

Maroondah City Council

MEALS ON WHEELS

Winter Menu

12th May 2025 - 7th November 2025

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**.

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, gluten free and fructose

Special dietary requirements: Diabetic, vegetarian

Food texturing: Vitamised, large dice, minced

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

COOKING

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

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

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

LF - LACTOSE FREE (Meals can be made lactose free)

DF - DAIRY FREE (Meals can be made dairy free)

Ø - GLUTEN FREE (Meals that can be made gluten free)

D - DIABETIC (Meals that are suitable for diabetics)

V - VEGETARIAN (Meals that are vegetarian suitable)

X - NO MODIFICATION (Meals that can't be modified)

SOUPS

Fresh soup is made daily. There are 21 choices available throughout the cycle.

If you do not like the daily fresh choice, we can deliver a long life soup instead.

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

Please Note: Long life soup cannot be frozen but has a 2-year shelf life

1. CREAMY LEEK, MUSHROOM AND BACON SOUP

Mushroom, potato, celery, leek, parsley, Bacon (pork, water, salt, sugar, mineral salts{451}{450}, antioxidant (316), preservative {250}, natural wood smoke, Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery ,parsley).Flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin). Milk (pasteurized and homogenized whole milk), salt and pepper.

CONTAINS: Milk Ø D FR LF DF V

2. MOROCCAN CHICKEN AND CHICKPEA SOUP

Carrot, celery, turnip, Swede, chicken, coriander, parsley, garlic, cumin powder, paprika, crushed tomato, chickpea, salt and pepper. Milk (pasteurized and homogenized whole milk). Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley). Flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin).

CONTAINS: Milk Ø D FR LF DF V

3. HUNGARIAN BEEF GOULASH SOUP

Carrot, celery, turnip, Swede, beef, paprika, caraway seeds, garlic, parsley, spring onions, crushed tomato. Gluten free beef stock powder: Salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), Food acid (330) (contain soy)], yeast extract, soy sauce powder (derived from wheat), colour (150c), hydrolyzed vegetable protein (contain soy), flavor, onion powder, flavour enhancer (635), spice, food acid (330), and herb. Milk (pasteurized and homogenized whole milk), salt and cracked pepper.

CONTAINS: Soy, Milk, Wheat (gluten free), may contain fish **Ø D FR LF DF V**

4. CREAMY FENNEL, LEEK AND TOMATO SOUP

Crushed tomato, fennel, leek, celery, garlic, parsley, chickpeas, salt and pepper. Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley). Flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin). Milk (pasteurized and homogenized whole milk).

CONTAINS: Milk D Ø FR LF DF V

5. BROCCOLI, PEA AND PARMESAN SOUP

Potato, celery, broccoli, peas, spring onion, parsley and parmesan (pasteurized milk, salt, cultures, enzyme). Milk (pasteurized and homogenized whole milk). Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley). Flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch colour (riboflavin), salt and pepper.

CONTAINS: Milk Ø D FR LF DF V

6. CREAMY PUMPKIN, HONEY AND CHIVE SOUP

Pumpkin, potato, celery, chives, honey, salt and pepper .Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery ,parsley).Flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin). Milk (pasteurized and homogenized whole milk).

CONTAINS: Milk Ø D FR LF DF V

7. ITALIAN CHICKEN AND RISONI SOUP

Carrot, celery, turnip, Swede, chicken, tomato, basil, oregano, parsley, garlic, salt and pepper . Risoni (durum wheat semolina). Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley). Flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin). Milk (pasteurized and homogenized whole milk).

CONTAINS: Wheat, milk Ø D FR LF DF V

8. LAMB SCOTH BROTH SOUP

Carrot, celery, turnip, Swede, lamb, leek, cabbage, barley, parsley, salt and pepper. Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley). Flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin).

CONTAINS: Cereals (Barley) Ø D FR LF DF V

9. BACON , VEGETABLE AND RED LENTIL SOUP

Carrot, celery, turnip, Swede, spring onion, parsley, red lentil, salt and pepper . Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley). Flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin). Bacon [pork, water, salt, sugar, mineral salts (451), natural wood smoke]. Milk (pasteurized and homogenized whole milk).

CONTAINS: Milk Ø D FR LF DF V

SOUPS

10. CREAMY CHICKEN AND VEGIE SOUP

Carrot, celery, turnip, Swede, parsley, chicken, salt and pepper. Chicken booster (salt, sugar, maize starch, chicken fat (3.6%), onion powder, yeast extract, flavor, chicken powder (1%), flavor enhancer (635), color (150), spice). Milk (pasteurized and homogenized whole milk).

CONTAINS: Milk (may contain soy)
Ø D FR LF DF V

11. SPICY RED LENTIL AND CARROT SOUP

Carrot, potato, celery, red lentil, spring onion, turmeric, cumin, paprika, fresh coriander, tomato. Milk (pasteurized and homogenized whole milk), salt and pepper. Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley). Flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin).

CONTAINS: Milk Ø D FR LF DF V

12. CHICKEN, CORN AND LEEK CHOWDER SOUP

Chicken, corn, potato, leek, celery, parsley, salt and pepper. Milk (pasteurized and homogenized whole milk), salt and pepper. Chicken booster (salt, sugar, maize starch, chicken fat (3.6%) , onion powder, yeast extract, flavor, chicken powder (1 %), flavor enhancer (635), color (150), spice)

CONTAINS: Milk (may contain soy)
Ø D FR LF DF V

13. BEEF, BARLEY AND WINTER VEGETABLE 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), flavor, onion powder, flavor enhancer (635), spice, food acid (330) and herb. Barley, spring onion, thyme, and parsley.

CONTAINS: Cereals (barley), Wheat (gluten free),
Soy, may contain fish **D Ø FR LF DF V**

14. MINESTRONE WITH BACON SOUP

Carrot, celery, turnip, Swede, tomato, garlic, basil, parsley, olive oil, salt and pepper. Bacon (pork, water, salt, sugar, mineral salts {451}{450}, antioxidant (316), preservative {250}, natural wood smoke, Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley). Flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin). Risoni (durum wheat semolina).

CONTAINS: Wheat Ø D FR LF DF V

15. SPICED LAMB AND HERB SOUP

Carrot, celery, turnip, Swede, lamb, tomato, cinnamon, garlic, parsley, coriander, chickpeas. Milk (pasteurized and homogenized whole milk). Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley). Flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch colour (riboflavin). Salt and pepper.

CONTAINS: Milk Ø D FR LF DF V

16. CAULIFLOWER, LEEK AND BACON SOUP

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

CONTAINS: Milk Ø D FR LF DF V

17. ROAST CAPSICUM, TOMATO AND CHICKEN SOUP

Capsicum, tomato, celery, chickpeas, basil, oregano, chicken, salt and pepper. Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley). Flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch colour (riboflavin). Milk (pasteurized and homogenized whole milk).

CONTAINS: Milk Ø D FR LF DF V

18. BEEF, SPINACH AND SWEDE SOUP

Carrot, celery, Swede, turnip, beef, tomato, parsley, spinach , salt and pepper. Milk(pasteurized and homogenized whole milk), Gluten free beef stock : Salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), Food acid (330) (contain soy)], yeast extract, soy sauce powder[contains food acid (260) (contains soy and wheat)], flavors, Hydrolyzed vegetable protein (contains soy and wheat), colour (150c), onion powder, flavor enhancer (635), spice, food acid (330),

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

SOUPS

19. CANNELLINI BEAN, TOMATO AND CELERY SOUP

Tomato, capsicum, celery, leek, parsley, oregano, cannellini beans, garlic , Milk(pasteurized and homogenized whole milk), Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery ,parsley).Flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch colour (riboflavin).Salt and pepper

CONTAINS: Milk
Ø D FR LF DF V

20. CHICKEN, MUSHROOM AND BARLEY SOUP

Chicken, potato, mushroom, celery, barley, thyme, parsley, salt and pepper. Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley). Flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin). Milk (pasteurized and homogenized whole milk).

CONTAINS: Milk , cereals (barley).
D Ø FR LF DF V

21. SWEET POTATO, CHICKPEA AND BACON SOUP

Sweet potato, celery, leek, chickpeas, parsley, thyme. Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley). Flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin). Milk (pasteurized and homogenized whole milk), salt and pepper. Bacon (pork, water, salt, sugar, mineral salts {451, 450}, antioxidant {316}, preservative {250}, natural wood smoke).

CONTAINS: Milk
Ø D FR LF DF V

DESSERTS

At Karralyka we offer a wide variety of desserts. If the daily dessert of the day doesn't suit your requirements, we offer alternative desserts to accommodate:

- *Panna Cotta (Gluten Free)
- *Chocolate pudding (Gluten Free)
- *Crème caramel (Gluten Free)
- *Vanilla Rice pudding (Gluten Free)
- *Tropical Punch (Vegan/ Dairy Free)
- *Chocolate Coconut Custard (Vegan/ Dairy Free/Gluten free)
- *Vanilla Coconut Custard (Vegan/ Dairy Free/Gluten free)
- *Raspberry Jelly (Vegan/ Dairy Free/Gluten free)
- *Strawberry Jelly (Vegan/ Dairy Free/Gluten free)
- *Mango Jelly (Vegan/ Dairy Free/Gluten free)
- *Fruit cups (Vegan/ Dairy Free/Gluten free)

WEEK ONE MONDAY

DESSERT: AUSTRALIAN NATIVE WATTLESEED CHOCALATE PANNA COTTA

Ingredients: 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 ONE TUESDAY

DESSERT: RHUBARB AND APPLE CRUMBLE CAKE WITH CUSTARD

Cake: Apples, rhubarb, wheat flour, sugar, sultanas(9%), cake margarine (animal fats and vegetable oils, water, salt, emulsifiers(soy bean lecithin, 435), Milk solids, acidity regulators(331, 330), flavours, antioxidants[320{32mg/kg}, 310{10mg/kg}] and colour (160a), egg, almond meal, cinnamon, canola oil, emulsifier (soy lecithin 322).

CONTAINS: Wheat, soy, eggs, milk, nuts (tree nuts)
D F X

WEEK ONE WEDNESDAY

DESSERT: STICKY DATE WITH CUSTARD

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

CONTAINS: Wheat, milk, egg, nuts (tree nuts)

D F

WEEK ONE 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), flavours, sweeteners (952, 950), colours (160a, 122), mineral (calcium).

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

WEEK ONE FRIDAY

DESSERT: PASSION FRUIT PANNA COTTA

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

CONTAINS: Milk D

WEEK TWO MONDAY

DESSERT: AUSTRALIAN NATIVE DAVIDSON PLUM PANNA COTTA

Ingredients: 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 TUESDAY

DESSERT: BANANA AND BLUEBERRY CAKE WITH CUSTARD

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

CONTAINS: Wheat, milk, eggs D F

WEEK TWO WEDNESDAY

DESSERT: CARROT CAKE WITH CUSTARD

Sugar, eggs, carrots (14%), vegetable oil, wheat flour, sultanas (5%), sour cream, raising agent (calcium phosphate, sodium bicarbonate), Neufchatel cheese, walnuts, flavor, butter, spices, Neufchatel, mixed fruit, nuts and seeds.
CUSTARD :Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar.

CONTAINS: Egg, wheat, milk, nuts (tree nuts)
D F

WEEK TWO THURSDAY

DESSERT: CHOC TOP DUET MOUSSE

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

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

WEEK TWO FRIDAY

DESSERT: TROPICAL PUNCH DESSERT

Ingredients: Coconut Milk (Reconstituted), water, sugar, modified starch (1450, 1422), pea protein, vegetable gums (407,415), flavours, acidity regulator (330), colours (102, 110).

CONTAINS: No allergens
D L F DF V Ø

WEEK THREE MONDAY

DESSERT: CHOCOLATE COCONUT CUSTARD

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

CONTAINS: No allergens **D**

WEEK THREE TUESDAY

DESSERT: LEMON AND LIME DRIZZLE CAKE WITH CUSTARD

Cake : Wheat flour(self raising), sugar, icing sugar, sour cream(milk solids), coconut, water, eggs, vegetable oil, neufchatel cheese, vanilla, canola oil, emulsifier(soy lecithin 322), lemon flavour.
CUSTARD :Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar.

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

WEEK THREE WEDNESDAY

DESSERT: NEW YORK CHEESECAKE WITH CRUMBLE AND CUSTARD

Cake : Neufchatel cheese(31%), sour cream, biscuit crumb[wheat flour, sugar, vegetable oil, wheat bran, fructose syrup, salt, raising agent (calcium phosphate, sodium bicarbonate), emulsifier (soy lecithin)], egg, condensed milk (37%), coconut, cake margarine (animal fats and vegetable oils, water, salt, emulsifiers (soy bean lecithin, 435), milk solids, acidity regulators (331, 330), flavours, antioxidants[320{32mg/kg}, 310 {10mg/kg}] and colour (160a), icing mix(sugar, starch), cocoa, flavour, colour (102, 133), canola oil, emulsifier(soy lecithin 322), wheat flour, raising agent (calcium phosphate, sodium bicarbonate), flavours.
CUSTARD :Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar.

