	

WEEK DAY	1 THURSDAY	SOUP	
A	B	C	D
<p><b>ROAST PORK WITH TARRAGON AND GREEN PEPPERCORN 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, flavour, food acid (330), flavour enhancer (635), spice, tarragon, green peppercorn, salt and pepper</p> <p><b>CONTAINS: Milk, soy</b></p> <p><b>Ø D F FR</b></p> <p><b>(SUITABLE TO FREEZE)</b></p>	<p><b>THAI BASIL CHICKEN STIRFRY WITH RICE</b></p> <p>Stir fry: Diced chicken, celery, carrots, spring onion, capsicum, bok choy, lemon grass, garlic, lime juice/zest, red chilli, coriander, Thai basil, gluten free soy (water, soy beans 20%, rice, salt contains 3.2% alcohol from the natural brewing process), brown sugar, corn flour, salt and pepper</p> <p>Rice: Rice, water, salt</p> <p><b>CONTAINS: Soy</b></p> <p><b>Ø D F X</b></p> <p><b>(SUITABLE TO FREEZE)</b></p>	<p><b>BRAISED BEEF TORTELLINI WITH CREAMY TOMATO 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 enhancers (621), eggs, salt, garlic, herbs, spices</p> <p>Sauce: Cream (halal gelatin, milk and milk products), crushed tomatoes, parmesan (pasteurized milk, salt, cultures, enzyme), white wine (sulphites), garlic, basil, corn flour, salt and pepper</p> <p><b>CONTAINS: Milk, wheat (gluten), egg, sulphites</b></p> <p><b>D X</b></p>	<p><b>COCONUT AND LIME CRUSTED TOFU WITH CORIANDER SAUCE WITH RICE</b></p> <p>Tofu (soy beans, salt), panko bread crumbs (wheat flour, yeast, salt, palm oil, glucose, ammonium chloride, acidity regulator E516), egg, flour, desiccated coconut, lime zest, salt and pepper</p> <p>Sauce: Coconut milk, lime juice/zest, coriander, brown sugar, corn flour, salt and pepper</p> <p>Rice: Rice, water, salt</p> <p><b>CONTAINS: Soy, wheat (gluten), egg</b></p> <p><b>D F FR</b></p> <p><b>(SUITABLE TO FREEZE)</b></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, Rice (B) and (D) meal, cabbage and corn</p>		<p><b>FRUIT TRIFLE</b></p> <p>Water, milk solids, sugar, modified starch (1422), fruit (5%) (pears, peaches, pineapple), halal gelatin, wheat flour, eggs, raising agents (503, 500), glucose syrup, food acid (297, 331), flavours, sweeteners (952, 950), colours (160a, 122), mineral (calcium)</p> <p><b>CONTAINS: Milk, egg, wheat (gluten), sulphites, may contain tree nuts D</b></p>	

WEEK DAY	1 FRIDAY	SOUP	
A	B	C	D
<b>LEMON THYME AND HONEY BAKED CHICKEN FILLET WITH STOCK SAUCE</b>  Chicken fillet: Lemon thyme, paprika, garlic, lemon juice/zest, olive oil, honey, salt and pepper  Sauce: Stock from chicken, water, parsley, corn flour, salt and pepper  <b>CONTAINS: No allergens</b>  <b>Ø D F FR</b>  <b>(SUITABLE TO FREEZE)</b>	<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: Soybean, egg products, fish and wheat (gluten)</b>  <b>Ø D FR</b>	<b>SAVOURY MEATLOAF WITH TOMATO AND 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, flavour, food acid (330), flavour enhancer (635), spice, crushed tomato, parsley, thyme, oregano, salt and cracked pepper  <b>CONTAINS: Milk, soy</b>  <b>Ø D F X</b>  <b>(SUITABLE TO FREEZE)</b>	<b>PENNE PASTA WITH OLIVES, FETA AND SUN DRIED TOMATO</b>  Pasta (Durum wheat semolina), olive oil, tomato paste, onions, garlic, oregano, basil, olives, sundried tomatoes, spinach, parmesan (pasteurized milk, salt, cultures, enzyme), feta cheese (pasteurized milk, salt, cultures, enzyme), salt and pepper  <b>CONTAINS: Milk, wheat (gluten), may contain traces of egg and soy</b>  <b>D F X</b>  <b>(SUITABLE TO FREEZE)</b>
SIDES		DESSERT	
Roast potato, yellow butter beans and peas		<b>TROPICAL PUNCH DESSERT</b>  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 D</b>	



WEEK DAY		2 MONDAY		SOUP		CREAMY CAULIFLOWER AND TURMERIC SOUP	
A		B		C		D	
<p><b>ROAST PORK WITH OREGANO AND MUSTARD 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, flavour, food acid (330), flavour enhancer (635), spice, seeded mustard (water, mustard seed 18%, salt, sugar, food acid {acetic}, turmeric), oregano, salt and cracked pepper</p> <p><b>CONTAINS: Milk, soy Ø D F FR (SUITABLE TO FREEZE)</b></p>		<p><b>CHICKEN SCHNITZEL WITH MUSHROOM 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, flavour, food acid (330), flavour enhancer (635), spice, thyme, mushrooms, salt and cracked pepper</p> <p><b>CONTAINS: Milk, soy, wheat (gluten) FR D X</b></p>		<p><b>SAVOURY BEEF AND SAGE RISSOLES WITH RED WINE AND HERB GRAVY</b></p> <p>Rissole: Beef 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, flavour, food acid (330), flavour enhancer (635), spice, thyme, parsley, sage, red wine (sulphites), salt and cracked pepper</p> <p><b>CONTAINS: Milk, soy, sulphites Ø D F (SUITABLE TO FREEZE)</b></p>		<p><b>GRILLED CHEESEY VEGGIE PATTIE WITH TOMATO RELISH</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>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: Milk Ø D X</b></p>	
SIDES				DESSERT			
Roasted chats, peas, corn and capsicum				<p><b>BLUEBERRY YOGHURT</b></p> <p>Yoghurt: Yoghurt (82%) {skim milk, live yoghurt cultures}, blueberry blend (18%) {blueberries (45%), sugar, water, vegetable gums (pectin, locust bean gum), acidity regulators (sodium citrate, citric acid), mineral salt (calcium citrate), natural flavours</p> <p><b>CONTAINS: Milk D</b></p>			

WEEK DAY	2 TUESDAY	SOUP		SPANISH CHICKEN, CORN AND VEGGIE SOUP
A	B	C	D	
<p><b>ROAST LAMB WITH HONEY AND OREGANO GRAVY</b></p> <p>Lamb, herbs, 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, flavour, food acid (330), flavour enhancer (635), spice, honey, oregano, cracked pepper and salt</p> <p><b>CONTAINS: Milk, soy</b></p> <p><b>Ø D Ė FR</b></p> <p><b>(SUITABLE TO FREEZE)</b></p>	<p><b>HONEY AND BLACK PEPPER BEEF STIRFRY WITH RICE</b></p> <p>Beef rump strips, capsicum, carrot, bok choy, spring onion, zucchini, gluten free soy (water, soy beans 20%, rice, salt contains 3.2% alcohol from the natural brewing process), honey, ginger, garlic, oil, cracked black pepper, corn flour and salt</p> <p>Rice: Rice, water and salt</p> <p><b>CONTAINS: Soy</b></p> <p><b>Ø D Ė X</b></p> <p><b>(SUITABLE TO FREEZE)</b></p>	<p><b>SMOKED CHICKEN, LEEK AND ASPARAGUS QUICHE</b></p> <p>Pastry: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavour, antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330)</p> <p>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, asparagus, thyme, salt and pepper</p> <p><b>CONTAINS: Milk, eggs, wheat (gluten), soy Ø D Ė FR</b></p> <p><b>(SUITABLE TO FREEZE)</b></p>	<p><b>PERSIAN MINT AND VEGETABLE STEW</b></p> <p>Pumpkin, sweet potato, carrot, capsicum, red onion, crushed tomato, mint, chickpeas, cinnamon, paprika, turmeric, salt and cracked pepper</p> <p><b>CONTAINS: Milk</b></p> <p><b>Ø D Ė X</b></p> <p><b>(SUITABLE TO FREEZE)</b></p>	
SIDES		DESSERT		
<p>Potato mash, milk (pasteurized and homogenized whole milk), butter (pasteurized cream, water, salt, milk fat 80% minimum) (A), (C) and (D) meals, Rice (B) meal, green cross cut beans and cauliflower</p> <p><b>CONTAINS: Milk</b></p>		<p><b>LEMON BUTTER AND ROASTED COCONUT CAKE WITH CUSTARD</b></p> <p>Cake mix: Wheat flour, sugar, vegetable oil {emulsifier (471, 477), antioxidant (soybean lecithin, 307)}, milk solids, raising agents (450, 500), thickener (1422, 415), emulsifiers (471, 472 (b), 472 (a)), salt preservative (281), colour (102, 110), eggs, coconut, lemon juice/ zest, margarine (vegetable oils 60% (containing 47% canola oil), water, salt emulsifiers {471, 322(from soy)}, milk solids, preservative (202), food acid (270), natural colour (160a), vitamins A and D, natural flavour, maize starch, colour (102)</p> <p>Custard: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar</p> <p><b>CONTAINS: Wheat (gluten), eggs, milk, soy D</b></p>		

