

Maroondah City Council

MEALS ON WHEELS

Summer Menu

10th November 2025 - 8th May 2026

MENU INGREDIENTS AND ALLERGENS

Angie Mirra

Food Services Coordinator

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Croydon Food Services

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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)

FR - FRUCTOSE FREE (Meals can be made fructose free- i.e. No onion, no garlic)

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)

Ḟ - FROZEN (Meals that can be frozen)

SOUPS

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

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

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

1. SWEET POTATO, PUMPKIN AND THYME SOUP

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

CONTAINS: Milk Ø D FR LF DF V

2. ITALIAN CHICKEN AND VEGGIE SOUP

Chicken , Carrot, celery, turnip, Swede, parsley, Basil, oregano, crushed tomato, Milk(pasteurized and homogenized whole milk), salt 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

3. BEEF, BARLEY AND SPRING 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, mint, and parsley.

Contains: wheat cereals (barley), Soy (may contain, milk, fish) **D Ø FR LF DF V**

4. CREAMY CHICKPEA, TOMATO AND CELERY SOUP

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

CONTAINS: Milk Ø D FR LF DF V

5. CREAMY CAULIFLOWER, POTATO AND TURMERIC SOUP

Cauliflower, potato, celery, turmeric, cumin powder, parsley, salt and pepper. Milk (pasteurized and homogenized whole milk), Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery ,parsley).Flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch colour (riboflavin).

Contains: Milk Ø D FR LF DF V

6. CARROT, SWEET POTATO AND BACON SOUP

Carrot, sweet potato, celery, thyme, spring onion, salt, pepper, Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip ,potato, onion, celery ,parsley).Flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch colour (riboflavin). Milk(pasteurized and homogenized whole milk). Bacon: Pork, water, salt, sugar, mineral salts (451) (450), antioxidant (316), preservative (250), natural wood smoke.

CONTAINS: Milk Ø D FR LF DF V

7. CREAMY SPRING VEGETABLE AND CHICKEN SOUP

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

CONTAINS: Milk Ø D FR LF DF V

8. LAMB AND BARLEY SOUP

Lamb, barley, Carrot, celery, parsnip, Swede, garlic, 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 colour (riboflavin).

Contain: Wheat, cereals (barley) Ø D FR LF DF V

9. CREAMY CINNAMON, LENTIL AND TOMATO SOUP

Tomato, red lentil, celery, parsley, spring onion, cinnamon, turmeric , Milk(pasteurized and homogenized whole milk), Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery ,parsley).Flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch colour (riboflavin).Salt and pepper.

Contains: Milk Ø D FR LF DF V

10. BROCCOLI, SPINACH, LEEK AND BACON

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

Contain: Milk Ø D FR LF DF V

11. CREAMY MUSHROOM WITH TARRAGON

Mushroom, potato, celery, spring onion, tarragon, 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

SOUPS

12. SPANISH CHICKEN AND VEGGIE SOUP

Carrot, celery, turnip, Swede, chicken, oregano, coriander, parsley, garlic, cumin powder, paprika, corn, 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 inosinate), sugar, spices, maize starch color (riboflavin).

Contains: Milk Ø D FR LF DF V

13. CHICKEN, TARRAGON AND VEGETABLE SOUP

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

CONTAINS: Milk Ø D FR LF DF V

14. MEDITERRANEAN BEEF SOUP

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

Contains: Soy, Wheat (gluten free) may contain fish and milk. Ø D FR LF DF V

15. MOROCCAN LAMB ,CHICKPEA AND VEGETABLE SOUP

Carrot, celery, Swede, turnip, Chickpea, lamb, garlic, parsley, spring onion, tomato, cumin powder, paprika, turmeric, salt and pepper. Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley). Flavor enhancers (monosodium glutamate, disodium inosinate), sugar, spices, maize starch color (riboflavin).

Contains: No allergens Ø D FR LF DF V

16. BACON, LEEK AND CAULIFLOWER SOUP

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

Contains: Milk Ø D FR LF DF V

17. LAMB, LENTIL AND VEGGIE SOUP

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

Contains: No allergens Ø D FR LF DF V

18. CREAMY ASPARAGUS, CHICKEN AND PARSLEY SOUP

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

Contain: Milk Ø D FR LF DF V

19. BEEF AND SPRING VEGETABLE SOUP

Beef, carrot, celery, parsnip, Swede, parsley, spring onion, thyme, basil, garlic, salt, pepper. Beef booster : Iodized salt, sugar, corn starch, beef fat (5%) [beef fat, antioxidants (307b), food acid (330) (contain soy)], yeast extract powder, soy sauce powder (derived from wheat), color (150c), hydrolyzed vegetable protein (derived from wheat) (contain soy), flavor, onion powder, flavor enhancer (635), spice, food acid (330).