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

WEEK THREE THURSDAY

DESSERT: MANGO PANNA COTTA

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

CONTAINS: Milk **D**

WEEK THREE FRIDAY

DESSERT: VANILLA CREAMED RICE

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

CONTAINS: Milk **D**

WEEK FOUR MONDAY

DESSERT: CRÈME CARAMEL

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

CONTAINS: Milk **D**

WEEK FOUR DAY TUESDAY

DESSERT: FLOURLESS COFFEE, CINNAMON AND MACADAMIA CAKE WITH COFFEE CUSTARD

CAKE : Egg, almond meal(24%), sugar, butter, cream, macadamia nuts (4%), raising agents (calcium phosphate, sodium bicarbonate, flavor, cinnamon.
CUSTARD :Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar, coffee.

CONTAINS: Eggs, milk, soy, Macadamia (tree nuts)
D F

WEEK FOUR WEDNESDAY

DESSERT: CHOCALATE MUD CAKE WITH CUSTARD

Cake :Sugar, wheat flour, sour cream (milk solids), water, eggs, oil, cocoa, chocolate, cream, flavours, raising agents (calcium phosphate, sodium bicarbonate), canola oil, emulsifier (soy lecithin 322).
CUSTARD: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar.

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

WEEK FOUR THURSDAY

DESSERT: TIRAMISU

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

CONTAINS: Milk , Egg , wheat, may contain tree nuts. **D**

WEEK FOUR FRIDAY

DESSERT: LEMON CREAM MOUSSE

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

CONTAINS: Milk D

WEEK FIVE MONDAY

DESSERT: LEMON CHEESECAKE WITH GLUTEN FREE BASE

Cheesecake mix: Cheese (milk), cream (milk), water, lemon juice {preservative(223), antioxidant (300)}, milk solids, beef gelatin, salt, sugar, colours(102, 110), flavour, preservative (202), food acid (330), stabilizers (410, 412)mineral (calcium) and starter culture. Biscuit base: Tapioca starch, margarine(vegetable oil), chickpea flour, eggs, vanilla essence, baking powder, xanthan gum (415) and butter.

CONTAINS: Milk,eggs D

WEEK FIVE TUESDAY

DESSERT: FRUIT CAKE WITH CUSTARD

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

CONTAINS: Wheat, milk, egg D F

WEEK FIVE WEDNESDAY

DESSERT: FLOURLESS LEMON BUTTER CAKE WITH CUSTARD

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

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

CONTAINS: Egg, soy, milk Ø D F

WEEK FIVE THURSDAY

DESSERT: CRÈME CAPPUCCINO

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

CONTAINS: Milk D

WEEK FIVE FRIDAY

DESSERT: CHOCOLATE MOUSSE

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

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

WEEK SIX MONDAY

DESSERT: STRAWBERRY CHEESECAKE WITH GLUTEN FREE BASE

Cheesecake mix: Cheese (milk), cream (milk), water, sugar, beef gelatin, preservative (202), flavour (123), salt, stabilizers (410, 412)mineral (calcium) and starter culture. Biscuit base: Tapioca starch, margarine(vegetable oil), chickpea flour, eggs, vanilla essence, baking powder, xanthan gum (415) and butter.

CONTAINS: Milk,eggs D

WEEK SIX TUESDAY

DESSERT: HUMMINGBIRD CAKE WITH CUSTARD

Cake: Sugar, wheat flour, bananas, water, milk, eggs, vegetable oil, raising agents(calcium phosphate, sodium bicarbonate), canola oil, coconut, pineapple, neufchatel cheese, icing sugar, sour cream, water, flavours, chocolate(emulsifier, soy lecithin 322).
CUSTARD :Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar.

CONTAINS: Milk, wheat ,soy, egg D F

WEEK SIX WEDNESDAY

DESSERT: GLUTEN FREE FUDGE BROWNIE AND RASPBERRIES WITH CUSTARD

Cake: Compound chocolate(sugar, vegetable fat, cocoa powder, emulsifier(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), raspberries.

CONTAINS: Soy, milk, egg Ø D F

WEEK SIX THURSDAY

DESSERT: VANILLA BEAN PANNA COTTA

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

CONTAINS: Milk D

WEEK SIX FRIDAY

DESSERT: RED VELVET MOUSSE

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

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

WEEK DAY	1 MONDAY			
A	B	C	D	SOUP CREAMY LEEK, MUSHROOM AND BACON SOUP
<p>CORN BEEF WITH CREAMY WHITE WINE, MUSTARD AND BASIL SAUCE</p> <p>Corned beef : Brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolyzed vegetable protein (maize), vegetable oil, humectants (422).</p> <p>Sauce: Cream (halal gelatin, milk and milk products), Dijon mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], basil ,white wine, salt ,pepper and corn flour.</p> <p>CONTAINS: Milk, Sulphites (May contain peanuts)</p> <p>Ø D F LF DF FR</p>	<p>ROASTED PORK SAGE AND ONION RISOLE WITH TOMATO, HERB GRAVY</p> <p>Pork mince, onion, sage, salt and pepper.</p> <p>Gravy: Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice, parsley, thyme, crushed tomato salt and pepper.</p> <p>Contains : Milk, soy</p> <p>Ø D F X</p>	<p>OVEN BAKED CHICKEN KIEV WITH SPRING ONION AND CRACKED PEPPER GRAVY</p> <p>Chicken (51%), wheat flour, butter 12%(cream, milk), salt, water, canola oil, isolated soy protein, thickeners(1404, guar gum), soy flour, salt, garlic, yeast, spices, sugar, hydrolyzed vegetable protein(soy, maize), herbs, colours (cur cumin, annatto, extracts.</p> <p>Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice. Spring onion, salt and cracked pepper.</p> <p>CONTAINS: Milk, Soy, Wheat D X</p>	<p>POTATO GNOCCHI WITH MUSHROOM RAGU</p> <p>Gnocchi: Potatoes (61%), flour, thiamin, folic acid, parmesan cheese, margarine, salt, egg.</p> <p>Ragu: Olive oil, Swiss brown mushrooms, onions, garlic, white wine (sulphites), tomato, tomato paste, thyme, parsley, salt and pepper. Parmesan (pasteurized milk, salt, cultures, enzyme {non animal rennet}).</p> <p>CONTAINS: Wheat, Milk, Egg, Sulphites</p> <p>D X V</p>	
SIDES			DESSERT	
Cross cut beans, carrots and Roasted chat potato (oil, salt and pepper)			<p>AUSTRALIAN NATIVE WATTLESEED CHOCALATE PANNA COTTA</p> <p>Ingredients: Reconstituted milk solids, Cream {skim milk, cream, thickener (1422), emulsifier (472e), vegetable gums (415, 407)}, sugar, beef gelatin, flavours, colour and mineral (calcium).</p> <p>CONTAINS: Milk</p> <p>D X</p>	

WEEK DAY		1 TUESDAY	
A		B	SOUP
ROAST LAMB WITH LEMON THYME, HONEY AND CRACKED PEPPER GRAVY Lamb, herbs, salt and pepper Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice, lemon thyme, honey, salt and cracked pepper. CONTAINS : Milk , Soy Ø D Ĥ LF DF FR		CARIBBEAN BEEF STEW Beef rump, onions, capsicum, black eyed peas, garlic, ginger, sweet paprika, cayenne, parsley, salt and cracked pepper. Gluten free beef stock : Salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), Food acid (330) (contain soy)], yeast extract, soy sauce powder[contains food acid (260) (contains soy and wheat)], flavors, Hydrolyzed vegetable protein (contains soy and wheat), colour (150c), onion powder, flavor enhancer (635), spice, food acid (330), CONTAINS : Soy, Milk, Wheat (gluten free), May contain fish Ø D Ĥ X	MOROCCAN CHICKEN AND CHICKPEA SOUP C
			D
			PUMPKIN, SAGE AND RICOTTA RISSOTO Arborio rice, pumpkin, sage, spinach, garlic, white wine (sulphites), nutmeg, Cream (Reduced fat cream{milk}, thickeners[1422, xanthan gum, carrageenan], emulsifier{472e}, mineral salt{potassium chloride}), Ricotta cheese (Milk, milk solids, acidity regulator (260), salt, preservative (202)),, Parmesan (pasteurized milk, salt, cultures, enzyme{non animal rennet}), pinenuts, salt and pepper. CONTAINS : Milk, Sulphites , Pine nuts (tree nuts) Ø D Ĥ V X
			CONTAINS : Milk, Eggs, Wheat, Soy Ø D Ĥ FR
SIDES		DESSERT	
Mash potato, butter (pasteurized cream ,water, salt, milk fat 80% minimum) , Milk (pasteurized and homogenized whole milk), salt and pepper . Peas and pumpkin CONTAINS: Milk		RHUBARB AND APPLE CRUMBLE CAKE WITH CUSTARD Cake: Apples, rhubarb, wheat flour, sugar, sultanas(9%), cake margarine (animal fats and vegetable oils, water, salt, emulsifiers(soy bean lecithin, 435), Milk solids, acidity regulators(331, 330), flavours, antioxidants[320{32mg/kg}, 310{10mg/kg}] and colour (160a), egg, almond meal, cinnamon, canola oil, emulsifier (soy lecithin 322). CONTAINS: Wheat, Soy, Eggs, Milk, Nuts (tree nuts) D Ĥ X	

WEEK DAY	1 WEDNESDAY			
A	B	C	D	SOUP HUNGARIAN BEEF GOULASH SOUP
<p>ROAST BEEF WITH TANGY BARBECUE GRAVY</p> <p>Beef: Porterhouse, salt and pepper</p> <p>Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice. Worcestershire (water, white vinegar, molasses, onion, salt, garlic, spices, natural flavours, colour{150d}), djion mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], brown sugar, garlic, tomato, lemon juice, salt and cracked pepper.</p> <p>CONTAINS: Milk, Soy (May contain peanuts) Ø D F LF DF FR</p>	<p>AMERICAN B.B.Q CHICKEN THIGH FILLETS WITH ONION GRAVY</p> <p>Chicken thigh fillets, brown sugar, paprika, garlic powder, onion powder, cumin, dry mustard, cayenne, salt and pepper.</p> <p>Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice, onions, parsley, salt and pepper.</p> <p>CONTAINS : Soy, milk (May contain peanuts) Ø D F FR</p>	<p>BRAISED LAMB, CANELLINI AND ROSEMARY STEW</p> <p>Lamb rump, carrots, onions, celery, potato, tomato, rosemary, cannellini beans, red wine, garlic, parsley, salt and pepper. Gluten free beef stock : Salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), Food acid (330) (contain soy)], yeast extract, soy sauce powder[contains food acid (260) (contains soy and wheat)], flavors, Hydrolyzed vegetable protein (contains soy and wheat), colour (150c), onion powder, flavor enhancer (635), spice, food acid (330), salt and pepper.</p> <p>CONTAINS: Soy, Sulphites, Wheat (gluten free), May contain fish , (May contain peanuts) Ø D F X</p>	<p>ROAST SWEET POTATO TAGINE WITH GINGER, CINNAMON AND HONEY</p> <p>Sweet potato, carrot, red onion, ginger, garlic, cinnamon, fresh coriander, honey, water, butter (pasteurized cream, water, salt, milk fat 80% minimum), salt and cracked pepper.</p> <p>CONTAINS: Milk (May contain peanuts) Ø D F V</p>	
SIDES			DESSERT	
<p>Crush potato (oil, spring onion, mustard (water, mustard seed 19%, salt, food acids {acetic, citric}, sugar, turmeric, colours{caramel{150c}, beta-carotene), mustard flavour, spice extract), salt and cracked pepper, salt and pepper. Broccoli and cauliflower.</p> <p>CONTAINS :(May contain peanuts)</p>			<p>STICKY DATE WITH CUSTARD</p> <p>Cake: Dates (pitted 22%), sugar, wheat flour, eggs, butter (milk solids), walnuts, raising agent (sodium bicarbonate), glaze, canola oil.</p> <p>CUSTARD: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar.</p> <p>CONTAINS : Wheat, Milk, Egg, Nuts (tree nuts) D F X</p>	