WEEK DAY		2 WEDNESDAY	
A		B	
<b>TEXAN STYLE BBQ CHICKEN FILLET WITH STOCK GRAVY</b>  Chicken fillet, olive oil, brown sugar, paprika, garlic powder, onion powder, cumin, dry mustard, cayenne, salt and cracked pepper  Sauce: Stock from roast chicken, parsley, salt, pepper and corn flour  <b>CONTAINS: No allergens</b>  <b>Ø D Ė FR</b>  <b>(SUITABLE TO FREEZE)</b>		<b>PORK KRANSKY SAUSAGE WITH ONION AND SEEDED MUSTARD GRAVY</b>  Sausage: Pork (88%), water, salt, tapioca starch, spices, mineral salt (450, 451, 452, 341), antioxidant (316), spice extract (carrier dextrose), sodium nitrite (250), humectants (1520), colour (124), flavour smoked  Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), onion, thyme, salt and cracked pepper  <b>CONTAINS: Milk, soy Ø D Ė FR X (SUITABLE TO FREEZE)</b>	
SOUP		MOROCCAN LAMB AND VEGGIE SOUP	
C		D	
<b>BEEF VINDALOO CURRY WITH RICE</b>  Beef, vindaloo paste: vegetable oil, coriander, water, salt, tamarind (5.5%), cumin, turmeric, chilli, maize flour, ginger powder, spices, food acids [acetic, citric, lactic], crushed tomato, onions, fresh coriander  RICE: Rice, water, salt and pepper  <b>CONTAINS: No allergens</b>  <b>Ø D Ė X</b>  <b>(SUITABLE TO FREEZE)</b>		<b>ROAST PUMPKIN, LEEK AND SPINACH RISOTTO</b>  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  <b>CONTAINS: Milk, sulphites</b>  <b>Ø D Ė X</b>  <b>(SUITABLE TO FREEZE)</b>	
SIDES		DESSERT	
Roast potato (A), (B) and (D) meals, Rice (C) meal, broccoli and diced carrots		<b>DESSERT: PASSION FRUIT CHEESE CAKE WITH PASSION FRUIT COULIS</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], flavours), butter, sugar, gelatin, canola oil Passion fruit coulis: Passion fruit pulp (41%), water, sugar, passion fruit concentrate (8.81%, vegetable gum (415), preservative (202)) <b>CONTAINS: Milk, wheat (gluten), soy, egg D</b>	

WEEK DAY		2 THURSDAY	
A		B	SOUP
ROAST TURKEY WITH CRANBERRY AND CHIVE GRAVY		LEMON GRASS AND CHILLI BEEF STIR FRY WITH RICE	RED PEPPER SOUP
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)		Beef rump strips, celery, carrots, spring onion, capsicum, bok choy, zucchini, lemon grass, chilli, ginger, lime juice, gluten free soy (water, soy beans 20%, rice, salt contains 3.2% alcohol from the natural brewing process), oil, honey, corn flour, salt and pepper	C
Gravy: 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, flavour, food acid (330), flavour enhancer (635), spice, fresh chives		Rice: Rice, water, salt and pepper	D
CONTAINS: Milk, soy, sulphites		CONTAINS: Soy	PUMPKIN, SPINACH AND LEEK MORNAY WITH PANKO CRUMB
Ø D Ė FR		Ø D Ė X	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), leek, spring onion, 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
(SUITABLE TO FREEZE)		(SUITABLE TO FREEZE)	CONTAINS: Milk, wheat (gluten), fish, may contain traces of egg and soy
SIDES		DESSERT	D Ė FR
Paprika and nutmeg roast potato (salt, oil, spices) (A), (C) and (D) meal, Rice (B) meal, peas and pumpkin		DESSERT: AUSTRALIAN NATIVE WATTLESEED CHOCOLATE PANNA COTTA	(SUITABLE TO FREEZE)
		Reconstituted milk solids, cream {skim milk, cream, thickener (1422), emulsifier (472e), vegetable gums (415, 407)}, sugar, beef gelatin, flavours, colour and mineral (calcium)	
		CONTAINS: Milk D	

WEEK DAY		2 FRIDAY		SOUP		CREAMY MUSHROOM, LEEK AND CHIVE SOUP	
A		B		C		D	
<b>CORN BEEF WITH BEARNAISE CREAM SAUCE</b>  Corn beef (beef, brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolyzed vegetable protein (maize), vegetable oil, humectants (422)  Sauce: Cream (halal gelatin, milk and milk products), white wine, tarragon, green peppercorns, parsley, corn flour, salt and pepper  <b>CONTAINS: Milk, sulphites</b>  Ø D F FR  (SUITABLE TO FREEZE)		<b>CRUMBED FISH WITH DILL AND LEMON CREAM 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  Sauce: Cream (halal gelatin, milk and milk products), dill, lemon juice/zest, cracked pepper, salt and corn flour  <b>CONTAINS: Soybean and egg products, fish, wheat (gluten), milk</b>  Ø D FR		<b>CHICKEN CHOW MEIN WITH RICE</b>  Chicken 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), brown sugar, corn flour, salt and pepper  Rice: Rice, water and salt  <b>CONTAINS: Soy Ø D F X</b>  (SUITABLE TO FREEZE)		<b>SHITAKE MUSHROOM AND TOFU CHOW MEIN WITH RICE</b>  Shitake mushrooms, tofu (bean curd), 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), brown sugar, corn flour, salt and pepper  Rice: Rice, water and salt  <b>CONTAINS: Soy Ø D F X</b>  (SUITABLE TO FREEZE)	
SIDES				DESSERT			
Roast potato (A) and (B) meal, Rice (C) and (D) meal, cabbage and butterbeans				<b>VANILLA CREAMED RICE</b>  Reconstituted milk solids, milk, cream, rice, sugar, water, modified starch (1422), flavour, mineral (calcium) <b>CONTAINS: Milk D</b>			