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

20. CREAMY CHICKPEA, TOMATO AND CELERY SOUP

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

CONTAINS: Milk Ø D FR LF DF V

21. BEEF, TOMATO AND VEGETABLE SOUP

Carrot, celery, turnip, Swede, garlic, beef, tomato, spring onion, thyme, parsley, 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).

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

22. POTATO, PARSLEY, CHICKEN AND CHIVE SOUP

Potato, garlic, leek, chives, chicken, celery, parsley, Milk (pasteurized and homogenized whole milk), Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley). Flavor enhancers (monosodium glutamate, disodium inosinate), sugar, spices, maize starch colour (riboflavin). Salt and pepper.

Contain: Milk Ø D FR LF DF V

DESSERTS

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

WEEK ONE, DAY MONDAY

DESSERT: BUTTERSCOTCH CREAM

Fresh milk, pure cream (milk), reconstituted milk solids, sugar, thickener(1442, 407), carrageen(407), mineral(calcium), natural flavour, colour(E155, E133, E102).

Contain: Milk D X Ø V

WEEK ONE, DAY TUESDAY

DESSERT: NUTELLA SLICE WITH CUSTARD

Fructose syrup, salt, raising agent (calcium phosphate, sodium bicarbonate), emulsifier (soy lecithin), eggs, sugar, preservative 211), flavor, color, (129), chocolate (sugar, cocoa mass, vegetable oil, milk solids), canola oil, emulsifier (soy lecithin 322), Nutella (chocolate, hazelnut, milk). CUSTARD: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar.

Contains: Soy, Egg, Milk, Wheat, Hazelnut (tree nut) D F X

WEEK ONE, DAY WEDNESDAY

DESSERT: RASPBERRY CHEESE CAKE WITH RASPBERRY COULIS

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

CONTAINS: Milk, wheat, soy. D F X

WEEK ONE, DAY THURSDAY

DESSERT: TIRAMISU

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

Contains: Milk, Egg, wheat, may contain tree nuts.
D X

WEEK ONE, DAY FRIDAY

DESSERT: LEMON MERINGUE

Fresh milk, pure cream(milk), reconstituted milk solids, sugar, thickener (1442, 407), carrageenan(407), mineral (calcium), natural flavour, colour(110).

Contain: Milk D X V Ø

WEEK TWO, DAY MONDAY

DESSERT: CHOCOLATE COCONUT CUSTARD

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

CONTAINS: No allergens D X LF DF Ø

WEEK TWO, DAY TUESDAY

DESSERT: FLOURLESS ORANGE, ALMOND AND POPPY SEED CAKE WITH CUSTARD

Cake: Eggs, almond(24%), oranges(22%), sugar, raising agents (calcium phosphate, sodium bicarbonate), poppy seeds, glaze, canola oil. CUSTARD :Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar.

CONTAINS : Eggs, milk, Almonds (tree nuts)

Ø D F X

WEEK TWO, DAY WEDNESDAY

DESSERT: TIRAMISU WITH CHOCALATE SAUCE

Cream, Milk, water, sugar, milk solids, Wheat flour, egg, flavours, halal gelatin, mineral salts (450, 500) Preservative (202, 234), vegetable gum(400), stabilizers (410, 412), thickener (407a), raising agents (500, 503), coffee powder and starter culture. Sauce : Water, sugar, cocoa powder(10%), glucose, thickener(E1422), salt, acidity regulator(E330), preservative(E202), flavour, stabiliser(E415)

Contains: Milk, wheat, egg, (may contain tree nuts)

D X F

WEEK TWO, DAY THURSDAY

DESSERT: MANGO ROYALE

Fresh milk, pure cream(milk), reconstituted milk solids, sugar, thickener (1442, 407), carrageenan(407), mineral (calcium), natural flavour, colour(110).