WEEK DAY	1 THURSDAY			
A	B	C	D	SOUP CREAMY FENNEL, LEEK AND TOMATO SOUP
<p>ROAST PORK WITH ROASTED GARLIC AND THYME CREAM SAUCE</p> <p>PORK: Pork(98%), thickener (1412), starch (tapioca), salt, mineral salts (451, 450, 452), roast pork rub (colour 150c) flavour enhancers (627, 631) water.</p> <p>Sauce: Olive oil, garlic, thyme, Cream (halal gelatin, milk and milk products), corn flour, salt and cracked pepper.</p> <p>CONTAINS : Milk (may contain peanuts)</p> <p>LF DF Ø D F FR</p>	<p>STIR-FRY BASIL AND SWEET CHILLI CHICKEN WITH JASMIN RICE</p> <p>Diced chicken thigh fillet, celery, carrots, spring onion, capsicum, bok choy. Gluten free soy (water, soy beans 20%, rice, salt contains 3.2% alcohol from the natural brewing process), Sweet chilli (sugar, water, chilli, salt, garlic, thickener {1422, 415}, acidity regulator{260}, preservative{202}). Sesame oil, garlic, Thai basil, salt, pepper and corn flour.</p> <p>Rice: Jasmin Rice, salt .</p> <p>CONTAINS : Soy, sesame</p> <p>D F X</p>	<p>BRAISED BEEF TORTELLINI WITH BASIL AND PARMESAN CREAM SAUCE</p> <p>Tortellini: Durum, wheat, semolina, water, breadcrumbs (cereals and cereal flour, salt, yeast, vegetable oil, vinegar, preservatives (281), emulsifiers (471, 472,481), vitamins, thiamin, folic acid, beef(5%), canola oil, carrots, parmesan, margarine, crushed tomato, onion, TVP, flavour, flavour enhances (621), eggs, salt, garlic, herbs, spices.</p> <p>Sauce: Cream (halal gelatin, milk and milk products), parmesan (pasteurized milk, salt, cultures, enzyme), white wine (sulphites), garlic, basil, parsley, corn flour, salt and pepper.</p> <p>CONTAINS : Milk , Wheat, Egg, Sulphites (May contain peanuts)</p> <p>D X</p>	<p>PENNE PASTA, MIXED VEGETABLES WITH ARRABBIATA SAUCE</p> <p>Pasta : penne pasta (durum wheat semolina), olive oil, zucchini, button mushroom, red onion, squash, capsicum, roma tomato, salt and pepper. Parmesan (pasteurized milk, salt, cultures, enzyme {non animal rennet}).</p> <p>Sauce: Tomato, white wine (sulphites), garlic, basil, red onion, brown sugar, red chilli, parsley, corn flour, salt and pepper.</p> <p>CONTAINS: Milk, Wheat, Sulphites May contain traces of soy, peanuts</p> <p>D X V</p>	
SIDES			DESSERT	
<p>Mustard cream baked potato, cream (halal gelatin, milk and milk products), Whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], (A), (C) and (D) meal. Cabbage and corn.</p> <p>CONTAINS: Milk (may contain peanuts)</p>			<p>FRUIT TRIFLE</p> <p>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), flavours, sweeteners (952, 950), colours (160a, 122), mineral (calcium).</p> <p>CONTAINS: Milk, Egg, Wheat, Sulphites. May contain tree nuts.</p> <p>D X</p>	

WEEK DAY		1 FRIDAY		SOUP		BROCCOLI, PEA AND PARMESAN SOUP	
A		B		C		D	
SPICED HONEY, ORANGE AND CORIANDER BAKED CHICKEN WITH STOCK GRAVY Chicken fillet, Butter (pasteurized cream, water, salt, milk fat 80% minimum),ginger powder, orange juice/zest, cardamom powder, coriander, honey, salt and cracked pepper. Gravy: Rich gravy mix : Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice. Stock from chicken, parsley, salt and cracked pepper. CONTAINS: Soy, Milk Ø D F LF DF FR		CRUMBED FISH WITH LEMON AND HERB CREAM SAUCE FISH : Formed Basa portions (52%), water, wheat flour, canola oil, thickeners (1404, xanthan gum, guar gum) maize flour, maize starch, acidity regulators (potassium citrate, calcium citrate 451, sodium citrate 450, sodium bicarbonate, salt, rice, flour, yeast, food acid (citric), egg powder, sugar, maltodextrin, glucose. Sauce: Cream (halal gelatin, milk and milk products), lemon juice/zest, djion [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], chives, parsley, salt, pepper and corn flour. Contains : Egg, Fish, Wheat , Milk (May contain peanuts) Ø D LF DF FR		TUSCAN BEEF STEW Beef, onions, celery, carrots, garlic, red wine, tomato paste, crushed tomato, rosemary, parsley, green olives. Gluten free beef stock powder: Salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), Food acid (330) (contain soy)], yeast extract, soy sauce powder (derived from wheat),colour (150c),hydrolyzed vegetable protein (contain soy),flavor, onion powder, flavour enhancer (635), spice, food acid (330), and herb. Salt and pepper. CONTAINS: Soy ,Milk, Sulphites, Wheat (gluten free) May contain fish Ø D F X		SHITAKE NOODLE STIRFRY WITH CHINESE BROCCOLI Hokkien noodles: Wheat flour (72%), water, vegetable oil, noodle improver, emulsifying salt (451, 450), thickener (415), preservative (202), lye water. Baking powder, color(101, 102). Gailan (Chinese broccoli), shitake mushroom, spring onion, garlic, red chilli, Chinese five spice, sesame oil, Sweet soy (coconut sugar, sugar, soy extract(11%) (water, salt, soybean, wheat), water, colour(150a), salt, preservatives(211, 223)(sulphites)), Vegetarian oyster flavored sauce(water, sugar, salt, naturally brewed gluten free soy sauce[water, soybeans, rice, salt], thickener {1442}, colour{150a}, yeast extract, vegetable gum{415}, preservative{202}, vegetarian oyster flavour) egg, salt and pepper CONTAINS : Wheat, Sulphites, Soy, Sesame, Egg D F X V	
SIDES				DESSERT			
Creamy parmesan and chive potato (Cream (halal gelatin, milk and milk products), parmesan (pasteurized milk, salt, cultures, enzyme), salt and pepper.) meals (A), (B) and (C). Yellow butter beans and peas CONTAINS: Milk				PASSION FRUIT PANNA COTTA Ingredients: Reconstituted milk solids, cream {skim milk, cream, thickener (1422), emulsifier(472e), vegetable gums (415, 407)}, sugar, beef gelatin, flavour, mineral (calcium), passion fruit pulp seedless, water, sugar, stabilliser (1422), natural flavour, natural color (100), acidity regulator (331). CONTAINS : Milk D X			

WEEK DAY		2 MONDAY		SOUP		CREAMY PUMPKIN, HONEY AND CHIVE SOUP	
A		B		C		D	
CORN BEEF WITH CREAMY DILL AND GREEN PEPPERCORN GRAVY Corned beef : Brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolyzed vegetable protein (maize), vegetable oil, humectants (422). Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice. Green pepper corn, dill, Cream (halal gelatin, milk and milk products), salt and pepper. CONTAINS : Milk, soy LF DF Ø D Ė FR		BRAISED SCOTCH FILLET PORK WITH CRACKED PEPPER AND CHIVE GRAVY Pork fillet, salt and pepper. Gravy Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice. Red wine (sulphites) salt and pepper. Seeded mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], chives, salt and cracked pepper. CONTAINS: Milk, Soy, Sulphites (May contain peanuts) Ø D FR LF DF		OVEN BAKED CHICKEN KIEV WITH CREAMY MUSHROOM SAUCE Chicken (51%), wheat flour, butter 12%(cream, milk), salt, water, canola oil, isolated soy protein, thickeners(1404, guar gum), soy flour, salt, garlic, yeast, spices, sugar, hydrolyzed vegetable protein(soy, maize), herbs, colours (cur cumin, annatto, extracts). Sauce: Cream (halal gelatin, milk and milk products), mushroom, thyme, garlic, white wine, salt and pepper. CONTAINS: Milk, Soy, Wheat, Sulphites (May contain peanuts) D X		MIXED BEAN AND VEGETABLE CRUMBLE Red kidney beans, white kidney beans, chickpeas, borlotti beans, carrots, sweet potato, pumpkin, crushed tomato, thyme, Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery ,parsley).Flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin) salt and pepper. Cheese (pasteurized milk, salt, cultures, enzyme {non animal rennet}), 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), parsley. CONTAINS: Milk, Wheat (May contain peanuts) Ø D Ė V	
SIDES				DESSERT			
Crushed potato (Seeded mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], salt and cracked pepper, spring onion, olive oil, salt and pepper). Peas and corn. CONTAINS: (May contain peanuts)				AUSTRALIAN NATIVE DAVIDSON PLUM PANNA COTTA Ingredients: 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 X			

WEEK DAY		2 TUESDAY	
A		B	SOUP
ROAST PORK WITH MUSHROOM, ROSEMARY AND RED WINE GRAVY PORK: Pork(98%), thickener (1412), starch (tapioca), salt, mineral salts (451, 450, 452), roast pork rub (colour 150c) flavour enhancers (627, 631) water. Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice. Mushrooms, olive oil, rosemary, red wine, salt and cracked pepper. CONTAINS: Milk, Soy, Sulphites Ø D F LF DF FR		CREAMY LAMB KORMA CURRY WITH RICE Diced lamb rump, onions, Korma paste (water, vegetable oil, spices[11%], desiccated coconut[9%], sugar, tomato paste[5%], salt, ginger puree, garlic puree, food acids [acetic, lactic], maize flour, dried coriander leaf), crushed tomato, fresh coriander, roasted almond flakes, Cream (halal gelatin, milk and milk products), salt and pepper, Rice : Basmati rice, turmeric, salt. CONTAINS : Milk, Nuts (almond, tree nuts) Ø D F X	ITALIAN CHICKEN AND RISONI SOUP C KOREAN STIR-FRY CHICKEN WITH JASMIN RICE Diced Chicken thigh fillet, garlic salt, white pepper, celery salt, dried thyme, paprika, cayenne, corn flour. Celery, carrots, spring onion, capsicum, bok choy, salt and pepper. Sauce: gluten free soy sauce (water, soybeans (20%), rice, salt, contains (3.2% alcohol v/v) from the natural brewing process), honey, tomato paste, sesame oil, sesame seeds, corn flour, salt and pepper. Rice: Jasmin Rice, salt, water. CONTAINS: Soy, Sesame Ø D F X
			D
			OLIVE, SUNDRIED TOMATO AND RICOTTA SLICE Filling :Eggs, Cream (Reduced fat cream{milk}, thickeners[1422, xanthan gum, carrageenan], emulsifier{472e}, mineral salt{potassium chloride}), Cheese (pasteurized milk, salt, cultures, enzyme {non animal rennet}), Ricotta cheese (Milk, milk solids, acidity regulator (260), salt, preservative (202)), sundried tomato, basil, olives, red onion, capsicum, salt and pepper. CONTAINS : Eggs, Milk Ø D F FR V
SIDES		DESSERT	
Mash potato, butter (pasteurized cream ,water, salt, milk fat 80% minimum) , Milk (pasteurized and homogenized whole milk), salt and pepper, meals (A) and (D). Broccoli and pumpkin CONTAINS: Milk		BANANA AND BLUEBERRY CAKE WITH CUSTARD Cake: Sugar, wheat flour, bananas (23%), water, milk, eggs, vegetable oil, raising agents (calcium phosphate, sodium bicarbonate), blueberries, canola oil, neufchatel, icing sugar. CUSTARD: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar. Contains: Wheat, Milk, Eggs D F X	

WEEK DAY		2 WEDNESDAY	
A		B	SOUP
ITALIAN BAKED PESTO CHICKEN WITH WHITE WINE, TOMATO AND HERB SAUCE Chicken fillet, pesto (basil, pine nuts, cheese {pasteurized milk, salt, cultures} olive oil, salt and pepper). Sauce: Crushed tomato, red onion, garlic, basil, thyme, oregano, white wine, brown sugar, olive oil, salt and cracked pepper. CONTAINS: Milk, Sulphites, Pine nuts (tree nuts) Ø D F LF DF FR		GERMAN GOULASH Beef, carrots, onion, celery, crushed tomato, red wine (sulphites), tomato paste, Hungarian paprika, dried marjoram, bay leaf, parsley, salt and cracked pepper.. Gluten free beef stock : Salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), Food acid (330) (contain soy)], yeast extract, soy sauce powder[contains food acid (260) (contains soy and wheat)], flavors, Hydrolyzed vegetable protein (contains soy and wheat), colour (150c), onion powder, flavor enhancer (635), spice, food acid (330), CONTAINS : Soy, Sulphites, Wheat (gluten free), May contain milk, fish Ø D F X	LAMB SCOTCH BROTH SOUP C ASPARAGUS, BACON AND SPINACH RISSOTO Arborio rice, cream (halal gelatin, milk and milk products), Bacon [pork, water, salt, sugar, mineral salts (451), natural wood smoke], asparagus, spring onion, spinach, thyme, white wine, garlic, parmesan cheese (pasteurized milk, salt, cultures, enzyme), salt and pepper. CONTAINS: Milk, Sulphites Ø D F X
SIDES Roast potato (salt, pepper and oil), butter beans and cauliflower.		D PRESERVED LEMON AND CAULIFLOWER COUS COUS Cous cous (durum wheat semolina), olive oil, butter (pasteurized cream ,water, salt, milk fat 80% minimum), cumin, cardamom, cauliflower, parsley, mint, chickpeas, preserved lemon (salt, water), pinenuts, salt and pepper. CONTAINS : Milk, Wheat, Pinenuts (tree nut) V D F FR X	DESSERT CARROT CAKE WITH CUSTARD Sugar, eggs, carrots (14%), vegetable oil, wheat flour, sultanas (5%), sour cream, raising agent (calcium phosphate, sodium bicarbonate), Neufchatel cheese, walnuts, flavor, butter, spices, Neufchatel, mixed fruit, nuts and seeds. CUSTARD :Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar. Contains : Egg, Wheat, Milk, Nuts (tree nuts) D F X