WEEK DAY	3 MONDAY			
<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>SOUP</b> CARROT, PUMPKIN AND COCONUT SOUP
<p><b>CORN BEEF WITH CREAMY MUSHROOM AND SAGE GRAVY</b></p> <p>Corn 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, flavour, food acid (330), flavour enhancer (635), spice, cream (halal gelatin, milk and milk products), mushrooms, sage, salt and pepper</p> <p><b>CONTAINS: Milk, soy</b></p> <p><b>Ø D Ĥ FR</b> (SUITABLE TO FREEZE)</p>	<p><b>BRAISED PORK STEAK WITH CREAMY CHIVE GREEN PEPPERCORN 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, flavour, food acid (330), flavour enhancer (635), spice, cream (halal gelatin, milk and milk products), chives, green pepper corn, salt and pepper</p> <p><b>CONTAINS: Milk, soy</b></p> <p><b>Ø D FR</b></p>	<p><b>CHICKEN SAUSAGES WITH SPRING ONION GRAVY</b></p> <p>Sausage: Chicken leg meat, skin on, salt and pepper, ground oregano, lemon peel</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, flavour, food acid (330), flavour enhancer (635), spice, spring onions, salt and cracked pepper</p> <p><b>CONTAINS: Milk, soy</b></p> <p><b>Ø D Ĥ FR X</b> (SUITABLE TO FREEZE)</p>	<p><b>MUSHROOM, SAGE AND PINENUT RISOTTO</b></p> <p>Arborio rice, mushroom, sage, spinach, garlic, white wine (sulphites), nutmeg, cream (halal gelatin, milk and milk products), lemon zest, parmesan (pasteurized milk, salt, cultures, enzyme), pinenuts, salt and cracked pepper</p> <p><b>CONTAINS: Milk, sulphites, nuts</b></p> <p><b>Ø D Ĥ X</b> (SUITABLE TO FREEZE)</p>	
<b>SIDES</b>			<b>DESSERT</b>	
<p>Rosemary roasted chats (rosemary, olive oil, salt and pepper), peas and corn</p>			<p><b>STRAWBERRY YOGHURT</b></p> <p>Yoghurt: Yoghurt (82%) {skim milk, live yoghurt cultures}, strawberry blend (18%) {strawberries (43%), sugar, water, vegetable gums (pectin, locust bean gum), acidity regulators (sodium citrate, citric acid), mineral salt (calcium citrate), natural flavours, carrot and blackcurrant concentrate</p> <p><b>CONTAINS: Milk D</b></p>	



WEEK DAY		3 TUESDAY	
A		B	SOUP
<b>ROAST PORK WITH HONEY 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, flavour, food acid (330), flavour enhancer (635), spice, whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), honey, thyme, salt and cracked pepper <b>CONTAINS: Milk, soy</b> <b>Ø D F FR</b> <b>(SUITABLE TO FREEZE)</b>		<b>MOROCCAN LAMB AND CHICKPEA STEW</b>  Lamb, carrots, onions, celery, crushed tomato, paprika, turmeric, cinnamon, cumin, parsley, fresh coriander, 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)], flavours, hydrolyzed vegetable protein (contains soy and wheat), colour (150c), onion powder, flavour enhancer (635), spice, food acid (330)  <b>CONTAINS: Soy, milk, wheat (gluten free), may contain sesame</b> <b>Ø D F X</b> <b>(SUITABLE TO FREEZE)</b>	<b>CREAMY LEEK, CHICKEN AND VEGGIE SOUP</b>  <b>C</b>  <b>STICKY CASHEW CHICKEN STIRFRY WITH RICE</b>  Chicken, sauce (water, lemon juice [21%], sugar, thickeners (1414, 415), salt, natural flavours, garlic, yeast extract, food acid (citric), colour (160a)), spring onion, cashews, carrots, celery, capsicum, bok choy, salt and pepper  Rice: Rice, water and salt  <b>CONTAINS: May contain soybean, milk, sesame, peanuts and tree nuts</b> <b>Ø D F X</b> <b>(SUITABLE TO FREEZE)</b>
			<b>D</b>  <b>ASPARAGUS, DILL AND FETA QUICHE</b>  Pastry: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavour, 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), feta cheese (pasteurized milk, salt, cultures, enzyme), spring onion, asparagus, dill, salt and pepper  <b>CONTAINS: Wheat (gluten), eggs, milk, soy</b> <b>Ø D F FR</b> <b>(SUITABLE TO FREEZE)</b>
SIDES		DESSERT	
Mash potato (butter (pasteurized cream ,water, salt, milk fat 80% minimum), milk (pasteurized and homogenized whole milk), salt and pepper) (A), (B) and (D) meals, Rice (C) meal, broccoli and pumpkin		<b>COFFEE AND WALNUT CAKE WITH CUSTARD</b> Cake mix: Wheat flour, sugar, vegetable oil {emulsifier (471, 477), antioxidant (soybean lecithin, 307)}, milk solids, raising agents (450, 500), thickener (1422, 415), emulsifiers (471, 472 (b), 472 (a), salt preservative (281), colour (102, 110), eggs, coffee, walnuts, margarine (vegetable oils 60% (containing 47% canola oil), water, salt emulsifiers {471, 322(from soy)}, milk solids, preservative (202), food acid (270), natural colour (160a), vitamins A and D, natural flavour, maize starch, colour (102) Custard: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar <b>CONTAINS: Wheat (gluten), eggs, milk, soy, nuts D</b>	

WEEK DAY	3 WEDNESDAY	SOUP	
A	B	C	D
<p><b>BAKED ITALIAN CHICKEN PICCATO WITH STOCK SAUCE</b></p> <p>Chicken fillet, capers, parsley, butter (pasteurized cream, water, salt, milk fat 80% minimum), lemon juice/zest, olive oil, salt and pepper</p> <p>Sauce: Stock from chicken, parsley, cream (halal gelatin, milk and milk products), capers, salt, pepper and corn flour</p> <p><b>CONTAINS: Milk</b>  <b>Ø D Ė FR</b>  <b>(SUITABLE TO FREEZE)</b></p>	<p><b>SLOW COOKED BEEF, OREGANO AND GARLIC STEW</b></p> <p>Beef, carrots, onion, celery, crushed tomato, red wine (sulphites), garlic, thyme, oregano, 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)], flavours, hydrolyzed vegetable protein (contains soy and wheat), colour (150c), onion powder, flavour enhancer (635), spice, food acid (330)</p> <p><b>CONTAINS: Soy, wheat (gluten free), sulphites, may contain milk, sesame</b>  <b>Ø D Ė X</b>  <b>(SUITABLE TO FREEZE)</b></p>	<p><b>SPINACH, BACON AND ROMA TOMATO QUICHE</b></p> <p>Pastry: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavour, 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), bacon [pork, water, salt, sugar, mineral salts (451), natural wood smoke], spinach, roma tomato, salt and pepper</p> <p><b>CONTAINS: Wheat (gluten), eggs, milk, soy</b>  <b>Ø D Ė FR</b>  <b>(SUITABLE TO FREEZE)</b></p>	<p><b>ZUCCHINI, ASPARAGUS AND FETA SLICE WITH BEETROOT RELISH</b></p> <p>Zucchini, asparagus, 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>Relish: Beetroot, water, sugar, red vinegar, modified starch (1422), lemon juice, garlic, salt, herbs and spices</p> <p><b>CONTAINS: Eggs, milk</b>  <b>Ø D Ė</b>  <b>(SUITABLE TO FREEZE)</b></p>
SIDES		DESSERT	
<p>Roast potato (salt, pepper and oil), butter beans and carrots</p>		<p><b>GLUTEN FREE FUDGE BROWNIE WITH CUSTARD</b></p> <p>Brownie: Compound chocolate (sugar, vegetable fat, cocoa powder, emulsifiers (322 soy, 476, 492) flavours), 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), egg, sour cream (milk solids, culture), flavour, canola oil, emulsifier (soy lecithin 322) (calcium phosphate, sodium bicarbonate)</p> <p>Custard: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar</p> <p><b>CONTAINS: Soy, egg, milk Ø D</b></p>	