CONTAINS: Milk Ø D X V

WEEK TWO, DAY FRIDAY

DESSERT: VANILLA CREAMED RICE

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

CONTAINS: Milk Ø D X V

WEEK THREE, DAY MONDAY

DESSERT: AUSTRALIAN NATIVE WATTLESEED CHOCALATE PANNA COTTA

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

CONTAINS: Milk D X Ø

WEEK THREE, DAY TUESDAY

DESSERT: CHOC CHERRY SLICE WITH CUSTARD

Coconut (34%), biscuit crumb (wheat flour, sugar, vegetable oil, wheat bran) , fructose syrup, salt, raising agent (calcium phosphate, sodium bicarbonate), emulsifier (soy lecithin), eggs, jam (raspberry, sugar), glace cherries (10%)(cherries, sugar, preservative 211), flavor, color, (129), chocolate (sugar, cocoa mass, vegetable oil, milk solids), canola oil, emulsifier (soy lecithin 322).

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

Contain: Soy, egg, milk, Wheat (gluten)

D F X

WEEK THREE, DAY WEDNESDAY

DESSERT: PEAR, ALMOND AND PISTACHIO TART WITH CUSTARD

Butter(milk solids), sugar, flour, egg, almond meal, pistachios, pear, glaze(sugar, water).

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

Contains: Milk, wheat, egg, almond, pistachio (tree nuts) **D F X**

WEEK THREE, DAY THURSDAY

DESSERT: CRÈME CARAMEL

Reconstituted milk solids, cream(milk), Sugar, beef 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 THREE, DAY FRIDAY

DESSERT: PASSION FRUIT PANNA COTTA

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

CONTAINS: Milk D X

WEEK FOUR, DAY MONDAY

DESSERT: SUMMER BERRY CREAM

Fresh milk, pure cream(milk), reconstituted milk solids, sugar, thickener (1442, 407), carrageenan(407), mineral (calcium), natural flavour, colour

CONTAINS: Milk D X V Ø

WEEK FOUR, DAY TUESDAY

DESSERT: BANANA BUTTERSCOTH CAKE WITH CUSTARD

Cake: Sugar, wheat flour, bananas(23%), water, milk, eggs, vegetable oil, raising agents(calcium phosphate, sodium bicarbonate), canola oil, neufchatel, butter (milk solids) cream (milk) sugar.

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

Contains: Wheat, milk, eggs D F X

WEEK FOUR, DAY WEDNESDAY

DESSERT: PASSION FRUIT CHEESECAKE WITH COULI

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

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

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

WEEK FOUR, DAY THURSDAY

DESSERT: CRÈME CAPPUCCINO

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

CONTAINS: Milk D X Ø

WEEK FOUR, DAY FRIDAY

DESSERT: CHOCALATE MOUSSE

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

CONTAINS: Mill, soy, may contain traces of tree nuts. **D X Ø**

WEEK FIVE, DAY MONDAY

DESSERT: STRAWBERRIES AND CREAM

Fresh milk, pure cream(milk), reconstituted milk solids, sugar, thickener (1442, 407), carrageenan(407), mineral (calcium), natural flavour, colour(129, 330, 211)

CONTAINS: Milk D X V Ø

WEEK FIVE, DAY TUESDAY

DESSERT: SUMMER BERRY TIRAMISU WITH MIXED BERRY COULI

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

CONTAINS: Milk, wheat, egg, may contain tree nuts.

ƒ X D

WEEK FIVE DAY WEDNESDAY

DESSERT: ESPRESSO SLICE WITH COFFEE CUSTARD

Wheat flour, eggs, sugar, margarine, canola oil, emulsifier (soy lecithin), coffee flavour. Custard: Water, corn flour (maize), flavor salt, colours (102, 110), coffee, whole milk powder and sugar.

CONTAINS: Wheat, eggs, soy, milk D ƒ X

WEEK FIVE, DAY THURSDAY

DESSERT: VANILLA BEAN PANNA COTTA

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

CONTAINS: Milk D X Ø

WEEK FIVE, DAY FRIDAY

DESSERT: RED VELVET MOUSSE

Fresh milk, pure cream(milk), reconstituted milk solids, sugar, cocoa powder, thickener (1442, 407), carrageenan(407), mineral (calcium), natural flavour, colour(129, 330, 211)

CONTAINS: Milk Ø D X V

WEEK SIX, DAY MONDAY

DESSERT: AUSTRALIAN NATIVE DAVIDSON PLUM PANNA COTTA

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

CONTAINS: Milk D Ø X

WEEK SIX, DAY TUESDAY

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

CONTAINS: soy, milk, egg Ø X D ƒ

WEEK SIX, DAY WEDNESDAY

DESSERT: CHEESE CAKE WITH MANGO COULIS

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

Mango coulis: Mango(60%), sugar, water, food acid(330), vegetable gum (415), preservative (202),