WEEK DAY		2 THURSDAY	
A		B	
ROAST BEEF WITH GARLIC, SHALLOT AND THYME GRAVY Beef: Porterhouse, salt and pepper Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice. Shallots, garlic, thyme, salt and cracked pepper. CONTAINS: Milk, Soy (May contain peanuts) LF DF Ø D F FR		ETHIOPIAN BAKED CHICKEN THIGH FILLET WITH CREAMY STOCK SAUCE Chicken thigh fillet, oil, onion powder, ginger powder, cayenne, fresh coriander, cardamom powder, turmeric, cinnamon, nutmeg, Chicken booster (salt, sugar, maize starch, chicken fat (3.6%) , onion powder, yeast extract, flavor, chicken powder (1%), flavor enhancer (635), color (150), spice), salt and pepper Stock gravy : Liquid stock from chicken, cream (pasteurized and homogenized whole milk), parsley, corn flour, salt and pepper. CONTAINS : Milk (may contain soy, peanuts) Ø D F FR	
C		D	
TURKISH LAMB AND SPINACH STEW Diced lamb rump, onions, ginger powder, turmeric, nutmeg, cinnamon, paprika, sultanas, crushed tomato, baby spinach, Beef Booster: Iodized salt, sugar, corn starch, beef fat (5%)[beef fat, antioxidants (307b),food acid (330) (contain soy)],yeast extract powder, soy sauce powder (derived from wheat), color (150c), hydrolyzed vegetable protein (derived from wheat)(contain soy), flavor, onion powder, flavor enhancer (635), spice, food acid (330) and herb. CONTAINS: Soy, Wheat (gluten free), (May contain peanuts, fish) Ø D F X LF		ZUCCHINI, LEEK AND RICOTTA QUICHE Pastry : Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin) , food acid (330), flavor , antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330). Filling : Eggs, Cream (Reduced fat cream{milk}, thickeners[1422, xanthan gum, carrageenan], emulsifier{472e}, mineral salt{potassium chloride}), Ricotta cheese (Milk, milk solids, acidity regulator (260), salt, preservative (202)), zucchini, leek, tasty cheese (pasteurized milk, salt, cultures, enzyme {non animal rennet})), salt and pepper. CONTAINS : Milk, eggs, wheat, soy (may contain peanuts) Ø D F FR V	
SIDES		DESSERT	
Mustard potato: cream (pasteurized and homogenized whole milk), Whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], Meals (A), (B) and (D). Zucchini and peas, corn, capsicum CONTAINS: Milk (May contain peanuts)		CHOC TOP DUET MOUSSE Ingredients : Cream(milk), cheese(milk), water, sugar, milk solids, cocoa powder, cocoa butter, cocoa mass, vegetable fat, beef gelatin, stabilizers(410, 412), salt, emulsifiers(322, 471, 476, 492), thickener(407a), flavours, preservative(202), starter cultures and mineral(calcium), chocolate (8%). CONTAINS : Milk, Soy , may contain traces of peanuts, almonds, hazelnuts D X	

WEEK DAY		2 FRIDAY					
A		B		SOUP			
				CREAMY CHICKEN AND VEGIE SOUP			
				C			
				D			
THAI LEMONGRASS BAKED CHICKEN WITH COCONUT, LIME SAUCE WITH JASMIN RICE Chicken fillet, lemongrass powder, garlic, turmeric, fresh coriander, brown sugar, oil, salt and cracked pepper. Sauce: Stock from chicken, lime juice/zest, fresh coriander, coconut milk powder, salt and pepper. Jasmin rice: Rice, salt and water. CONTAINS: No allergens Ø D F LF DF FR		CRUMBED FISH WITH WHITE WINE AND DILL CREAM SAUCE FISH : Formed Basa portions (52%), water, wheat flour, canola oil, thickeners (1404, xanthan gum, guar gum) maize flour, maize starch, acidity regulators (potassium citrate, calcium citrate 451, sodium citrate 450, sodium bicarbonate, salt, rice, flour, yeast, food acid (citric), egg powder, sugar, malt dextrin, glucose. Sauce : Cream (halal gelatin, milk and milk products), dill, white wine (sulphites), garlic, lemon juice/zest, cracked pepper, salt and corn flour. CONTAINS: Milk, Fish, Wheat, Egg, Sulphites Ø D FR LF DF		HONEY AND BLACK PEPPER LAMB STIRFRY WITH JASMIN RICE Lamb 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. Rice: Jasmin rice, salt. Contains : Soy Ø D F X		ROASTED EGGPLANT AND POTATO CURRY WITH BASMATI RICE Eggplant, sweet potato, chickpeas, onions, mustard seeds, fennel seeds, ginger, green chilli, cumin, coriander, turmeric, cayenne, garam masala, fresh coriander, water, corn flour, salt and pepper. Rice : Basmati, turmeric, salt. Contains : No allergens Ø D F X LF DF V	
SIDES				DESSERT			
Creamy parmesan and chive potato (Cream (halal gelatin, milk and milk products), parmesan (pasteurized milk, salt, cultures, enzyme), salt and pepper.),(B) meals. Red cabbage and diced carrots. Contains: Milk				TROPICAL PUNCH DESSERT Ingredients: Coconut Milk (Reconstituted), water, sugar, modified starch (1450, 1422), pea protein, vegetable gums (407,415), flavours, acidity regulator(330), colours(102, 110). CONTAINS : No allergens X D LF DF V Ø			

WEEK DAY		3 MONDAY		SOUP		SPICY RED LENTIL AND CARROT SOUP	
A		B		C		D	
<p>ROAST PORK WITH CARAMELIZED BUTTER ONIONS AND THYME GRAVY</p> <p>Pork : Pork(98%), thickener (1412), starch (tapioca), salt, mineral salts (451, 450, 452), roast pork rub (colour 150c) flavour enhancers (627, 631) water.</p> <p>Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice. Butter (pasteurized cream, water, salt, milk fat 80% minimum), onions, thyme, salt and cracked pepper.</p> <p>CONTAINS: Milk, Soy LF DF Ø D Ĥ FR</p>		<p>CHICKEN SCHNITZEL WITH HOMEMADE TOMATO AND BASIL SAUCE</p> <p>Schnitzel : Chicken (53%), water, flour (wheat, soy), vegetable oils (contains antioxidants (206, 319), yeast, vinegar, iodized salt, thickeners (1442, 1404, 412, 415), soy protein isolate, mineral salts (450, 450), natural colour (100) emulsifiers (471, 481, 472e), preservative (282), vitamin (thiamin) folic acid</p> <p>Sauce : Crushed tomato, white wine (sulphites), red onion, garlic, basil, brown sugar, corn flour, salt and pepper.</p> <p>CONTAINS : Soy, Wheat , Sulphites FR D X LF DF</p>		<p>GERMAN BRATWURST SAUSAGE WITH RICH GRAVY</p> <p>Sausage: Pork, beef 80%, water, pepper, sweet sherry, premix continental(rice flour, salt{451}, preservative{223}, spice, spice extracts{160}, herb extracts, vegetable powder.</p> <p>Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice.</p> <p>CONTAINS: Milk, Soy LF DF Ø D Ĥ X</p>		<p>SPINACH AND RICOTTA RAVIOLI WITH CREAMY LEMON AND CHIVE SAUCE</p> <p>Pasta :(Durum wheat semolina (75%), pasteurized egg, water), filling (ricotta, spinach, bread crumbs, parmesan cheese).</p> <p>Sauce : Cream (Reduced fat cream{milk}, thickeners[1422, xanthan gum, carrageenan], emulsifier{472e}, mineral salt{potassium chloride}), Cheese (pasteurized milk, salt, cultures, enzyme {non animal rennet}), chives, lemon zest/ juice, corn flour, salt and cracked pepper.</p> <p>CONTAINS :Milk, Wheat , Egg, May contain traces of soy.</p> <p>D X V</p>	
SIDES				DESSERT			
Roasted chats, (peas, corn, capsicum) and butter beans				<p>CHOCOLATE COCONUT CUSTARD</p> <p>Ingredients : Coconut Milk (Reconstituted), water, sugar, cocoa powder, modified tapioca starch (1422), pea protein, flavour, vegetable gums (407,415).</p> <p>CONTAINS : No allergens D X LF DF Ø</p>			

WEEK DAY		3 TUESDAY		SOUP		CHICKEN, CORN AND LEEK CHOWDER SOUP	
A		B		C		D	
ROAST LAMB WITH FRENCH BORDELAISE GRAVY Lamb, herbs, salt and pepper Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice. Red wine, thyme, parsley, green peppercorn, spring onion, butter (pasteurized cream, water, salt, milk fat 80% minimum), salt and pepper. CONTAINS: Milk, Soy, Sulphites Ø D F LF DF FR		STIR-FRY BEEF WITH OYSTER SAUCE Beef strips, capsicum, carrot, bok choy, spring onion, celery. Oyster sauce (Water, sugar, salt, oyster extract {11% [oysters {Mollusc}, water, salt}, flavour enhancer {621}, modified corn starch {1422}, wheat flour, colour{150a}, preservative{211}). Salt, pepper, corn flour and oil. Rice: Jasmine rice, salt. CONTAINS: Soy, Wheat, Sesame, Mollusc (Oyster) D F X LF DF		SMOKED CHICKEN , FETA AND DILL QUICHE PASTRY: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin) , food acid (330), flavor , antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330). FILLING : Cheese (pasteurized milk, salt, cultures, enzyme), eggs and cream (halal gelatin, milk and milk products), Smoked chicken(chicken 95%, water, salt, mineral salts 451,452, sugar, antioxidants 316, hydrolyzed maize protein, flavour enhancer 635, sodium nitrate 250, vegetable oil, natural smoke), dill, Feta (pasteurized milk, salt, milk solids, lactic cultures, rennet), salt and pepper. CONTAINS : Milk, Eggs, Wheat, Soy Ø D F FR		ROAST PUMPKIN AND ZUCCHINI BAKE Pumpkin, zucchini, squash, rosemary, Cream (Reduced fat cream{milk}, thickeners[1422, xanthan gum, carrageenan], emulsifier{472e}, mineral salt{potassium chloride}), Cheese (pasteurized milk, salt, cultures, enzyme {non animal rennet}), lemon juice/zest, Panko crumbs [wheat flour, yeast, salt, palm oil, glucose, food contains ammonium chloride, acidity regulator (E516)], salt and pepper. CONTAINS : Milk, Wheat Ø D F V	
SIDES				DESSERT			
Potato mash, Milk (pasteurized and homogenized whole milk). Butter (pasteurized cream, water, salt, milk fat 80% minimum). Meals (A), (C) and (D). Red cabbage and corn. CONTAINS: Milk				LEMON AND LIME DRIZZLE CAKE WITH CUSTARD Cake : Wheat flour(self raising), sugar, icing sugar, sour cream(milk solids), coconut, water, eggs, vegetable oil, neufchatel cheese, vanilla, canola oil, emulsifier(soy lecithin 322), lemon flavour. CUSTARD :Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar. CONTAINS : Wheat, Milk, Eggs, Soy D F X			