WEEK DAY		3 THURSDAY	
A		B	
<b>ROAST BEEF WITH SAGE AND 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, flavour, food acid (330), flavour enhancer (635), spice, seeded mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], red wine (sulphites), sage, salt and cracked pepper  <b>CONTAINS: Milk, soy, sulphites</b>  <b>Ø D Ĥ FR</b>  <b>(SUITABLE TO FREEZE)</b>		<b>KOREAN CHICKEN DRUMSTICKS WITH RICE</b>  Chicken drumsticks, spring onion, gluten free soy sauce (water, soybeans (20%), rice, salt, contains (3.2% alcohol v/v) from the natural brewing process), sweet chilli sauce (sugar, water, chilli, salt garlic, thickener [1422, 415], acidity regulator [260], preservative [202]), Chinese cooking wine (water, rice, wheat, salt, colour {E150c}), ginger, sesame oil, salt and pepper  Sauce: Stock from chicken, spring onion, water, salt, pepper and corn flour  Rice: Rice, water, salt and turmeric  <b>CONTAINS: Soy, sesame, wheat (gluten)</b>  <b>D Ĥ FR</b>  <b>(SUITABLE TO FREEZE)</b>	
SOUP		SMOKEY TOMATO AND CHICKPEA SOUP	
C		D	
<b>LAMB ROGAN JOSH WITH YELLOW RICE</b>  Lamb, onions, crushed tomato, rogan josh paste (water, spices{24%}, vegetable oil, tomato paste {8%}, salt, lemon juice, onion powder, sugar, food acid [acetic], garlic puree, fresh coriander  Rice: Rice, water, salt, turmeric  <b>CONTAINS: No allergens</b>  <b>Ø D Ĥ X</b>  <b>(SUITABLE TO FREEZE)</b>		<b>MIDDLE EASTERN VEGETABLE STRUDEL WITH TOMATO RELISH</b>  Pastry: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavour, antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330)  Filling: Pumpkin, sweet potato, red onion, carrot, paprika, 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), tasty cheese (pasteurized milk, salt, cultures, enzyme)  <b>CONTAINS: Wheat, soy, egg, milk</b>  <b>D Ĥ X</b>  <b>(SUITABLE TO FREEZE)</b>	
SIDES		DESSERT	
Mustard potato (cream (pasteurized and homogenized whole milk), whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric]) (A) and (D) meal, Rice (B) and (C) meal, zucchini and cauliflower  <b>CONTAINS: Milk</b>		<b>AUSTRALIAN NATIVE DAVIDSON PLUM PANNA COTTA</b>  Reconstituted milk solids, cream {skim milk, cream, thickener (1422), emulsifier (472e), vegetable gums (415, 407)}, sugar, beef gelatin, flavours, colour and mineral (calcium)  <b>CONTAINS: Milk D</b>	

WEEK DAY		3 FRIDAY		SOUP		CREAMY ASPARAGUS AND CHIVE SOUP	
A		B		C		D	
<b>OVEN ROASTED CHICKEN FILLET WITH TARRAGON AND WHITE WINE SAUCE</b>  Chicken fillet, lemon juice/zest, garlic, thyme, olive oil, salt and cracked pepper  Sauce: Cream (halal gelatin, milk and milk products), tarragon, white wine (sulphites), nutmeg, salt and cracked pepper  <b>CONTAINS: Milk, sulphites</b> <b>Ø D F FR</b>  <b>(SUITABLE TO FREEZE)</b>		<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), flavour 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>  <b>Ø D FR</b>		<b>CANTONESE PLUM PORK STIR FRY WITH RICE</b>  Pork, spring onion, carrots, celery, capsicum, bok choy, plum sauce (plums (from concentrate), 65%, sugar, thickener, modified cornstarch, food acids (acetic, citric), salt, colour (caramel 150c from wheat)), spices  Rice: Rice, water, turmeric and salt  <b>CONTAINS: No allergens</b> <b>Ø D F X</b>  <b>(SUITABLE TO FREEZE)</b>		<b>HONEY SOY 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, water, turmeric and salt  <b>CONTAINS: Soy, wheat (gluten), sesame</b> <b>D F X</b>  <b>(SUITABLE TO FREEZE)</b>	
SIDES				DESSERT			
Crushed potato with mustard (dijon mustard, water, mustard seed 18%, salt, sugar, food acid {acetic}, turmeric), spring onion and olive oil (A) and (B) meal, Rice (C) and (D) meal, red cabbage and diced carrots				<b>CHOCOLATE COCONUT CUSTARD</b>  Coconut Milk (Reconstituted), water, sugar, cocoa powder, modified tapioca starch (1422), pea protein, flavour, vegetable gums (407,415) <b>CONTAINS: No allergens D</b>			

WEEK DAY		4 MONDAY	
A		B	
<b>SPANISH PAPRIKA BAKED CHICKEN FILLET WITH OREGANO GRAVY</b>  Chicken fillet, paprika, garlic powder, cumin powder, 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, flavour, food acid (330), flavour enhancer (635), spice, parsley, oregano, salt and cracked pepper  <b>CONTAINS: Milk, soy</b>  <b>Ø D Ĥ FR</b>  <b>(SUITABLE TO FREEZE)</b>		<b>VEAL SCHNITZEL WITH TOMATO AND WHITE WINE BASIL SAUCE</b>  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)  Sauce: Crushed tomato, red onion, garlic, white wine (sulphites), brown sugar, basil, salt and cracked pepper  <b>CONTAINS: Wheat (gluten), soy, sulphites</b>  <b>D X FR</b>	
C		D	
<b>B.B.Q LAMB SAUSAGE WITH ONION GRAVY</b>  Sausage: Lamb, premix continental (rice flour, salt, mineral salt [451], preservative {223}, spice, spice extract {160}, herb extracts, rosemary  Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice  <b>CONTAINS: Milk, soy</b>  <b>Ø D Ĥ FR</b>  <b>(SUITABLE TO FREEZE)</b>		<b>GNOCCHI CAPRESE</b>  Gnocchi: Potatoes (61%), flour, thiamin, folic acid, parmesan cheese, margarine, salt, egg  Sauce: Olive oil, tomato paste, water, parmesan cheese (pasteurized milk, salt, cultures, enzyme), garlic, thyme, oregano, basil, cherry tomatoes, brown sugar, salt and pepper  <b>CONTAINS: Wheat (gluten), milk, egg</b>  <b>D FR X</b>	
SIDES		DESSERT	
Rosemary roasted chat potatoes (oil, salt, pepper, rosemary), corn and diced carrots		<b>PASSION FRUIT YOGHURT</b>  Yoghurt: Yoghurt (82%) {skim milk, live yoghurt cultures}, passion fruit blend (18%) {sugar, passion fruit (33%), water, vegetable gums (pectin, locust bean gum), acidity regulators (sodium citrate, citric acid), mineral salt (calcium citrate), natural flavours  <b>CONTAINS: Milk D</b>	

WEEK DAY	4 TUESDAY	SOUP		CHICKEN, VEGETABLE AND PESTO SOUP
A	B	C	D	
<p><b>ROAST LAMB WITH ROSEMARY, GARLIC AND RED WINE GRAVY</b></p> <p>Lamb: Leg of lamb, 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, flavour, food acid (330), flavour enhancer (635), spice, rosemary, red wine (sulphites), garlic, salt and cracked pepper</p> <p><b>CONTAINS: Milk, soy, sulphites</b></p> <p><b>Ø D Ĥ FR</b></p> <p><b>(SUITABLE TO FREEZE)</b></p>	<p><b>TEXAN BEEF AND BEAN STEW</b></p> <p>Beef, onion, red capsicum, paprika, cumin, coriander, oregano, crushed tomato, garlic, brown sugar, red kidney beans, fresh coriander, 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 flavours (contain soy), hydrolyzed vegetable protein, colour (150c), onion powder, flavour enhancer (635), spice, food acid (330) and herbs]</p> <p><b>CONTAINS: Soy, wheat (gluten free), may contain milk, sesame</b></p> <p><b>Ø D Ĥ X</b></p> <p><b>(SUITABLE TO FREEZE)</b></p>	<p><b>SESAME AND SOY, CHICKEN STIRFRY WITH RICE</b></p> <p>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</p> <p>Rice: Rice, water, salt and pepper</p> <p><b>CONTAINS: Soy, sesame</b></p> <p><b>Ø D Ĥ X</b></p> <p><b>(SUITABLE TO FREEZE)</b></p>	<p><b>ITALIAN BAKED EGGPLANT</b></p> <p>Eggplant, red onion, garlic, basil, roma tomato, capsicum, parsley, tomato paste, olive oil, parmesan cheese (pasteurized milk, salt, cultures, enzyme), salt and cracked pepper</p> <p><b>CONTAINS: Milk</b></p> <p><b>Ø D Ĥ FR</b></p> <p><b>(SUITABLE TO FREEZE)</b></p>	
SIDES		DESSERT		
<p>Crushed potato with mustard (dijon mustard, water, mustard seed 18%, salt, sugar, food acid {acetic}, turmeric), spring onion and olive oil (A), (B) and (D) meal, Rice (C), peas and pumpkin</p>		<p><b>APPLE AND RHUBARB CRUMBLE CAKE WITH CUSTARD</b></p> <p>Cake Mix: Wheat flour (wheat flour, vitamins (thiamin, folate), sugar, vegetable fat and oil (palm, canola, coconut (emulsifiers 471, 477), antioxidant (322 from soy, 307)), milk solids, egg powder, raising agents (541, 500), salt, maize starch, flavours, colours (102, 110), apple, rhubarb, butter (pasteurized cream, water, salt, milk fat 80% minimum)</p> <p>Custard: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar</p> <p><b>CONTAINS: Wheat (gluten), egg, milk, soy D</b></p>		