CONTAINS: Milk, wheat, soy D ƒ X

WEEK SIX, DAY THURSDAY

DESSERT: CHOC TOP DUET MOUSSE

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

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

WEEK SIX, DAY FRIDAY

DESSERT: TROPICAL PUNCH DESSERT

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

CONTAINS: No allergens

X D Lƒ DF V Ø

WEEK FIVE, DAY TUESDAY

DESSERT: SUMMER BERRY TIRAMISU WITH MIXED BERRY COULI

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

Contains: Milk, wheat, egg, may contain tree nuts.

Ĥ X D

WEEK FIVE DAY WEDNESDAY

DESSERT: ESPRESSO SLICE WITH COFFEE CUSTARD

Wheat flour, eggs, sugar, margarine, canola oil, emulsifier (soy lecithin), coffee flavour. Custard: Water, corn flour (maize), flavor salt, colours (102, 110), coffee, whole milk powder and sugar.

CONTAINS: Wheat, eggs, soy, milk D Ĥ X

WEEK FIVE, DAY THURSDAY

DESSERT: VANILLA BEAN PANNA COTTA

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

CONTAINS: Milk D X Ø

WEEK FIVE, DAY FRIDAY

DESSERT: RED VELVET MOUSSE

Fresh milk, pure cream(milk), reconstituted milk solids, sugar, cocoa powder, thickener (1442, 407), carrageenan(407), mineral (calcium), natural flavour, colour(129, 330, 211)

CONTAINS: Milk Ø D X V

WEEK SIX, DAY MONDAY

DESSERT: AUSTRALIAN NATIVE DAVIDSON PLUM PANNA COTTA

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

CONTAINS: Milk D Ø X

WEEK SIX, DAY TUESDAY

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

CONTAINS: soy, milk, egg Ø X D Ĥ

WEEK SIX, DAY WEDNESDAY

DESSERT: CHEESE CAKE WITH MANGO COULIS

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

Mango coulis: Mango(60%), sugar, water, food acid(330), vegetable gum (415), preservative (202),

CONTAINS: Milk, wheat, soy D Ĥ X

WEEK SIX, DAY THURSDAY

DESSERT: CHOC TOP DUET MOUSSE

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

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

WEEK SIX, DAY FRIDAY

DESSERT: TROPICAL PUNCH DESSERT

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

CONTAINS: No allergens

X D L F D F V Ø

WEEK DAY		1 MONDAY		SOUP		SWEET POTATO, PUMPKIN AND THYME SOUP	
A		B		C		D	
ITALIAN GRILLED BBQ CHICKEN WITH TOMATO, HERB GRAVY Chicken fillet, onion powder, dried oregano, paprika, tomato paste, olive oil, 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), crushed tomato, basil, parsley, salt and pepper. Mustard roasted creamed chat potato (Cream (halal gelatin, milk and milk products), Seeded mustard (water, mustard seed 28%, salt, sugar, acidity regulator{acetic acid}, turmeric, marjoram, thyme, garlic extract, spice extract). Peas and yellow cross cut beans. CONTAINS: Milk, soy (may contain peanuts, sesame) Ø D F LF DF FR		SLOW COOKED BRAISED BEEF STEAKS WITH CREAMY GREEN PEPPERCORN 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), green peppercorn, parsley, Cream (halal gelatin, milk and milk products),salt and pepper. Mustard roasted creamed chat potato (Cream (halal gelatin, milk and milk products), Seeded mustard (water, mustard seed 28%, salt, sugar, acidity regulator{acetic acid}, turmeric, marjoram, thyme, garlic extract, spice extract). Peas and yellow cross cut beans. CONTAINS: Milk, soy (may contain peanuts, sesame) Ø D LF DF FR		BBQ LAMB SAUSAGES WITH ROSEMARY 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, rosemary, salt and pepper. Mustard roasted creamed chat potato (Cream (halal gelatin, milk and milk products), Seeded mustard (water, mustard seed 28%, salt, sugar, acidity regulator{acetic acid}, turmeric, marjoram, thyme, garlic extract, spice extract). Peas and yellow cross cut beans. CONTAINS: Milk, Soy (may contain peanuts, sesame) Ø D F LF DF X		PANKO AND PARMESAN CAULIFLOWER BAKE Bake: Cauliflower, parmesan (pasteurized milk, salt, cultures, enzyme{non animal rennet}), cheese (pasteurized milk, salt, cultures, enzyme {non animal rennet}) parsley, thyme, salt, pepper, and Cream (Reduced fat cream{milk}, thickeners[1422, xanthan gum, carrageenan], emulsifier{472e}, mineral salt{potassium chloride}), Panko bread crumbs (wheat flour, yeast, salt, palm oil, glucose, ammonium chloride, acidity regulator E516), Mustard roasted creamed chat potato (Cream (Reduced fat cream{milk}, thickeners[1422, xanthan gum, carrageenan], emulsifier{472e}, mineral salt{potassium chloride}), Seeded mustard (water, mustard seed 28%, salt, sugar, acidity regulator{acetic acid}, turmeric, marjoram, thyme, garlic extract, spice extract). Peas and yellow cross cut beans. CONTAINS: Milk, wheat (may contain peanuts, sesame) Ø D F V FR	
SIDES				DESSERT			
Mustard roasted creamed chat potato (Cream (halal gelatin, milk and milk products), Seeded mustard (water, mustard seed 28%, salt, sugar, acidity regulator{acetic acid}, turmeric, marjoram, thyme, garlic extract, spice extract). Peas and yellow cross cut beans. Contain: Milk (may contain peanuts, sesame)				BUTTERSCOTCH CREAM Fresh milk, pure cream (milk), reconstituted milk solids, sugar, thickener(1442, 407), carrageen(407), mineral(calcium), natural flavour, colour(E155, E133, E102). Contain: Milk D X Ø V			