WEEK DAY		3 WEDNESDAY		SOUP		BEEF, BARLEY AND WINTER VEGETABLE SOUP	
A		B		C		D	
<p>LEMON AND TARRAGON BAKED CHICKEN FILLET CREAMY HERB GRAVY</p> <p>Chicken fillet, olive oil, lemon juice/zest, tarragon, brown sugar, garlic, turmeric, salt and pepper.</p> <p>Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice. Cream (halal gelatin, milk and milk products), parsley, thyme, salt and cracked pepper.</p> <p>CONTAINS: Soy, Milk (May contain peanuts) Ø D F LF DF FR</p>		<p>PORK KRANSKY SAUSAGE WITH MILD ENGLISH MUSTARD AND GRAVY</p> <p>Sausage: Pork(88%), water, salt, tapioca starch, spices, mineral salt (450, 451, 452, 341), antioxidant (316), spice extract (carrier dextrose), sodium nitrite(250), humectants(1520), colour(124), flavour, smoked. Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice. Mild English mustard (water, mustard seed 19%, salt, food acids {acetic, citric}, sugar, turmeric, colours{caramel{150c}, beta-carotene), mustard flavour, spice extract), parsley, salt and cracked pepper.</p> <p>CONTAINS: Milk, Soy, May contain peanut, sesame Ø D F FR LF DF</p>		<p>BEEF REDANG CURRY WITH RICE</p> <p>Beef, onion, garlic, tomato paste, lemongrass powder, garam masala, cayenne, turmeric, cinnamon, kecap manis (coconut sugar, sugar, soy extract (11%),water, salt, soybean, wheat, water, colour (150a), salt, preservative (211, 233)(sulphites), acidity regulator(330), stabilliser (415)). Desiccated coconut, sugar, lime juice, salt and pepper. Gluten free beef stock : Salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), Food acid (330) (contain soy)], yeast extract, soy sauce powder[contains food acid (260) (contains soy and wheat)], flavors, Hydrolyzed vegetable protein (contains soy and wheat), colour (150c), onion powder, flavor enhancer (635), spice, food acid (330), Rice : Jasmine rice, salt</p> <p>Contains : Soy, Wheat ,Sulphites , may contain fish LF DF Ø D F X</p>		<p>ITALIAN STYLE RISOTTO WITH MUSHROOM AND CAPSICUM</p> <p>Arborio rice, Swiss brown mushrooms, capsicum, spinach, garlic, oregano, basil, cherry tomato, white wine (sulphites), Cream (Reduced fat cream{milk}, thickeners[1422, xanthan gum, carrageenan], emulsifier{472e}, mineral salt{potassium chloride}), parmesan (pasteurized milk, salt, cultures, enzyme {non animal rennet}), salt and cracked pepper.</p> <p>CONTAINS : Milk, Sulphites (May contain peanuts)</p> <p>Ø D F X V</p>	
SIDES				DESSERT			
<p>Crush potato (oil, spring onion, mustard(water, mustard seed 19%, salt, food acids{acetic, citric}, sugar, turmeric, colours{caramel{150c}, beta-carotene),mustard flavour, spice extract), salt and cracked pepper, salt and pepper. Meals (A), (B) and (D). Broccoli and diced carrots.</p> <p>CONTAINS: (may contain peanuts)</p>				<p>NEW YORK CHEESECAKE WITH CRUMBLE AND CUSTARD</p> <p>Cake : Neufchatel cheese(31%), sour cream, biscuit crumb[wheat flour, sugar, vegetable oil, wheat bran, fructose syrup, salt, raising agent (calcium phosphate, sodium bicarbonate), emulsifier (soy lecithin)], egg, condensed milk (37%), coconut, cake margarine (animal fats and vegetable oils, water, salt, emulsifiers (soy bean lecithin, 435), milk solids, acidity regulators (331, 330), flavours, antioxidants[320{32mg/kg}, 310 {10mg/kg}] and colour (160a), icing mix(sugar, starch), cocoa, flavour, colour (102, 133), canola oil, emulsifier(soy lecithin 322), wheat flour, raising agent (calcium phosphate, sodium bicarbonate), flavours. CUSTARD :Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar.</p> <p>CONTAINS : Wheat, Egg, Milk, Soy D F X</p>			

WEEK DAY		3 THURSDAY		SOUP		MINESTRONE WITH BACON SOUP	
A		B		C		D	
ROAST TURKEY WITH CRANBERRY AND SAGE GRAVY Turkey : Turkey breast (minimum 80%),water, salt, thickener (1422 maize), dextrose, vegetable gum (407), mineral salts (451,452), preservative (223 sulphites), humectants (422), colour (150c maize). Sauce : Cranberry sauce (sugar, water, cranberry {30%}, gelling agent {fruit pectin}, food acids {330, 331}, mineral salt {509}). Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), sage, cracked pepper and salt. CONTAINS : Milk , Soy, Sulphites Ø D F LF DF FR		CHINESE STICKY BEEF STIRFRY WITH RICE Beef rump strips, honey, Hoisin sauce (Sugar, water, fermented soybean paste{water, salt, soybeans, wheat flour}, salt, sweet potato powder, colours(150a, 129), modified corn starch(1422), sesame paste, dehydrated garlic, spices, salted chilli peppers(chilli peppers, salt), acidity regulator 260). Carrots, capsicum, onion ,celery, bok choy, spring onion, oil, salt and pepper. Rice : Rice, salt and pepper. Contains: Soy, Wheat, Sesame D F X LF DF		OVEN BAKED TUNA MACARONI WITH PANKO CRUMB Pasta : Durum wheat semolina. Cream (halal gelatin, milk and milk products),Tasty Cheese (pasteurized milk, salt, cultures, enzyme), parmesan (pasteurized milk, salt, cultures, enzyme), feta (pasteurized milk, salt, cultures, enzyme), leek, spring onion, lemon zest, nutmeg, corn flour, salt and pepper. Panko crumbs [wheat flour, yeast, salt, palm oil, glucose, food contains ammonium chloride, acidity regulator (E516)], tuna. CONTAINS: Milk, Wheat, Fish, may contain traces of egg and soy. D F X		SRI LANKAN DHAL, COCONUT SAMBAL AND RICE Red lentil, black mustard seeds, curry leaves, onion, lemon grass, turmeric, mild curry powder, green chilli, coriander leaves, coconut milk, salt, pepper, Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery ,parsley).Flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin). Desiccated coconut, red onion, red chilli, lime juice, paprika, salt, pepper, coconut milk. Basmati rice (rice, water, turmeric, salt). CONTAINS: No allergens Ø D X LF DF V F	
SIDES				DESSERT			
Paprika and nutmeg roast potato (salt, oil, spices) (A)and (B) meals. Peas and pumpkin.				MANGO PANNA COTTA Ingredients: Reconstituted milk solids, Cream {skim milk, cream, thickener (1422), emulsifier (472e), vegetable gums (415, 407)}, sugar, beef gelatin, flavour, thickener (407), mineral(calcium), {mango sauce (10%) mango puree, water, sugar, starch (1422), natural flavour, natural colour}. CONTAINS: Milk D X			

WEEK DAY		3 FRIDAY		SOUP		SPICED LAMB AND HERB SOUP	
A		B		C		D	
<p>CORN BEEF WITH CHIVE , NUTMEG AND PARMESAN SAUCE</p> <p>Corned beef (beef, brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolyzed vegetable protein (maize), vegetable oil, humectants (422).</p> <p>Sauce : Cream (halal gelatin, milk and milk products), white wine, chive, garlic, nutmeg, parmesan (pasteurized milk, salt, cultures, enzyme), corn flour, salt and pepper.</p> <p>CONTAINS : Milk , Sulphites</p> <p>Ø D F LF DF FR</p>		<p>CRUMBED FISH WITH THOUSAND ISLAND DRESSING</p> <p>FISH : Formed Basa portions (52%), water, wheat flour, canola oil, thickeners (1404, xanthan gum, guar gum) maize flour, maize starch, acidity regulators (potassium citrate, calcium citrate 451, sodium citrate 450, sodium bicarbonate, salt, rice, flour, yeast, food acid (citric), egg powder, sugar, maltodextrin, glucose.</p> <p>Thousand island dressing: Vegetable oil(contains antioxidant butylated hydroxyanisole), sugar, tomato(from paste), water, gherkins (gherkins, water, salt, food acid(acetic), firming agent(calcium chloride), preservative(sodium metabisulphate)), egg yolk, skim milk, food acid(acetic), salt, garlic powder, spices (paprika, cinnamon, pepper), thickener (xanthan gum(contains soy)), colour (paprika oleoresin). CONTAINS : Sulphites, Egg, Milk, Soy, Fish, Wheat,(may contain nuts) D FR Ø LF DF</p>		<p>LEMON, SESAME AND CASHEW CHICKEN STIR-FRY WITH JASMIN RICE</p> <p>Chicken, carrots, celery, zucchini, broccoli, cauliflower, bok choy, spring onion, cashews, salt and pepper. Lemon juice, sugar turmeric, garlic, sesame oil, water, corn flour, salt and pepper.</p> <p>Rice: Jasmine rice, salt</p> <p>CONTAINS: Sesame, Cashew (tree nuts)</p> <p>D F X LF DF Ø</p>		<p>PANKO CRUMBED ZUCCHINI WITH LEMON AND HERB MAYONAISE</p> <p>Zucchini, onion powder, garlic powder, cayenne, parsley, butter (pasteurized cream, water, salt, milk fat 80% minimum), Tasty Cheese (pasteurized milk, salt, cultures, enzyme {non animal rennet}), Panko crumbs [wheat flour, yeast, salt, palm oil, glucose, food contains ammonium chloride, acidity regulator (E516)], salt and pepper. Mayonnaise: Canola oil (76%), pasteurized free range egg yolks (7.5%), water, vinegar, sugar, salt, lemon juice concentrated, natural mustard flavour, antioxidant (385), lemon juice/ zest, chives, and cracked pepper.</p> <p>CONTAINS: Wheat, Egg, Milk</p> <p>D F X V Ø</p>	
SIDES				DESSERT			
<p>Cream potato(Cream halal gelatin, milk and milk products) salt and pepper, (A) (B) and (D)meal. Cauliflower and crosscut butter beans.</p> <p>CONTAINS: Milk</p>				<p>VANILLA CREAMED RICE</p> <p>Ingredients : Reconstituted Milk solids, milk, cream, rice, sugar, water, modified starch (1422), flavour, mineral (calcium).</p> <p>CONTAINS : Milk</p> <p>D X</p>			

WEEK DAY		4 MONDAY		SOUP		CAULIFLOWER, LEEK AND BACON SOUP	
A		B		C		D	
SPICED COATED BARBECUED CHICKEN WITH LEMON THYME AND PEPPERCORN GRAVY Chicken fillet, olive oil, cinnamon, paprika, cumin, mixed herbs, brown sugar, salt and pepper. Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice, lemon thyme, green pepper corn, salt and pepper. CONTAINS: Milk, Soy (may contain peanuts) Ø D Ė LF DF FR		SLOW COOKED BRAISED BEEF STEAKS WITH SAGE AND RED WINE GRAVY Steak : Beef, salt pepper Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice. Sage, red wine, salt and cracked pepper. CONTAINS: Milk, Soy, Sulphites, (may contain peanuts) Ø D LF DF FR		LAMB AND ROSEMARY SAUSAGE WITH ONION GRAVY Sausage : Lamb (70%), premix continental (Rice flour, salt, mineral salt{451}, preservative{223}, spice, spice extracts{160}, herb extracts, vegetable powder, rosemary. Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice, onions, salt and pepper. CONTAINS: Milk, Soy (may contain peanuts) Ø D Ė X		PERSIAN MINT AND VEGETABLE STEW Pumpkin, sweet potato, carrot, capsicum, red onion, crushed tomato, mint, chickpeas, cinnamon, ricotta (milk, milk solids, acidity regulator(260), salt, preservative(202)), Tasty Cheese (pasteurized milk, salt, cultures, enzyme {non animal rennet}), paprika, turmeric, salt and cracked pepper. CONTAINS: Milk (may contain peanuts) Ø D Ė X V	
SIDES				DESSERT			
Mustard roasted creamed chat potato (Cream (halal gelatin, milk and milk products), Seeded mustard (water, mustard seed, salt, sugar, food acid, acetic, turmeric). Peas and yellow crosscut beans. CONTAINS: Milk (may contain peanuts)				CRÈME CARAMEL Ingredients: Reconstituted Milk solids, cream, sugar, halal gelatin, gum (407), flavour, colour (160a), caramel sauce (10%): Water, sugar, thickener (1422), whey powder, vegetable gum (466), acidity regulator (270), flavours, colours (150d, 155), mineral (calcium) and salt. CONTAINS: Milk D X			