WEEK DAY	4 WEDNESDAY	SOUP		BEEF, HERB AND VEGETABLE SOUP
A	B	C	D	
<p><b>CORN BEEF WITH WHITE WINE AND PARSLEY CREAM SAUCE</b></p> <p>Corn 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), white wine (sulphites), parsley, djon mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], corn flour, salt and cracked pepper</p> <p><b>CONTAINS: Milk, sulphites</b></p> <p>Ø D F FR</p> <p>(SUITABLE TO FREEZE)</p>	<p><b>INDIAN CHICKEN, CHICKPEA AND SPINACH CURRY WITH RICE</b></p> <p>Chicken, korma paste (water, vegetable oil, spices 11%, desiccated coconut 9%, sugar, tomato paste 5%, salt, ginger, garlic puree, onion, maize flour, dried coriander leaf), chickpeas, spinach, crushed tomato, salt and pepper</p> <p>Rice: Rice, water, salt and turmeric</p> <p><b>CONTAINS: No allergens</b></p> <p>Ø D F X</p> <p>(SUITABLE TO FREEZE)</p>	<p><b>BACON, LEEK AND MUSHROOM QUICHE</b></p> <p>Pastry: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavour, antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330)</p> <p>Filling: Bacon [pork, water, salt, sugar, mineral salts (451), natural wood smoke], leek, mushroom, parsley, 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</p> <p><b>CONTAINS: Milk, eggs, wheat (gluten), soy</b></p> <p>Ø D F FR</p> <p>(SUITABLE TO FREEZE)</p>	<p><b>ROAST PUMPKIN, KALE AND FETA QUICHE</b></p> <p>Pastry: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavour, antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330)</p> <p>Filling: Pumpkin, kale, 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</p> <p><b>CONTAINS: Milk, eggs, wheat (gluten), soy</b></p> <p>Ø D F FR</p> <p>(SUITABLE TO FREEZE)</p>	
SIDES		DESSERT		
<p>Roast potato (A), (C) and (D) meal, Rice (B) meal, cross cut beans and cabbage</p>		<p><b>DESSERT: : RASPBERRY CHEESECAKE WITH RASPBERRY COULIS</b></p> <p>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], flavours), butter, sugar, gelatin, canola oil, raspberry coulis (raspberries, sugar, water)</p> <p><b>CONTAINS: Milk, wheat (gluten), soy, egg D</b></p>		

WEEK DAY		4 THURSDAY		SOUP		SPINACH, LENTIL AND VEGGIE SOUP	
A		B		C		D	
<p><b>ROAST PORK WITH CREAMY MUSHROOM 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, flavour, food acid (330), flavour enhancer (635), spice, cream (halal gelatin, milk and milk products), mushrooms, chives, salt and cracked pepper</p> <p><b>CONTAINS: Milk, soy</b></p> <p>Ø D Ė FR</p> <p>(SUITABLE TO FREEZE)</p>		<p><b>HONEY AND BALSAMIC CHICKEN DRUMSTICKS WITH HERB GRAVY</b></p> <p>Chicken drumsticks, honey, balsamic vinegar (wine vinegar, concentrated grape must, caramel E150d, antioxidant, sulphites E224), garlic, olive oil, 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, flavour, food acid (330), flavour enhancer (635), parsley, thyme, salt and pepper</p> <p><b>CONTAINS: Milk, soy, sulphites</b></p> <p>Ø D Ė FR</p> <p>(SUITABLE TO FREEZE)</p>		<p><b>LAMB VINDALOO CURRY WITH RICE</b></p> <p>Diced lamb, 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), crushed tomato, onions, fresh coriander, salt and pepper</p> <p>Rice: Rice, water, turmeric and salt</p> <p><b>CONTAINS: No allergens</b></p> <p>Ø D Ė X</p> <p>(SUITABLE TO FREEZE)</p>		<p><b>SPRING GREEN RISOTTO</b></p> <p>Arborio rice, leek, zucchini, spinach, asparagus, thyme, 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 Ė</p> <p>(SUITABLE TO FREEZE)</p>	
SIDES				DESSERT			
<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) meal, Rice (C) meal, broccoli and cauliflower</p>				<p><b>LEMON DESSERT</b></p> <p>Cream, milk, water, sugar, milk solids, beef gelatin, flavour, mineral salts (450, 500), stabilizers (400, 410, 412), acid (330), preservatives (234, 202), colours (102, 110), natural yoghurt, mineral (calcium), contains live cultures of lactobacillus acidophilus, bifidus and casei</p> <p><b>CONTAINS: Milk D</b></p>			

WEEK DAY		4 FRIDAY		SOUP		CREAM OF LEEK AND SWEET POTATO SOUP	
A		B		C		D	
<b>TURKISH B.B.Q CHICKEN FILLET WITH STOCK SAUCE</b>  Chicken: Chicken fillet, olive oil, fresh coriander, cardamom, cayenne, paprika, turmeric, garlic, lemon juice/ zest, brown sugar, salt and pepper  Sauce: Stock from chicken, water, parsley, corn flour, salt and pepper  <b>CONTAINS: No allergens</b>  Ø D F FR  <b>(SUITABLE TO FREEZE)</b>		<b>BEER BATTERED FISH WITH LIME AND CHIVE MAYONNAISE</b>  Fish: White fish (60%), coating (wheat flour, water, palm oil, thickeners (1404), salt, mineral salts (450, 500), flavour 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), lime juice/ zest, chives, and cracked pepper  <b>CONTAINS: Fish, wheat (gluten), milk, egg</b>  Ø D FR		<b>THAI BASIL MINCED BEEF WITH RICE</b>  Beef mince, spring onion, garlic, lemon grass, Thai basil, red chilli, red capsicum, gluten free 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, water and salt  <b>CONTAINS: Soy</b>  Ø D F X  <b>(SUITABLE TO FREEZE)</b>		<b>GRILLED CHEESE VEGGIE SCHNITZEL WITH CHEESE AND CHIVE CREAM SAUCE</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)  Sauce: Cream, cheese (pasteurized milk, salt, cultures, enzyme), chives, corn flour, salt and pepper  <b>CONTAINS: Milk</b>  Ø D X	
SIDES				DESSERT			
Roast potato (A), (B), and (D) meals, Rice (C) meal, carrots and (peas, corn, capsicum)				<b>CHOCOLATE MOUSSE</b>  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>			