WEEK DAY		1 TUESDAY	
A		B	
CORN BEEF WITH GARLIC, BUTTER AND 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. Garlic, parsley, thyme, butter (pasteurized cream ,water, salt, milk fat 80% minimum) ,cracked black pepper and salt. Pumpkin, beans. Crush potato (oil, spring onion, Dijon mustard (water, mustard seed 17%%, salt, sugar, acidity regulator{acetic acid}, turmeric), salt and cracked pepper. CONTAINS: Milk, soy (may contain peanuts) Ø D F LF DF FR		ROOT VEGETABLE PORK STEW Diced pork, onions, carrots, Swede, celery, garlic, tomato paste, thyme, parsley, paprika, 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). Salt and cracked pepper, butter (pasteurized cream ,water, salt, milk fat 80% minimum). Pumpkin, beans. Crush potato (oil, spring onion, Dijon mustard (water, mustard seed 17%%, salt, sugar, acidity regulator{acetic acid}, turmeric), salt and cracked pepper. CONTAINS: Soy, Milk ,Wheat (gluten free) (may contain peanuts) Ø D F X	
SOUP		ITALIAN CHICKEN AND VEGGIE SOUP	
C		D	
SMOKED CHICKEN, MUSHROOM AND FETA 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), mushroom, parsley, Feta (pasteurized milk, salt, milk solids, lactic cultures, rennet), salt and pepper. Pumpkin, beans. Crush potato (oil, spring onion, Dijon mustard (water, mustard seed 17%%, salt, sugar, acidity regulator{acetic acid}, turmeric), salt and cracked pepper. CONTAINS: Milk, eggs, wheat, soy (may contain peanuts) Ø D F FR		VEGGIE MORNAY WITH PANKO CRUMB Pasta: Durum wheat semolina Contains: Wheat, may contain traces of egg and soy. 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}) , pumpkin, leek, spinach, parsley, nutmeg, corn flour, salt and pepper. Panko crumbs [wheat flour, yeast, salt, palm oil, glucose, food contains ammonium chloride, acidity regulator (E516)]. Pumpkin, beans. Crush potato (oil, spring onion, Dijon mustard (water, mustard seed 17%%, salt, sugar, acidity regulator{acetic acid}, turmeric), salt and cracked pepper. CONTAINS: Milk, wheat (may contain traces of egg and soy, peanuts) D F X V	
SIDES		DESSERT	
Pumpkin, beans. Crush potato (oil, spring onion, Dijon mustard (water, mustard seed 17%%, salt, sugar, acidity regulator{acetic acid}, turmeric), salt and cracked pepper. CONTAINS: (may contain peanuts)		NUTELLA SLICE WITH CUSTARD Fructose syrup, salt, raising agent (calcium phosphate, sodium bicarbonate), emulsifier (soy lecithin), eggs, sugar, preservative 211), flavor, color, (129), chocolate (sugar, cocoa mass, vegetable oil, milk solids), canola oil, emulsifier (soy lecithin 322), Nutella (chocolate, hazelnut, milk). CUSTARD: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar. Contain: Soy, Egg, Milk, Wheat, Hazelnut (tree nut) D F X	