WEEK DAY		4 TUESDAY		SOUP	ROAST CAPSICUM, TOMATO AND CHICKEN SOUP
A		B		C	D
CORN BEEF WITH ONION, THYME AND BLACK PEPPER GRAVY Corned beef : Brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolyzed vegetable protein (maize), vegetable oil, humectants (422). Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice. Onion, thyme, cracked black pepper and salt CONTAINS: Milk, Soy (may contain peanuts) Ø D F LF DF FR		PAPRIKA, PORK AND MUSHROOM STEW Diced pork, onions, mushrooms, parsley, paprika, butter (pasteurized cream ,water, salt, milk fat 80% minimum),Sour cream (halal gelatin, milk and milk products), white wine . Chicken booster (salt, sugar, maize starch, chicken fat (3.6%), onion powder, yeast extract, flavor, chicken powder (1%), flavor enhancer (635), color (150), spice), salt and pepper. CONTAINS: Sulphites, Milk (may contain soy, peanuts) Ø D F X		TOMATO, BASIL AND CHORIZO TART PASTRY: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin) , food acid (330), flavor , antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330). FILLING : Chorizo [meat including pork (94%), salt, herbs and spices, dextrose (tapioca maize),emulsifier (451), maltodextrin (maize), antioxidants (316, 370b), sugar, spice extract, sodium nitrate (250), dehydrated vegetable, vegetable extract, natural casing. Tomato, capsicum, red onion, basil, Cheese (pasteurized milk, salt, cultures, enzyme), eggs and cream (halal gelatin, milk and milk products), salt, pepper. CONTAINS: Milk, Eggs, Wheat, Soy (may contain peanuts) Ø D F FR	
MUSHROOM BOLOGNESE Penne pasta: Durum wheat semolina. Sauce: Button mushrooms, Swiss brown mushrooms, roma tomato, tomato paste, onions, garlic, oregano, basil, water, sugar, salt and pepper. Parmesan (pasteurized milk, salt, cultures, enzyme {non animal rennet}). CONTAINS: Milk, Wheat, may contain traces of egg and soy , peanuts. D F X V				SIDES	
Pumpkin, Beans, Crushed potato with mustard and spring onion(Dijon mustard ,water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric) and olive oil. CONTAINS: (may contain peanuts)		DESSERT		FLOURLESS COFFEE, CINNAMON AND MACADAMIA CAKE WITH COFFEE CUSTARD CAKE : Egg, almond meal(24%), sugar, butter, cream, macadamia nuts (4%), raising agents (calcium phosphate, sodium bicarbonate, flavor, cinnamon. CUSTARD :Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar, coffee. Contains : Eggs, Milk, Soy, Macadamia (tree nuts) D F X	

WEEK DAY	4 WEDNESDAY			SOUP	BEEF, SPINACH AND SWEDE SOUP
A	B	C	D		
<p>ROAST LAMB WITH ROASTED GARLIC AND MINT GRAVY</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, flavor, food acid (330), flavor enhancer (635), mint, garlic, cracked pepper and salt.</p> <p>CONTAINS : Milk, soy</p> <p>Ø D Ė FR LF DF</p>	<p>BEEF BOURGUIGNON</p> <p>Beef rump, onions, mushrooms, tomato paste, garlic, red wine, thyme, parsley. Gluten free Beef booster [salt, sugar, maize, starch, beef fat 5.6% , antioxidant (306), food acid (330) (contains soy) , yeast extract, soy sauce powder (contains food acid (260) (contains soy and wheat flavors (contain soy), hydrolyzed vegetable protein, colour (150c), onion powder, flavor enhancer (635), spice, food acid (330). Bacon (pork, water, salt, sugar, mineral salts {451}, natural wood smoke), salt and pepper.</p> <p>CONTAINS: Soy, Sulphites, Wheat (gluten free), May contain fish and milk</p> <p>Ø D Ė X</p>	<p>CHICKEN AND SAGE RISsoles WITH RICH GRAVY</p> <p>Rissoles: Chicken mince, sage, onion, salt and pepper</p> <p>Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635),</p> <p>CONTAINS : Soy, milk</p> <p>Ø D Ė X</p>	<p>CAULIFLOWER, CHICKPEA AND PUMPKIN KORMA WITH RICE</p> <p>Korma paste (water, vegetable oil, spices[11%], desiccated coconut[9%], sugar, tomato paste[5%], salt, ginger puree, garlic puree, food acids [acetic, lactic], maize flour, dried coriander leaf), crushed tomato, fresh coriander, cauliflower, pumpkin, chickpeas, onions, salt and pepper.</p> <p>Rice : Rice, salt and turmeric</p> <p>CONTAINS : No allergens</p> <p>Ø V LF DF D Ė X</p>		
SIDES			DESSERT		
<p>Corn and Carrots. Steam potato with herb oil (Thyme, parsley, oregano, basil, olive oil, salt and pepper)</p>			<p>CHOCALATE MUD CAKE WITH CUSTARD</p> <p>Cake :Sugar, wheat flour, sour cream (milk solids), water, eggs, oil, cocoa, chocolate, cream, flavours, raising agents (calcium phosphate, sodium bicarbonate), canola oil, emulsifier (soy lecithin 322). CUSTARD: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar.</p> <p>CONTAINS: Wheat, Milk, Egg, Soy.</p> <p>D Ė X</p>		

WEEK DAY		4 THURSDAY		SOUP		CANNELLINI BEAN, TOMATO AND CELERY SOUP	
A		B		C		D	
ROAST BEEF WITH CREAMY SHALLOT, TARRAGON AND PEPPERCORN GRAVY Beef: Porterhouse, salt and pepper Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice, Cream (halal gelatin, milk and milk products), tarragon, shallot, green peppercorn, olive oil, salt. CONTAINS : Milk , Soy Ø D Ě LF DF FR		BALTI CHICKEN CURRY WITH BASMATI RICE Chicken, onions, tomato, cardamom powder, cinnamon, cayenne, garam masala, garlic, ginger, green chilli, lime juice, fresh coriander, yoghurt (fresh skim milk, fresh cream, milk solids, live yoghurt cultures), water, salt and pepper. Rice: Basmati, turmeric, rice, salt CONTAINS: Milk Ø D Ě X		SAGE, BACON AND MUSHROOM QUICHE Pastry : Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin) , food acid (330), flavor , antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330). Filling : Eggs, Cream (halal gelatin, milk and milk products), cheese (pasteurized milk, salt, cultures, enzyme),sage, mushroom, Bacon (pork, water, salt, sugar, mineral salts (451)(450), antioxidant (316), preservative (250),natural wood smoke), salt and pepper. CONTAINS: Milk, Wheat, Soy, Eggs Ø D Ě FR		BAKED MEDITERRANEAN VEGETABLES WITH PANKO Eggplant, red onion, garlic, red capsicum, oregano, zucchini, roma tomato, lemon zest, tomato paste, black olives, parsley, salt and pepper, cheese (pasteurized milk, salt, cultures, enzyme {non animal rennet}) , parmesan (pasteurized milk, salt, cultures, enzyme{non animal rennet}), salt and pepper. Panko crumb (wheat flour, yeast, salt, palm oil, glucose, food contains ammonium chloride, acidity regulator {E516}). CONTAINS: Wheat, Milk V Ø D Ě	
SIDES				DESSERT			
Mash potato, butter (pasteurized cream ,water, salt, milk fat 80% minimum) , Milk (pasteurized and homogenized whole milk), salt and pepper. (A), (C), (D). Red cabbage and broccoli. Contains: Milk				TIRAMISU Ingredients: Cream, milk, water, sugar, milk solids, wheat flour, egg, flavours, beef gelatin, mineral (calcium), mineral salts (450, 500), preservative (202, 234), vegetable gum (400), stabilizers (410, 412), thickener (407a), Raising agents (500, 503), coffee powder and starter culture. Contains: Milk, Egg, Wheat, may contain tree nuts. D X			

WEEK DAY	4 FRIDAY	SOUP	
A	B	C	D
<p>TUSCAN ROAST CHICKEN FILLET WITH OLIVE ,WINE AND TOMATO SAUCE</p> <p>Chicken fillet, tomato paste, olive oil, garlic, paprika, mixed herbs, salt and cracked pepper.</p> <p>Sauce: Stock from chicken, crushed tomato, olives, white wine(sulphites), parsley, salt, pepper and corn flour.</p> <p>CONTAINS: Sulphites</p> <p>Ø D F FR LF DF</p>	<p>LEMON, PAPRIKA GRILLED FISH WITH CHIVE CREAM SAUCE</p> <p>Fish : Hake, butter (pasteurized cream ,water, salt, milk fat 80% minimum), sweet paprika, lemon zest/juice, salt, cracked pepper,</p> <p>Sauce : Cream (halal gelatin, milk and milk products), turmeric, lemon zest/juice, salt, pepper ,chive, Dijon mustard (water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric), corn flour.</p> <p>CONTAINS : Milk, Fish (may contain peanuts)</p> <p>Ø D FR LF DF</p>	<p>CHAR SUI PORK STIR-FRY WITH JASMINE RICE</p> <p>Pork, Char sui sauce(Sugar, water, salt, fermented soybean paste {water, salt soybeans, wheat flour}, honey, soy sauce{water, salt, soybeans, wheat, colour{150a}, high fructose corn syrup}, malt syrup{ rice, malted barley}, modified corn starch{1422}, dehydrated garlic, spices, acidity regulator{260}, colour {129}). Sesame oil, honey, salt and pepper, corn flour.</p> <p>Carrots, capsicum, onion, celery, bok choy, spring onion, oil, salt and pepper.</p> <p>Rice: Jasmine rice, salt and pepper.</p> <p>CONTAINS: Soy, wheat, sesame may contain milk, peanuts and tree nuts</p> <p>Ø D F X F LF DF</p>	<p>PANKO CRUMBED EGGPLANT WITH NAPOLETANA SAUCE</p> <p>Eggplant, Panko crumbs [wheat flour, yeast, salt, palm oil, glucose, food contains ammonium chloride, acidity regulator (E516)], onion, salt, pepper and Cheese (pasteurized milk, salt, cultures, enzyme {non animal rennet}).</p> <p>Sauce : Crushed tomato, brown onion, garlic, olive oil, sugar, basil, salt and pepper.</p> <p>CONTAINS : Wheat, Milk</p> <p>Ø D F FR V</p>
SIDES		DESSERT	
<p>Meals (A) (B) and (D) Cajon Roast potato(paprika, cayenne, black pepper, onion powder, cumin, garlic powder, salt), Rice</p> <p>Meal (C) . Cauliflower and Zucchini.</p>		<p>LEMON CREAM MOUSSE</p> <p>Ingredients: Cream(milk), cheese(milk), water, sugar, milk solids, beef gelatin, flavour, mineral salts (450, 500), stabilizers (400, 410,412), acid (330), preservatives (234, 202), colours (102,110), natural yogurt, mineral(calcium). Contains live cultures of lactobacillus acidophilus, bifidus and casei.</p> <p>Contains: Milk D X</p>	

WEEK DAY		5 MONDAY		SOUP		SWEET POTATO, CHICKPEA AND BACON SOUP	
A		B		C		D	
ROAST BEEF WITH HERB AND HORSERADDISH GRAVY Beef: Porterhouse, salt and pepper Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice. Horseradish (horseradish (46%) (contain sulphites), water, mustard seed, sugar, salt, food acid (acetic), vegetable oil, mustard extract, vegetable gum (xanthan) (contains soy), preservatives (sodium metabisulphate), thyme, parsley , salt and cracked pepper. CONTAIN : Milk, Soy, Sulphites (may contain peanuts) Ø D F LF DF FR		VEAL SCHNITZEL WITH CREAMY MUSHROOM GRAVY 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). Gravy: Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), Cream (halal gelatin, milk and milk products), mushrooms, salt and pepper. CONTAINS : Wheat, Soy , Milk(may contain peanuts) D X FR		PIRI PIRI ROASTED CHICKEN THIGH FILLET WITH STOCK SAUCE Chicken thigh, Red chilli, garlic, dijjion mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], lemon juice, olive oil, salt and pepper. Sauce: Crushed tomato, white wine, stock from chicken, parsley, corn flour, salt and pepper. CONTAINS: Sulphites (may contain peanuts) Ø D F FR LF DF		BURNT BUTTER, MUSHROOM AND SAGE PASTA Penne pasta : Durum wheat semolina. Sauce : Cream (Reduced fat cream{milk}, thickeners[1422, xanthan gum, carrageenan], emulsifier{472e}, mineral salt{potassium chloride}), Parmesan (pasteurized milk, salt, cultures, enzyme {non animal rennet}), butter (pasteurized cream ,water, salt, milk fat 80% minimum) , sage, mushroom, zucchini, red onion, garlic, olive oil, capsicum, corn flour, salt and pepper. CONTAINS : Milk, Wheat, may contain traces of egg and soy , peanuts. D F X V	
SIDES				DESSERT			
Mustard Creamed potatoes (Cream, halal gelatin, milk and milk products, salt and pepper , Seeded mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], salt and cracked pepper), Corn and diced carrots. CONTAINS : Milk , (may contain peanuts)				LEMON CHEESECAKE WITH GLUTEN FREE BASE Cheesecake mix: Cheese (milk), cream (milk), water, lemon juice {preservative(223), antioxidant (300)}, milk solids, beef gelatin, salt, sugar, colours(102, 110), flavour, preservative (202), food acid (330), stabilizers (410, 412)mineral (calcium) and starter culture. Biscuit base: Tapioca starch, margarine (vegetable oil), chickpea flour, eggs, vanilla essence, baking powder, xanthan gum (415) and butter. CONTAINS: Milk, Eggs D X			