WEEK DAY	5 MONDAY	SOUP	
A	B	C	D
<p><b>AUSSIE B.B.Q CHICKEN FILLET WITH ONION 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, flavour, food acid (330), flavour enhancer (635), spice, onion, thyme, salt and pepper</p> <p><b>CONTAINS: Milk, soy</b></p> <p>Ø D F FR</p> <p>(SUITABLE TO FREEZE)</p>	<p><b>SLOW COOKED BRAISED BEEF STEAKS WITH PEPPERCORN AND MUSHROOM 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, flavour, food acid (330), flavour enhancer (635), spice, seeded mustard (water, mustard seed, salt, sugar, food acid, acetic, turmeric), green peppercorn, mushroom, cream (halal gelatin, milk and milk products), salt and pepper</p> <p><b>CONTAINS: Milk, soy</b></p> <p>Ø D FR</p>	<p><b>ITALIAN PORK SAUSAGE WITH TOMATO AND BASIL GRAVY</b></p> <p>Sausage: Pork, premix continental (rice flour, salt, mineral salt {451}, preservative {223}, spice, spice extracts {160}, herb extracts</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, flavour, food acid (330), flavour enhancer (635), spice, crushed tomato, basil, parsley, salt and pepper</p> <p><b>CONTAINS: Milk, soy</b></p> <p>Ø D F FR</p> <p>(SUITABLE TO FREEZE)</p>	<p><b>HONEY AND THYME PUMPKIN SOUP</b></p> <p><b>VEGETARIAN TUSCAN GNOCCHI</b></p> <p>Gnocchi: Potatoes (61%), flour, thiamin, folic acid, parmesan cheese, margarine, salt, egg</p> <p>Sauce: Crushed tomato, white wine (sulphites), garlic, olive oil, oregano, thyme, kale, red chilli, brown sugar, salt and pepper, parmesan cheese (pasteurized milk, salt, culture)</p> <p><b>CONTAINS: Wheat (gluten), milk, egg, sulphites</b></p> <p>D X</p>
SIDES		DESSERT	
<p>Mustard roasted chat potato, cream (halal gelatin, milk and milk products), dijon mustard (water, mustard seed, salt, sugar, food acid, acetic, turmeric), peas and butter beans</p>		<p><b>BLUEBERRY YOGHURT</b></p> <p>Yoghurt: Yoghurt (82%) {skim milk, live yoghurt cultures}, Blueberry blend (18%) {blueberries (45%), sugar, water, vegetable gums (pectin, locust bean gum), acidity regulators (sodium citrate, citric acid), mineral salt (calcium citrate), natural flavours</p> <p><b>CONTAINS: Milk D</b></p>	

WEEK DAY		5 TUESDAY	
A		B	
<b>CORN BEEF WITH HERBS AND MUSTARD GRAVY</b>  Corn beef: Brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolyzed vegetable protein (maize), vegetable oil, humectants (422)  Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, seeded mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], parsley, sage  <b>CONTAINS: Milk, soy Ø D Ė FR (SUITABLE TO FREEZE)</b>		<b>PORK, PAPRIKA AND RED WINE STEW</b>  Diced pork, carrots, onion, celery, parsley, oregano, paprika, cumin powder, 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), flavour, onion powder, flavour enhancer (635), spice, food acid (330), and herb, salt and pepper  <b>CONTAINS: Sulphites, soy, wheat (gluten free) may contain sesame</b>  <b>Ø D Ė X (SUITABLE TO FREEZE)</b>	
C		D	
<b>ROAST PUMPKIN, FETA AND SMOKED CHICKEN QUICHE</b>  Pastry: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavour, antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330)  Filling: 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), eggs, cream (halal gelatin, milk and milk products), feta cheese (pasteurized milk, salt, culture), pumpkin, spring onion, salt and pepper  <b>CONTAINS: Milk, eggs, wheat (gluten), soy Ø D Ė FR (SUITABLE TO FREEZE)</b>		<b>SPRING VEGETABLE AND FETA 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, asparagus, spring onion, basil, parsley, salt and pepper  <b>CONTAINS: Milk, egg</b>  <b>Ø D Ė (SUITABLE TO FREEZE)</b>	
SIDES		DESSERT	
Crushed potato with mustard (dijon mustard, water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric), spring onion and olive oil, pumpkin and broccoli		<b>CHERRY RIPE CHOCOLATE CAKE WITH CUSTARD</b> Cake mix: Wheat flour, sugar, vegetable oil {emulsifier (471, 477), antioxidant (soybean lecithin, 307)}, milk solids, raising agents (450, 500), thickener (1422, 415), emulsifiers (471, 472 (b), 472 (a)), salt preservative (281), colour (102, 110), eggs, cocoa powder, coconut, glace cherries (cherries {47%}, sugar, glucose and fructose syrup, acidity regulator {E-330}, colour {129}, preservative {202}, preservative {223}), margarine (vegetable oils 60% (containing 47% canola oil), water, salt emulsifiers{471, 322(from soy)}), milk solids, preservative (202), food acid (270), natural colour (160a), vitamins A and D, natural flavour, maize starch, colour (102) Custard: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar <b>CONTAINS: Wheat (gluten), eggs, milk, soy, sulphites D</b>	

WEEK DAY		5 WEDNESDAY		SOUP		MOROCCAN LAMB AND VEGGIE SOUP	
A		B		C		D	
<p><b>ROAST PORK WITH HONEY, OREGANO AND CRACKED PEPPER 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, flavour, food acid (330), flavour enhancer (635), spice, honey, oregano, cracked pepper and salt</p> <p><b>CONTAINS: Milk, soy Ø D Ě FR</b></p> <p><b>(SUITABLE TO FREEZE)</b></p>		<p><b>COUNTRY STYLE BEEF STEW</b></p> <p>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 flavours (contain soy), hydrolyzed vegetable protein, colour (150c), onion powder, flavour enhancer (635), spice, food acid (330), parsley, oregano, basil, paprika, garlic, celery, carrots, onions, crushed tomato, salt and cracked pepper</p> <p><b>CONTAINS: Soy, sulphites, may contain milk, sesame</b></p> <p><b>Ø D Ě X</b></p> <p><b>(SUITABLE TO FREEZE)</b></p>		<p><b>OVEN GRILLED CHICKEN AND PARSLEY MEATBALLS WITH CREAMY SPRING ONION GRAVY</b></p> <p>Meatballs: Chicken, parsley, onion, garlic, gluten free breadcrumbs, 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, flavour, food acid (330), flavour enhancer (635), spice, cream (halal gelatin, milk and milk products), spring onions, salt and pepper</p> <p><b>CONTAINS: Milk, soy Ø D Ě X</b></p> <p><b>(SUITABLE TO FREEZE)</b></p>		<p><b>MIDDLE EASTERN CHICKPEA AND PUMPKIN COUS COUS</b></p> <p>Couscous (durum wheat, semolina), pumpkin, garlic, cumin powder, coriander, cayenne, chickpeas, lemon zest, parsley, butter (pasteurized cream, water, salt, milk fat 80% minimum), 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)</p> <p><b>CONTAINS: Milk, wheat (gluten)</b></p> <p><b>D Ě</b></p> <p><b>(SUITABLE TO FREEZE)</b></p>	
SIDES				DESSERT			
Roast potato (salt, pepper and oil), corn and carrots				<p><b>MIXED BERRY CHEESE CAKE WITH MIXED BERRY FRUIT COULIS</b></p> <p>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], flavours) , butter, sugar, gelatin, canola oil Mixed berry fruit coulis: Fruit (48%) (raspberries, blackberries, blackcurrants), water, sugar, food acid (330), vegetable gum (415), preservative (202)</p> <p><b>CONTAINS: Milk, wheat (gluten), soy, egg D</b></p>			