WEEK DAY		1 WEDNESDAY		SOUP		BEEF, BARLEY AND SPRING VEGETABLE SOUP	
A		B		C		D	
ROAST LAMB WITH RED WINE AND ONION JUS 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), red wine, onion, cracked pepper and salt. Corn and Carrots. Steam potato with herb oil (Thyme, parsley, oregano, basil, olive oil, salt and pepper). CONTAINS: Milk, soy, Sulphites Ø D Ħ FR LF DF		SOUTHERN ITALIAN BEEF STEW Beef rump, onions, carrots, celery, tomato paste, garlic, red wine, oregano, basil, 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). Corn and Carrots. Steam potato with herb oil (Thyme, parsley, oregano, basil, olive oil, salt and pepper). CONTAINS: Soy, Sulphites, wheat (gluten free), may contain fish and milk Ø D Ħ X LF DF		CHINESE FIVE SPICE AND HONEY CHICKEN THIGH FILLETS WITH JASMIN RICE Chicken thigh fillets, five spice(pepper, fennel, star anise, cloves, cinnamon), Gluten free soy (water, soy beans 20%, rice, salt contains 3.2% alcohol from the natural brewing process), ginger, red chilli, honey, lime juice/zest, salt and pepper. Stock sauce: Stock from chicken, spring onion, honey, water, corn flour, salt and pepper. Jasmin rice (rice, water, salt). Corn and Carrots. CONTAINS: Soy Ø D Ħ X LF DF		PERSIAN CHICKPEA, CAULIFLOWER AND EGGPLANT RAGU Cauliflower, eggplant, red onion, crushed tomato, basil, paprika, cumin powder, parsley, chickpeas, Cheese (pasteurized milk, salt, cultures, enzyme {non animal rennet}). Salt and pepper. Corn and Carrots. Steam potato with herb oil (Thyme, parsley, oregano, basil, olive oil, salt and pepper). CONTAINS: Milk Ø D Ħ X V	
SIDES				DESSERT			
Corn and Carrots. Steam potato with herb oil (Thyme, parsley, oregano, basil, olive oil, salt and pepper).				RASPBERRY CHEESE CAKE WITH RASPBERRY COULIS Cake: Neufchatel cheese (25%), thickened cream (halal gelatin, milk and milk products), biscuit crumb (18%)(wheat flour, sugar, vegetable oil, wheat bran, fructose syrup, salt, raising agent [calcium phosphate, sodium bicarbonate], emulsifier {soy lecithin}), white chocolate (13%), (sugar, milk solids, cocoa butter, emulsifier [soya lecithin, 476], flavors) , butter, sugar, gelatin, canola oil. Raspberry coulis: Raspberries(60%), sugar, water, food acid(330), vegetable gum (415), preservative (202), CONTAINS: Milk, wheat, soy. D Ħ X			