WEEK DAY		5 TUESDAY		SOUP		HUNGARIAN BEEF GOULASH SOUP	
A		B		C		D	
ROAST LAMB WITH OREGANO AND HONEY GRAVY Lamb, herbs, salt and pepper Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice, honey, oregano, salt and cracked pepper. CONTAINS : Milk , soy (may contain peanuts) Ø D F LF DF FR		INDIAN MADRAS BEEF CURRY WITH RICE Beef, Madras paste: (water, spices[26%], vegetable oil, salt, food acids[acetic, citric, lactic], tamarind, maize flour, garlic powder), onions, fresh coriander, crushed tomato, coriander, salt and pepper. RICE :Basmati Rice, turmeric, water and salt. CONTAINS : No allergens Ø D F X LF DF		LEMON GRASS AND CHILLI CHICKEN STIRFRY WITH JASMIN RICE Diced chicken thigh fillet, lemongrass powder, chilli, ginger, fresh coriander, spring onions, bok choy, capsicum, carrot, celery, lime juice, salt and pepper. Soy sauce (water, soybeans (20%), rice, salt, contains (3.2% alcohol v/v) from the natural brewing process), brown sugar and oil. Rice: Jasmin rice, salt. CONTAINS: Soy Ø D F X LF DF		SWISS BROWN MUSHROOM, PUMPKIN AND CHERRY TOMATO QUICHE Pastry : Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin) , food acid (330), flavor , antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330). Filling : Eggs, Cream (Reduced fat cream{milk}, thickeners[1422, xanthan gum, carrageenan], emulsifier{472e}, mineral salt{potassium chloride}), cheese (pasteurized milk, salt, cultures, enzyme {non animal rennet}), Swiss brown mushroom, pumpkin, cherry tomato, basil, salt and pepper. CONTAINS : Wheat, Eggs, Milk, Soy (may contain peanuts) Ø D F V FR X	
SIDES				DESSERT			
Crushed potato with mustard and spring onion (Dijon mustard, water, mustard seed 18%, salt, sugar, food acid {acetic}, turmeric) and olive oil., meals (A) and (D). Peas and pumpkin Contain: (may contain peanuts)				FRUIT CAKE WITH CUSTARD Mixed fruit (48%)(sultanas, currants, glace cherry [color (127)], orange peel), wheat flour, sugar, butter, egg, milk, baking powder(calcium phosphate, sodium bicarbonate), flavor, glaze, canola oil. CUSTARD :Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar. CONTAINS: Wheat, Milk, Egg D F X			

WEEK DAY		5 WEDNESDAY	
A		B	
CORN BEEF WITH ITALIAN HERB GRAVY Corned beef : Brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolyzed vegetable protein (maize), vegetable oil, humectants (422). Gravy: Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice. Basil, oregano, parsley, crushed tomato, salt and cracked pepper. CONTAINS: Milk, Soy Ø D F LF DF FR		MOROCCAN CHICKEN TAGINE WITH RICE Diced chicken, onions, garlic, cumin, cinnamon, tomato, fresh coriander, eggplant, button mushrooms, red capsicum, chickpeas, salt and cracked pepper. Chicken booster (salt, sugar, maize starch, chicken fat (3.6%) , onion powder, yeast extract, flavor, chicken powder (1%), flavor enhancer (635), color (150), spice) Rice : Rice, turmeric, salt. CONTAINS :No allergens, May contain soy Ø D F X LF DF	
SOUP		LAMB SCOTCH BROTH SOUP	
C		D	
BACON, MUSHROOM AND SPRING ONION CARBONARA Penne pasta : Durum wheat semolina. Bacon (pork, water, salt, sugar, mineral salts {451, 450}, antioxidant{316}, preservative{250}, natural wood smoke). Button mushrooms, spring onions, butter (pasteurized cream, water, salt, milk fat 80% minimum), cream (halal gelatin, milk and milk products), paprika, garlic, salt, pepper, parsley and corn flour. Parmesan (pasteurized milk, salt, cultures, enzyme). CONTAINS: Milk, Wheat, may contain traces of egg and soy D F X		CHANA MASALA (CHICKPEA CURRY) WITH RICE Chickpeas, onions, garlic, ginger, butter (pasteurized cream, water, salt, milk fat 80% minimum), tomato paste, coriander powder, garam masala, turmeric, red chilli, fresh coriander, water, salt and pepper. Rice: Basmati, turmeric, salt, water. CONTAINS: Milk Ø D F V X	
SIDES		DESSERT	
Roast potato, Meals (A) and (C). Cross cut beans and cabbage		FLOURLESS LEMON BUTTER CAKE WITH CUSTARD Cake : Egg, sugar, gluten free flour (tapioca starch, rice flour, potato starch, modified tapioca starch, dextrose, thickener, (446, 464), emulsifier (471), cake margarine(animal fats and vegetable oils, water, salt, emulsifiers (soy bean lecithin,435), milk solids, acidity regulators (331,330), flavours, antioxidants {320,[32mg/kg], 310[10mg/kg]}) and colour (160a), cream, lemon, neufchatel cheese, juice (1.3%)(preservative (223), flavour, raising agent (calcium phosphate, sodium bicarbonate), flavour, canola oil, emulsifier (soy lecithin 322). CUSTARD :Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar. CONTAINS : Egg, Soy, Milk Ø D F X	

WEEK DAY		5 THURSDAY	
A		B	
ROAST PORK WITH HONEY, SAGE AND BLACK PEPPER GRAVY Pork, thickener (1412), starch (tapioca), salt, mineral salts (451, 450, 452), roast pork rub (colour 150c) flavour enhancers (627, 631) water. Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice. Honey, sage, salt and black pepper. CONTAINS: Milk, Soy Ø D F FR LF DF		THAI LEMONGRASS BAKED CHICKEN THIGH FILLET WITH COCONUT STOCK SAUCE Chicken thigh fillet, lemongrass, garlic, lime juice/zest, red chilli, fresh coriander, brown sugar, gluten free soy sauce (water, soybeans (20%), rice, salt, contains (3.2% alcohol v/v) from the natural brewing process), oil, salt and cracked pepper. Sauce: Stock from chicken, fresh coriander, coconut milk powder Rice : Jasmin rice, salt CONTAINS: Soy Ø D F X LF DF	
C		D	
GREEK LAMB STIFADO (STEW) Diced lamb, carrots, onions, celery, garlic, red wine, crushed tomato, rosemary, oregano, cinnamon, cumin, cloves, bay leaves, salt and cracked pepper. Gluten free beef stock : Salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), Food acid (330) (contain soy)], yeast extract, soy sauce powder[contains food acid (260) (contains soy and wheat)], flavors, Hydrolyzed vegetable protein (contains soy and wheat), colour (150c), onion powder, flavor enhancer (635), spice, food acid (330), CONTAINS : Soy, Sulphites, Wheat (gluten free) may contain fish Ø D F X		MUSHROOM AND CASHEW FRIED RICE Rice, spring onion, green chilli, coriander, shitake mushroom, Swiss brown mushroom, egg, cashews, gluten free soy (water, soybeans (20 %), rice, salt contains 3.2 % alcohol from the natural brewing process), oil, Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery ,parsley).Flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin). Salt and pepper. CONTAINS: Soy, Egg, Cashews (tree nut) Ø D F X V LF DF	
SIDES		DESSERT	
Mash potato, butter (pasteurized cream ,water, salt, milk fat 80% minimum) , Milk (pasteurized and homogenized whole milk), salt and pepper. (A)and (C) meal. Broccoli and Butter beans. CONTAINS: Milk		CRÈME CAPPUCCINO Ingredients :Cream(55%)(milk), cheese(milk), sugar, water, milk solids, beef gelatin, flavour, preservative (202), salt, stabilizers(410,412), mineral(calcium), starter culture. CONTAINS: Milk D X	

WEEK DAY		5 FRIDAY		SOUP		CREAMY PUMPKIN, HONEY AND CHIVE SOUP	
A		B		C		D	
BARBECUE JERK CHICKEN WITH STOCK AND HERB GRAVY Chicken fillet, allspice, cinnamon, thyme, nutmeg, brown sugar, garlic, spring onion, lime juice/zest, red chilli, oil, salt and pepper. Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice. Stock from chicken, parsley, thyme, salt and pepper. CONTAINS: Milk, Soy Ø D F LF DF FR		BEER BATTERED FISH WITH ZESTY LEMON MAYONNAISE Fish : White fish (60%), coating (wheat flour, water, palm oil, thickeners (1404), salt, mineral salts (450, 500), flavor enhancer (621), sugar, milk powder (0.1 %). Mayonnaise: Canola oil(76%), pasteurized free range egg yolks(7.5%), water, vinegar, sugar, salt, lemon juice concentrated, natural mustard flavour, antioxidant(385), lemon juice/ zest, chives, and cracked pepper. CONTAINS : Fish, Wheat, Milk , Egg Ø D FR LF DF		KOREAN STIR-FRY MINCED BEEF WITH JASMIN RICE Beef mince, gluten free soy (water, soybeans (20 %), rice, salt contains 3.2 % alcohol from the natural brewing process), sesame oil, garlic, ginger powder, red chilli, brown sugar, spring onion, red capsicum, salt and cracked pepper. Rice: Jasmin Rice, water and salt. CONTAINS: Soy, Sesame Ø D F X LF DF		BAKED VEGIE SCHNITZEL WITH CREAMY GREEN PEPPERCORN SAUCE 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 {non animal rennet } , Sauce : Cream (Reduced fat cream{milk}, thickeners[1422, xanthan gum, carrageenan], emulsifier{472e}, mineral salt{potassium chloride} , parmesan (pasteurized milk, salt, cultures, enzyme {non animal rennet}), parsley, thyme, green peppercorn, corn flour, salt and pepper. CONTAINS : Milk Ø D X V	
SIDES				DESSERT			
Paprika and nutmeg roast potato (salt, oil, spices) (A), (B), and (D) meals . Cauliflower and zucchini.				CHOCALATE MOUSSE Ingredients: Cream, water, sugar, Milk solids, cocoa mass, Milk, cocoa butter, stabilizers (400, 410,412), halal gelatin, mineral salts [450, 500, 170, (calcium)], emulsifiers [322 (soy), 476], preservatives (234, 202), flavours, starter culture, chocolate: 8%. CONTAINS: Milk, Soy, may contain traces of tree nuts. D X			

WEEK DAY		6 MONDAY		SOUP		SPICY RED LENTIL AND CARROT SOUP	
A		B		C		D	
<p>GREEK STYLE BARBECUE CHICKEN FILLET WITH OREGANO GRAVY</p> <p>Chicken fillet, olive oil, oregano, garlic, honey, lemon zest/juice, salt and pepper.</p> <p>Gravy: Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (acetic), turmeric],acid (330), flavor enhancer (635), spice, oregano, salt and cracked pepper.</p> <p>CONTAINS : Milk , Soy</p> <p>Ø D F LF DF FR</p>		<p>BRATWURST SAUSAGE WITH RED WINE AND ONION GRAVY</p> <p>Sausage : Pork beef 80%, water, pepper, sweet sherry, premix continental (rice flour, salt, mineral salt{451}, preservative {223}, spice, spice extracts {160}, herb extracts, vegetable powder)</p> <p>Gravy: Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (acetic), turmeric],acid (330), flavor enhancer (635), spice, red wine(sulphites) parsley, onion, salt and cracked pepper.</p> <p>CONTAINS : Milk, Soy, Sulphites</p> <p>Ø D F LF DF X</p>		<p>SALMON AND VEGETABLE PATTIE WITH LEMON AND DILL CREAM SAUCE</p> <p>Pattie : Water, rehydrated potato flakes(water, potatoes, emulsifier{471}, mineral salt{450}, food acid{330},preservatives {220,222,223-sulphites, salmon{fish} {12%}, vegetables{10%}(carrot, corn, onion, celery), Flour (wheat, rice), vegetable oil, cheese(milk, cultures, salt, enzyme, preservative{200}), soy protein, salt, wheat gluten, thickeners(415,464), mineral salts(450,500), maltodextrin(maize), yeast, sugar, yeast extract, hydrolyzed vegetable protein(soy), spice, herb, flavour, spice extracts.</p> <p>Sauce: Cream (halal gelatin, milk and milk products),lemon zest/juice, dill, salt, pepper, and corn flour</p> <p>CONTAINS : Milk, Soy, Wheat, Fish, Sulphites</p> <p>D F X</p>		<p>LEMON, ASPARAGUS AND PARMESAN RISSOTO</p> <p>Arborio rice, white wine (sulphites), olive oil, garlic, asparagus, spinach, spring onion, Cream (Reduced fat cream{milk}, thickeners[1422, xanthan gum, carrageenan], emulsifier{472e}, mineral salt{potassium chloride}), , parmesan (pasteurized milk, salt, cultures, enzyme {non animal rennet}), lemon zest, pinenuts, salt and cracked pepper.</p> <p>CONTAINS: Milk ,Sulphites, Pinenuts (tree nut)</p> <p>V Ø D X</p>	
SIDES				DESSERT			
<p>Steam potato with herb oil (Thyme, parsley, oregano, basil, olive oil, salt and pepper), Yellow butter beans and carrots.</p>				<p>STRAWBERRY CHEESECAKE WITH GLUTEN FREE BASE</p> <p>Cheesecake mix: Cheese (milk), cream (milk), water, sugar, beef gelatin, preservative (202), flavour (123), salt, stabilizers (410, 412) mineral (calcium) and starter culture. Biscuit base: Tapioca starch, margarine (vegetable oil), chickpea flour, eggs, vanilla essence, baking powder, xanthan gum (415) and butter.</p> <p>CONTAINS: Milk, Eggs D X</p>			