WEEK DAY	5 THURSDAY			
A	B	C	D	SOUP
<p><b>ROAST BEEF WITH HERB AND HORSERADISH GRAVY</b></p> <p>Beef: Porterhouse, salt and pepper</p> <p>Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, horseradish (horseradish (46%) (contain sulphites), water, mustard seed, sugar, salt, food acid (acetic), vegetable oil, mustard extract, vegetable gum (xanthan(contains soy)), preservatives (sodium metabisulphate), thyme, parsley , salt and cracked pepper</p> <p><b>CONTAINS: Milk, soy, sulphites</b></p> <p><b>Ø D F FR (SUITABLE TO FREEZE)</b></p>	<p><b>CHICKEN, SPINACH AND CHICKPEA CURRY WITH RICE</b></p> <p>Chicken, onions, spinach, chickpeas, crushed tomato, korma paste (water, vegetable oil, spices {11%}, desiccated coconut {9%}, sugar, tomato paste {5%}, salt, ginger, garlic puree, food acids {acetic, lactic}, maize flour, dried coriander leaf), salt and pepper</p> <p>Rice: Rice, water, salt and turmeric</p> <p><b>CONTAINS: No allergens</b></p> <p><b>Ø D F X</b></p> <p><b>(SUITABLE TO FREEZE)</b></p>	<p><b>TUNA, SPRING ONION AND FETA QUICHE</b></p> <p>Pastry: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavour, 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), tuna, spring onion, feta (pasteurized milk, salt, cultures, enzyme), salt and pepper</p> <p><b>CONTAINS: Milk, wheat (gluten), soy, eggs, fish</b></p> <p><b>Ø D F FR</b></p> <p><b>(SUITABLE TO FREEZE)</b></p>	<p><b>PARMESAN AND PANKO CRUMBED CAULIFLOWER WITH TOMATO AND BASIL SAUCE</b></p> <p>Cauliflower, 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</p> <p>Sauce: Crushed tomato, garlic, onion, white wine (sulphites), basil, sugar, salt and pepper</p> <p><b>CONTAINS: Wheat (gluten), milk, sulphites</b></p> <p><b>Ø D F FR</b></p> <p><b>(SUITABLE TO FREEZE)</b></p>	RED PEPPER SOUP
SIDES			DESSERT	
<p>Potato mash, cream (halal gelatin, milk and milk products), butter (pasteurized cream, water, salt, milk fat 80% minimum) (A), (C) and (D) meals, Rice (B) meal, red cabbage and cauliflower</p>			<p><b>MANGO PANNA COTTA</b></p> <p>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]</p> <p><b>CONTAINS: Milk D</b></p>	

WEEK DAY		5 FRIDAY		SOUP	
A		B		C	
<b>THAI ROASTED CHICKEN FILLET WITH RICE AND STOCK SAUCE</b>  Chicken: Chicken fillet, lemongrass, thai basil, coriander, turmeric, red chilli, lime juice/zest, brown sugar, oil, salt and pepper  Sauce: Stock from chicken, coconut milk, coriander, water, corn flour, salt and pepper  Rice: Rice, salt and water  <b>CONTAINS: No allergens</b> <b>Ø D F FR</b>  <b>(SUITABLE TO FREEZE)</b>		<b>CRUMBED FISH WITH THOUSAND ISLAND DRESSING</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  Thousand island dressing: Vegetable oil (contains antioxidant butylated hydroxyanisole), sugar, tomato (from paste), water, gherkins (gherkins, water, salt, food acid (acetic), firming agent (calcium chloride), preservative (sodium metabisulphate)), egg yolk, skim milk, food acid (acetic), salt, garlic powder, spices (paprika, cinnamon, pepper), thickener (xanthan gum (contains soy)), colour (paprika oleoresin)  <b>CONTAINS: Sulphites, egg, milk, soy, may contain nuts, fish, wheat (gluten) Ø D FR</b>		<b>SWEET AND SOUR PORK STIR FRY WITH RICE</b>  Pork, carrots, celery, capsicum, spring onion, bok choy, corn flour, salt and pepper, sauce (water, sugar, vegetables 9% (onion 4%, capsicum 2.5%, carrot 1.5%, pineapple 0.5%), tomatoes (from paste), thickeners (modified cornstarch xanthan gum (contains soy)), food acids (Acetic), salt, colour (paprika oleoresin), chilli, ginger, pepper)  Rice: Rice, water, salt and pepper  <b>CONTAINS: Soy</b> <b>Ø D F X</b>  <b>(SUITABLE TO FREEZE)</b>	
<b>D</b>		<b>CREAMY POTATO, LEEK AND CHIVE BAKE</b>  Potato, leek, 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 pepper  <b>CONTAINS: Milk</b> <b>Ø D F X</b>  <b>(SUITABLE TO FREEZE)</b>			
SIDES				DESSERT	
Roast potato (oil, salt and pepper) (B) and (D) meals, Rice (A) and (C) meals, bite sized (cauliflower, broccoli and carrot)				<b>CRÈME CARAMEL</b>  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 D</b>	

WEEK DAY		6 MONDAY		SOUP		CARROT, PUMPKIN AND COCONUT SOUP	
A		B		C		D	
<p><b>MEDITERRANEAN ROAST CHICKEN WITH HERB GRAVY</b></p> <p>Chicken fillet, honey, lemon juice/ zest, olive oil, garlic, oregano, 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, flavour, food acid (330), flavour enhancer (635), spice, parsley, oregano, salt and pepper</p> <p><b>CONTAINS: Milk, soy</b></p> <p>Ø D F FR</p> <p>(SUITABLE TO FREEZE)</p>		<p><b>BRATWURST SAUSAGE WITH SEEDED MUSTARD GRAVY</b></p> <p>Sausage: Pork beef 80%, water, pepper, sweet sherry, premix continental (rice flour, salt, mineral salt {451}, preservative {223}, spice, spice extracts {160}, herb extracts, vegetable powder)</p> <p>Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, seeded mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric]</p> <p><b>CONTAINS: Milk, soy</b></p> <p>Ø D F (SUITABLE TO FREEZE)</p>		<p><b>SAVOURY TURKEY AND SAGE RISSOLES WITH SPRING ONION GRAVY</b></p> <p>Rissolo: Turkey 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, flavour, food acid (330), flavour enhancer (635), spice, spring onion, salt and pepper</p> <p><b>CONTAINS: Milk, soy</b></p> <p>Ø D F X</p> <p>(SUITABLE TO FREEZE)</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), flavour], spinach reconstituted (9%) [water, dehydrated spinach], water, potato, maltodextrin, onion, breadcrumbs [wheat], potato flakes, cheese powders [milk], whey protein concentrate, wheat fibre, spices, salt ,flavour, 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>	
SIDES				DESSERT			
<p>Tuscan roasted chat potato (oil, salt, pepper, spices, herbs, garlic), yellow butter beans and carrots</p>				<p><b>STRAWBERRY YOGHURT</b></p> <p>Yoghurt: Yoghurt (82%) {skim milk, live yoghurt cultures}, strawberry blend (18%) {strawberries (43%), sugar, water, vegetable gums (pectin, locust bean gum), acidity regulators (sodium citrate, citric acid), mineral salt (calcium citrate), natural flavours, carrot and blackcurrant concentrate</p> <p><b>CONTAINS: Milk D</b></p>			