WEEK DAY		1 THURSDAY		SOUP		CREAMY CHICKPEA, TOMATO AND CELERY SOUP	
A		B		C		D	
ROAST BEEF WITH ROSEMARY AND CRACKED PEPPER 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, rosemary, cracked black pepper and salt. Mash potato, butter (pasteurized cream ,water, salt, milk fat 80% minimum) , Milk (pasteurized and homogenized whole milk), salt and pepper. Red cabbage and broccoli. CONTAINS: Milk, soy Ø D Ė LF DF FR		MALAYSIAN (PENANG) CHICKEN CURRY WITH RICE Chicken, cumin, turmeric, fennel seeds, red chilli, cinnamon, coriander powder, cardamom, cloves, lemongrass, brown sugar, lime juice/zest, coconut milk, onions, fresh coriander, salt and cracked pepper. Rice: Jasmin, salt water. Red cabbage and broccoli. Contains: No allergens Ø D Ė X LF DF		CHEDDAR, BACON AND RED PEPPER 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: Eggs, Cream (halal gelatin, milk and milk products), cheese (pasteurized milk, salt, cultures, enzyme),parsley, red capsicum, roma tomato, Bacon (pork, water, salt, sugar, mineral salts (451)(450), antioxidant (316), preservative (250),natural wood smoke), salt and pepper. Mash potato, butter (pasteurized cream ,water, salt, milk fat 80% minimum) , Milk (pasteurized and homogenized whole milk), salt and pepper. Red cabbage and broccoli. Contains: Milk, wheat, soy, eggs Ø D Ė FR		PUMPKIN, THYME AND PARMESAN STUFFED BELL PEPPER Capsicum, tomato, pumpkin, red onion, thyme, cheese (pasteurized milk, salt, cultures, enzyme {non animal rennet}), parmesan (pasteurized milk, salt, cultures, enzyme{non animal rennet}), salt and pepper. Mash potato, butter (pasteurized cream, water, salt, milk fat 80% minimum), Milk (pasteurized and homogenized whole milk), salt and pepper. Red cabbage and broccoli. CONTAINS: Milk Ø D Ė V X	
SIDES				DESSERT			
Mash potato, butter (pasteurized cream ,water, salt, milk fat 80% minimum), Milk (pasteurized and homogenized whole milk), salt and pepper. Red cabbage and broccoli. Contains: Milk				TIRAMISU Cream, milk, water, sugar, milk solids, wheat flour, egg, flavours, beef gelatin, mineral (calcium), mineral salts (450, 500), preservative (202, 234), vegetable gum (400), stabilizers (410, 412), thickener (407a), Raising agents (500, 503), coffee powder and starter culture. Contains: Milk, Egg, wheat, may contain tree nuts. D X			

WEEK DAY		1 FRIDAY		SOUP		CREAMY CAULIFLOWER, POTATO AND TURMERIC SOUP	
A		B		C		D	
CITRUS AND HERB ROASTED CHICKEN FILLET WITH GARLIC BUTTER GRAVY Chicken fillet, lemon juice/zest, lime zest/juice, oregano, paprika, black pepper, salt and olive oil. Gravy: Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice, oregano, butter (pasteurized cream, water, salt, milk fat 80% minimum), salt and cracked pepper. Cajon Roast potato(paprika, cayenne, black pepper, onion powder, cumin, garlic powder, salt) . Cauliflower and Zucchini. CONTAINS: Milk, soy LF DF Ø D Ġ FR		ZESTY PAPRIKA GRILLED FISH WITH CHIVE SAUCE Fish: Hake, butter (pasteurized cream ,water, salt, milk fat 80% minimum), sweet paprika, lemon zest/juice, salt, cracked pepper, Sauce: Cream (halal gelatin, milk and milk products), turmeric, lemon zest/juice, salt, pepper ,chive, Dijon mustard (water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric), corn flour. Cajon Roast potato(paprika, cayenne, black pepper, onion powder, cumin, garlic powder, salt) . Cauliflower and Zucchini. CONTAINS: Milk, fish (may contain peanuts) Ø D Ġ FR LF DF		STICKY HOISIN PORK STIRFRY WITH RICE Pork, 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)), honey, Gluten free soy (water, soy beans 20%, rice, salt contains 3.2% alcohol from the natural brewing process),sesame oil, Carrots, capsicum, onion ,celery, bok choy, spring onion, oil, salt and pepper. Rice: Jasmin rice, water and salt. Cauliflower and Zucchini. Contains: Soy, wheat, sesame D X LF DF		EGGPLANT PARMIGIANA WITH TOMATO AND BASIL SAUCE 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}). Sauce: Crushed tomato, basil, salt, pepper, and brown sugar. Cajon Roast potato(paprika, cayenne, black pepper, onion powder, cumin, garlic powder, salt) . Cauliflower and Zucchini. CONTAINS: Milk, Wheat (gluten) Ø D Ġ FR V	
SIDES				DESSERT			
Cajon Roast potato(paprika, cayenne, black pepper, onion powder, cumin, garlic powder, salt). Cauliflower and Zucchini.				LEMON MERINGUE Fresh milk, pure cream(milk), reconstituted milk solids, sugar, thickener (1442, 407), carrageenan(407), mineral (calcium), natural flavour, colour(110). Contains: Milk D X V Ø			