WEEK DAY		6 TUESDAY		SOUP		MOROCCAN CHICKEN AND CHICKPEA SOUP	
A		B		C		D	
ROAST BEEF WITH RED WINE AND MUSTARD GRAVY Beef : Porterhouse, salt and pepper Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice. Seeded mustard (water, mustard seed 18%, salt, sugar, food acid{acetic}, turmeric), red wine, parsley, salt and pepper. CONTAINS: Milk, Soy, Sulphites (may contain peanuts) Ø D Ė LF DF FR		MOROCCAN LAMB , RAISON AND CHICKPEA TAGINE Lamb, onions, cinnamon, turmeric, all spice, paprika, Carrot, onion, celery, garlic, parsley, mint, tomato paste, raisons, chickpeas, salt and pepper. Gluten free beef stock : Salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), Food acid (330) (contain soy)], yeast extract, soy sauce powder[contains food acid (260) (contains soy and wheat)], flavors, Hydrolyzed vegetable protein (contains soy and wheat), colour (150c), onion powder, flavor enhancer (635), spice, food acid (330), CONTAINS : Soy, Milk , Wheat (gluten free), Ø D Ė X		ROASTED CHICKEN THIGH FILLET WITH LEMON AND TARRAGON CREAM SAUCE Chicken thigh fillet, lemon juice/zest, olive oil, garlic powder, turmeric, salt and cracked pepper. Sauce: Cream (halal gelatin, milk and milk products), lemon zest/juice, tarragon, turmeric, white wine, corn flour, salt and pepper. CONTAINS: Milk, Sulphites Ø D Ė X FR LF DF		THAI RED VEGETABLE CURRY WITH JASMINE RICE Pumpkin, carrots, onions, eggplant, snake beans, zucchini, Curry paste (lemongrass, garlic, shallot, galangal, red chilli, kaffir lime peel, spice, water, sunflower oil, salt, sugar, modified tapioca starch{1442}, citric acid). Coconut milk powder, palm sugar, lime juice, fresh coriander, roasted peanuts, salt and pepper. Rice: Jasmine rice, salt CONTAINS: Peanuts (tree nuts) May contain wheat, soy, sesame, fish and crustacean. Ø D Ė X DF V LF	
SIDES				DESSERT			
Broccoli and pumpkin. Mash potato, butter (pasteurized cream, water, salt, milk fat 80% minimum), Milk (pasteurized and homogenized whole milk), salt and pepper . Meals (A),(B) ,(C). CONTAINS : Milk				HUMMINGBIRD CAKE WITH CUSTARD Cake: Sugar, wheat flour, bananas, water, milk, eggs, vegetable oil, raising agents(calcium phosphate, sodium bicarbonate), canola oil, coconut, pineapple, neufchatel cheese, icing sugar, sour cream, water, flavours, chocolate(emulsifier, soy lecithin 322). CUSTARD :Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar. CONTAINS : Milk, Wheat ,Soy, Egg D Ė X			

WEEK DAY	6 WEDNESDAY			
A	B	C	D	SOUP
<p>ROAST PORK WITH WHITE WINE AND CHIVE CREAM SAUCE</p> <p>Pork, thickener (1412), starch (tapioca), salt, mineral salts (451, 450, 452), roast pork rub (colour 150c) flavour enhancers (627, 631) water.</p> <p>Sauce : Cream (halal gelatin, milk and milk products), white wine (sulphites),chives, Dijon mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], corn flour, salt and cracked pepper.</p> <p>CONTAINS: Sulphites, Milk (may contain peanuts)</p> <p>Ø D F LF DF FR</p>	<p>ITALIAN MEAT BALLS WITH TOMATO OLIVE SAUCE AND PENNE PASTA</p> <p>Beef mince, garlic powder, oregano, salt and pepper.</p> <p>Sauce: Crushed tomato, white wine, garlic, red onion, basil, sugar, olives, salt and pepper.</p> <p>Penne pasta (durum, wheat semolina), parmesan (pasteurized milk, salt, cultures, enzyme),</p> <p>CONTAINS: Sulphites, Wheat, may contain traces of egg and soy</p> <p>D F X</p>	<p>AFRICAN CHICKEN AND CHICKPEA STEW</p> <p>Chicken thigh fillet, oil, fresh coriander, garlic, paprika, cumin, coriander powder, red chilli, turmeric, crushed tomato, onion, chickpeas, parsley, salt and pepper.</p> <p>CONTAINS: No allergens</p> <p>Ø D F LF DF X</p>	<p>CRISPY TOFU, EGG AND VEGETABLE STIRFRY WITH JASMIN RICE</p> <p>Tofu (soya bean), eggs, spring onion, shredded cabbage, shitake mushroom, ginger, carrots, zucchini, bok choy, capsicum, green chilli, tomato paste, gluten free soy (water, soybeans (20 %), rice, salt contains 3.2 % alcohol from the natural brewing process), corn flour, salt and cracked pepper.</p> <p>Jasmin rice : rice, water, salt.</p> <p>CONTAINS : Eggs ,Soy</p> <p>Ø D F X DF V LF</p>	MINESTRONE WITH BACON SOUP
SIDES			DESSERT	
<p>Zucchini and corn, Roast potato (Salt, pepper and oil).</p>			<p>GLUTEN FREE FUDGE BROWNIE AND RASPBERRIES WITH CUSTARD</p> <p>Cake: Compound chocolate(sugar, vegetable fat, cocoa powder, emulsifier(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), raspberries.</p> <p>CONTAINS : Soy, Milk, Egg Ø D F X</p>	

WEEK DAY		6 THURSDAY		SOUP		SPICED LAMB AND HERB SOUP	
A		B		C		D	
CORN BEEF WITH BECHAMEL CREAM SAUCE Corned beef : Brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolyzed vegetable protein (maize), vegetable oil, humectants (422). Sauce : Cream (halal gelatin, milk and milk products), onions, bay leaves, nutmeg, parmesan (pasteurized milk, salt, cultures, enzyme), salt, pepper and corn flour. CONTAINS: Milk (may contain peanut) Ø D F LF DF FR		MEDITERRANEAN LAMB, PAPRIKA AND TOMATO STEW Lamp rump diced, carrot, onion, celery, crushed tomato, red wine (sulphites), garlic, oregano, parsley, nutmeg, paprika, salt and pepper. Gluten free beef stock powder: Salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), Food acid (330) (contain soy)], yeast extract, soy sauce powder (derived from wheat),colour (150c),hydrolyzed vegetable protein (contain soy),flavor, onion powder, flavour enhancer (635), spice, food acid (330), and herb. CONTAINS : Soy, sulphites, Wheat (gluten free), (may contain, milk, fish and peanut) Ø D F X		GOAN PORK VINDALOO WITH BASMATI Pork, 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, tomato paste, cayenne, sugar, cinnamon, garlic, vinegar(sulphites), onions, fresh coriander, salt and pepper. RICE : Rice, salt and pepper. CONTAINS : Sulphites Ø D F X LF DF		MOROCCAN CHICKPEA AND PUMPKIN COUS COUS Couscous(durum wheat semolina),pumpkin, garlic, cumin powder, coriander, cayenne, chickpeas, pumpkin seed, sultana, 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).Flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin). CONTAINS: Milk, Wheat , may contain traces of egg , soy, and peanut V D F X	
SIDES				DESSERT			
Cauliflower and green cross cut beans. Mustard potato: cream (pasteurized and homogenized whole milk), Whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], (A), (B) and (D) meals. CONTAINS: Milk (may contain peanut)				VANILLA BEAN PANNA COTTA Ingredients: Cream [skim Milk, cream, thickener (1422), emulsifier (472e), vegetable gums (415, 407)], Reconstituted Milk solids, sugar, vanilla bean paste (0.5%), flavour, vegetable gum (407), halal gelatin, mineral salt (452) and mineral (calcium). CONTAINS: Milk D X			

WEEK DAY		6 FRIDAY		SOUP	BEEF, BARLEY AND WINTER VEGETABLE SOUP
A		B		C	D
ROAST TURKEY WITH RED WINE, SAGE AND BLACK PEPPER GRAVY Turkey : Turkey breast (minimum 80%),water, salt, thickener (1422 maize), dextrose, vegetable gum (407), mineral salts (451,452), preservative (223 sulphites), humectants (422), colour (150c maize). Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice. Red wine, sage, salt and black pepper. CONTAINS: Milk, Soy, Sulphites (may contain peanut) Ø D F X LF DF FR		TEMPURA FISH WITH TARTARE Fish : White fish (60%), coating (wheat flour, water, palm oil, thickeners (1404), salt, mineral salts (450, 500), flavor enhancer (621), sugar, milk powder (0.1 %). TARETARE SAUCE : Water, soybean oil, vinegar, sugar, egg yolk, gherkins, salt, capers, parsley, thickeners (1422), mustard, vegetable gum (xanthan), garlic puree, preservatives (200, 385), herb. CONTAINS : Fish, Wheat, Milk , Egg ,Soy (may contain peanuts) Ø D FR LF DF		MONGOLIAN BEEF STIRFRY WITH JASMIN RICE Beef(rump strips), Mongolian sauce (water, sugar, soy sauce(17%) (water, soybeans, rice, salt), sherry, thickeners(1422, 415), onion, chilies(1.6%), vegetable oil, food acids(acetic, lactic), garlic, yeast extract, colour(150d), salt, natural flavour), oil, corn flour, spring onion, capsicum, bok choy, onion, carrot. Rice: Jasmin Rice, salt. CONTAINS : Soy, may contain milk, sesame, nuts Ø D F X LF DF	
ROAST TURKEY WITH RED WINE, SAGE AND BLACK PEPPER GRAVY Turkey : Turkey breast (minimum 80%),water, salt, thickener (1422 maize), dextrose, vegetable gum (407), mineral salts (451,452), preservative (223 sulphites), humectants (422), colour (150c maize). Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice. Red wine, sage, salt and black pepper. CONTAINS: Milk, Soy, Sulphites (may contain peanut) Ø D F X LF DF FR		TEMPURA FISH WITH TARTARE Fish : White fish (60%), coating (wheat flour, water, palm oil, thickeners (1404), salt, mineral salts (450, 500), flavor enhancer (621), sugar, milk powder (0.1 %). TARETARE SAUCE : Water, soybean oil, vinegar, sugar, egg yolk, gherkins, salt, capers, parsley, thickeners (1422), mustard, vegetable gum (xanthan), garlic puree, preservatives (200, 385), herb. CONTAINS : Fish, Wheat, Milk , Egg ,Soy (may contain peanuts) Ø D FR LF DF		MONGOLIAN BEEF STIRFRY WITH JASMIN RICE Beef(rump strips), Mongolian sauce (water, sugar, soy sauce(17%) (water, soybeans, rice, salt), sherry, thickeners(1422, 415), onion, chilies(1.6%), vegetable oil, food acids(acetic, lactic), garlic, yeast extract, colour(150d), salt, natural flavour), oil, corn flour, spring onion, capsicum, bok choy, onion, carrot. Rice: Jasmin Rice, salt. CONTAINS : Soy, may contain milk, sesame, nuts Ø D F X LF DF	
SIDES		DESSERT		VEGETARIAN SAUSAGE ROLL WITH TOMATO RELISH	
Crush potato (oil, spring onion, mustard(water, mustard seed 19%, salt, food acids{acetic, citric}, sugar, turmeric, colours{caramel{150c}, beta-carotene),mustard flavour, spice extract), salt and cracked pepper, salt and pepper. (A), (B) and (D). Peas and red cabbage. CONTAINS: Milk (may contain peanuts)		RED VELVET MOUSSE Ingredients : Cream, water, sugar, Milk solids, Cocoa powder, cocoa butter, halal gelatin, cocoa mass, emulsifiers (322, 476, 410, 412), flavours, salt, colour(122), preservative(202), mineral (calcium and starter culture. Chocolate: 8%. CONTAINS: Milk, Soy, may contain traces of tree nuts D X		Pastry : Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin) , food acid (330), flavor , antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330). Sweet potato, pumpkin, carrot, spring onion, cheese (pasteurized milk, salt, cultures, enzyme {non animal rennet}), tomato relish (tomato 50%, sugar, onion, vinegar concentrated tomato, thickener{1422}, salt, spices, garlic, acidity regulator{330} and firming agent {509}). Egg, Milk (pasteurized and homogenized whole milk), sesame seeds, pepper and salt. CONTAINS : Wheat, Soy ,Egg, Milk, Sesame (may contain peanuts) D F X V	