WEEK DAY	6 TUESDAY	SOUP	
A	B	C	D
<p><b>ROAST BEEF WITH THYME AND CRACKED PEPPER GRAVY</b></p> <p>Beef: Porterhouse, salt and pepper</p> <p>Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, thyme, salt and cracked pepper</p> <p><b>CONTAINS: Milk, soy</b></p> <p>Ø D Ĥ FR</p> <p>(SUITABLE TO FREEZE)</p>	<p><b>OVEN GRILLED LAMB MEATBALLS WITH MINT GRAVY</b></p> <p>Meatballs: Lamb, onion, parsley, gluten free bread crumbs, garlic, 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, flavour, food acid (330), flavour enhancer (635), spice, mint, salt and cracked pepper</p> <p><b>CONTAINS: Milk, soy</b></p> <p>Ø D Ĥ X</p> <p>(SUITABLE TO FREEZE)</p>	<p><b>PROVENÇAL FRENCH CHICKEN, LEEK AND MUSHROOM STEW</b></p> <p>Chicken, leek, mushroom, spring onion, celery, thyme, parsley, white wine (sulphites), dijon mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], cream (halal gelatin, milk and milk products), corn flour, salt and pepper</p> <p><b>CONTAINS: Sulphites, may contain milk, sesame and soy</b></p> <p>Ø D Ĥ X</p> <p>(SUITABLE TO FREEZE)</p>	<p><b>PUMPKIN AND CAULIFLOWER DHAL WITH RICE</b></p> <p>Red lentils, pumpkin, cauliflower, ginger, turmeric, lemongrass, mustard seeds, green chilli, garamasala, coconut milk, fresh coriander, salt and pepper</p> <p>Rice: Rice, water, turmeric and salt</p> <p><b>CONTAINS: No allergens</b></p> <p>Ø D Ĥ FR</p> <p>(SUITABLE TO FREEZE)</p>
SIDES		DESSERT	
<p>Mash potato, butter (pasteurized cream, water, salt, milk fat 80% minimum), cream (halal gelatin, milk and milk products), salt and pepper (A), (B) and (C) meals, Rice (D) meal, broccoli and pumpkin</p>		<p><b>BLUEBERRY MUFFIN CAKE WITH CUSTARD</b></p> <p>Cake Mix: Wheat flour (wheat flour, vitamins (thiamin, folate), sugar, vegetable fat and oil (palm, canola, coconut (emulsifiers 471, 477), antioxidant (322 from soy, 307)), milk solids, egg powder, raising agents (541,500), salt, maize starch, flavours, colours (102,110), blueberries, butter (pasteurized cream, water, salt, milk fat 80% minimum)</p> <p>Custard: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar</p> <p><b>CONTAINS: Wheat (gluten), egg, milk, soy D</b></p>	

WEEK DAY	6 WEDNESDAY	SOUP	
A	B	C	D
<p><b>ROAST PORK WITH ROASTED GARLIC AND PARSLEY GRAVY</b></p> <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, flavour, food acid (330), flavour enhancer (635), spice, parsley, garlic, salt and cracked pepper</p> <p><b>CONTAINS: Milk, soy</b></p> <p>Ø D F FR</p> <p>(SUITABLE TO FREEZE)</p>	<p><b>SAVOURY MEATLOAF WITH TOMATO AND HERB GRAVY</b></p> <p>Meatloaf: 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, flavour, food acid (330), flavour enhancer (635), spice, thyme, parsley, crushed tomato, salt and cracked pepper</p> <p><b>CONTAINS: Milk, soy</b></p> <p>Ø D F X</p> <p>(SUITABLE TO FREEZE)</p>	<p><b>HONEY HERB BAKED CHICKEN DRUMSTICKS WITH STOCK SAUCE</b></p> <p>Chicken drumsticks, honey, olive oil, garlic, sage, thyme, salt and pepper</p> <p>Sauce: Stock from chicken, parsley, cream (halal gelatin, milk and milk products), corn flour, salt and pepper</p> <p><b>CONTAINS: Milk</b></p> <p>Ø D F X</p> <p>(SUITABLE TO FREEZE)</p>	<p><b>BEEF, VEGETABLE AND BARLEY SOUP</b></p> <p><b>CHICKPEA, CAULIFLOWER AND EGGPLANT RAGU</b></p> <p>Cauliflower, eggplant, red onion, crushed tomato, basil, paprika, cumin powder, parsley, chickpeas, salt and pepper</p> <p><b>CONTAINS: No allergens</b></p> <p>Ø D F X</p> <p>(SUITABLE TO FREEZE)</p>
SIDES		DESSERT	
<p>Roast potato (salt, pepper and oil), cabbage and corn</p>		<p><b>MANGO CHEESECAKE WITH MANGO COULIS</b></p> <p>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], flavours), butter, sugar, gelatin, canola oil, mango coulis: (mango, sugar, water)</p> <p><b>CONTAINS: Soy, wheat (gluten), egg, milk D</b></p>	

WEEK DAY	6 THURSDAY			SMOKEY TOMATO AND CHICKPEA SOUP
A	B	C	D	
<p><b>CORN BEEF WITH CREAMY MUSTARD AND HERB GRAVY</b></p> <p>Corn 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, flavour, food acid (330), flavour enhancer (635), spice, dijon mustard (water, mustard seed 18%, salt, sugar, food acid {acetic}, turmeric), chives, parsley, salt, cracked pepper and cream (halal gelatin, milk and milk products)</p> <p><b>CONTAINS: Milk, soy Ø D F FR (SUITABLE TO FREEZE)</b></p>	<p><b>MIXED GRILL WITH RICH GRAVY</b></p> <p>Mixed Grill: Lamb mid loin chop (mixed herbs, salt and pepper), chicken chipolatas sausage (chicken leg meat skin on, salt, pepper, ground oregano, lemon peel), bacon (pork, water, salt, sugar, mineral salts (451) (450), antioxidant (316), preservative (250), natural wood smoke)</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, flavour, food acid (330), flavour enhancer (635), spice</p> <p><b>CONTAINS: Soy Ø D F X (SUITABLE TO FREEZE)</b></p>	<p><b>INDIAN PORK 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, water, turmeric and salt</p> <p><b>CONTAINS: No allergens</b></p> <p><b>Ø D F X (SUITABLE TO FREEZE)</b></p>	<p><b>WHITE WINE, SAGE AND MUSHROOM RISOTTO</b></p> <p>Arborio rice, white wine (sulphites), olive oil, garlic, sage, swiss brown mushrooms, paprika, cream (halal gelatin, milk and milk products), lemon zest, salt and cracked pepper</p> <p><b>CONTAINS: Milk, sulphites</b></p> <p><b>Ø D F X (SUITABLE TO FREEZE)</b></p>	
SIDES			DESSERT	
<p>Roast potato with paprika and nutmeg (A), (B) and (D) meals, Rice (C) meal, cauliflower and green cross cut beans</p>			<p><b>VANILLA BEAN PANNA COTTA</b></p> <p>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)</p> <p><b>CONTAINS: Milk D</b></p>	



WEEK DAY		6 FRIDAY		SOUP		CREAM OF LEEK AND SWEET POTATO SOUP	
A		B		C		D	
<b>CHEESY PARMESAN AND PANKO BAKED CHICKEN FILLET WITH RICH GRAVY</b>  Chicken fillet, parmesan (pasteurized milk, salt, cultures, enzyme), panko bread crumbs (wheat flour, yeast, salt, palm oil, glucose, ammonium chloride, acidity regulator E516), butter (pasteurized cream, water, salt, milk fat 80% minimum), parsley, 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, flavour, food acid (330), flavour enhancer (635), spice, salt and pepper  <b>CONTAINS: Milk, soy, wheat (gluten) Ø D F FR (SUITABLE TO FREEZE)</b>		<b>CRUMBED FISH WITH CHIVE AND LEMON CREAM 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, malt dextrin, glucose  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>  <b>D FR</b>		<b>BALINESE BEEF CURRY WITH RICE</b>  Diced beef, onions, red chilli, garlic, ginger, lemongrass, kaffir lime leaves, turmeric, salt, pepper, gluten free soy (water, soybeans 20%, rice, salt, contains {3.2 % alcohol v/v} from the natural brewing process), palm sugar, cashews  Rice: Rice, water, salt  <b>CONTAINS: Soy, nuts</b>  <b>Ø D F X</b>  <b>(SUITABLE TO FREEZE)</b>		<b>ROAST PUMPKIN, BASIL AND FETA FRITTATA</b>  Pumpkin, basil, spring onion, eggs, cream (halal gelatin, milk and milk products), feta cheese (pasteurized milk, salt, cultures, enzyme), tasty cheese (pasteurized milk, salt, cultures, enzyme), salt, pepper and pepitas  <b>CONTAINS: Milk, eggs</b>  <b>Ø D F</b>  <b>(SUITABLE TO FREEZE)</b>	
SIDES				DESSERT			
Creamy roast potato, cream (halal gelatin, milk and milk products) (A), (B) and (D) meals, Rice (C) meal, peas and carrots				<b>RED VELVET MOUSSE</b>  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 D</b>			