WEEK DAY		2 MONDAY		SOUP		CARROT, SWEET POTATO AND BACON SOUP	
A		B		C		D	
ROAST PORK WITH MEDITERRANEAN 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. Honey, oregano, garlic, parsley, lemon zest, salt and pepper. Roasted chats, (peas, corn, capsicum) and butter beans CONTAINS: Milk, soy Ø D Æ LF DF FR (SUITABLE TO FREEZE)		CHICKEN SCHNITZEL WITH LEMON AND PARMESAN CREAM SAUCE 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 Sauce: Cream (halal gelatin, milk and milk products), lemon juice/zest, turmeric, Cheese (pasteurized milk, salt, cultures, enzyme {non animal rennet}), corn flour, salt and pepper. Roasted chats, (peas, corn, capsicum) and butter beans. CONTAINS: Soy, wheat, milk FR D X LF DF		BBQ BEEF SAUSAGES WITH RICH GRAVY Beef, white pepper, tomato sauce emlisphous, water, rice flour, salt mineral salt[451], flavour, preservative [223], hydrolised maise protein, spice extract, colour[160], spice and herb extra, sulphites. 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. Roasted chats, (peas, corn, capsicum) and butter beans. CONTAINS: Milk, soy, sulphites LF DF Ø D Æ X		SPRING GREEN RISOTTO Arborio rice, leek, zucchini, spinach, asparagus, thyme, garlic, 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}), lemon zest, salt and cracked pepper. Roasted chats, (peas, corn, capsicum) and butter beans. Contains: Milk, sulphites Ø D X Æ V	
SIDES				DESSERT			
Roasted chats, (peas, corn, capsicum) and butter beans				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 X LF DF Ø			

WEEK DAY		2 TUESDAY		SOUP		CREAMY SPRING VEGETABLE AND CHICKEN SOUP	
A		B		C		D	
ROAST LAMB WITH HONEY AND OREGANO 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, cracked pepper and salt. Potato mash (Milk (pasteurized and homogenized whole milk), Butter (pasteurized cream, water, salt, milk fat 80% minimum)). Red cabbage and corn. CONTAINS: Milk, soy Ø D F LF DF FR		HONEY AND BLACK PEPPER BEEF STIRFRY WITH JASMIN RICE Beef strips, capsicum, carrot, bok choy, spring onion, celery. Gluten free soy (water, soy beans 20%, rice, salt contains 3.2% alcohol from the natural brewing process), honey, ginger, garlic, sesame oil, corn flour, toasted sesame seeds, Salt, pepper, corn flour and oil. Rice: Jasmine rice, salt. Red cabbage and corn. CONTAINS: Soy, sesame Ø D F X LF DF		MEXICAN CHORIZO AND CAPSICUM QUICHE PASTRY: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin) , food acid (330), flavor , antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330). FILLING : Cheese (pasteurized milk, salt, cultures, enzyme), eggs and cream (halal gelatin, milk and milk products), salt and pepper, 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. Capsicum, red onion, corn, oregano. Potato mash(Milk (pasteurized and homogenized whole milk), Butter (pasteurized cream, water, salt, milk fat 80% minimum)). Red cabbage and corn. CONTAINS: Milk, eggs, wheat, soy Ø D F FR		SPRING VEGETABLE AND HERB FRITTATA WITH TOMATO RELISH 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}), eggs, basil, zucchini, spring onion, asparagus, parsley, salt and pepper. Relish: Tomato Relish : Tomato 50%,sugar, onion, vinegar, concentrated tomato, thickener (1422), salt, spices, garlic, acidity regulator (330) and firming agent (509). Potato mash(Milk (pasteurized and homogenized whole milk), Butter (pasteurized cream, water, salt, milk fat 80% minimum)). Red cabbage and corn CONTAINS : Milk, Egg Ø D F V X	
SIDES				DESSERT			
Potato mash(Milk (pasteurized and homogenized whole milk), Butter (pasteurized cream, water, salt, milk fat 80% minimum)). Red cabbage and corn. CONTAINS: Milk.				FLOURLESS ORANGE, ALMOND AND POPPY SEED CAKE WITH CUSTARD Cake: Eggs, almond(24%), oranges(22%), sugar, raising agents (calcium phosphate, sodium bicarbonate), poppy seeds, glaze, canola oil. CUSTARD: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar. CONTAINS: Eggs, milk, Almonds (tree nuts) Ø D F X			

WEEK DAY		2 WEDNESDAY		SOUP	
A		B		C	
MEMPHIS BAKED CHICKEN BREAST WITH OREGANO GRAVY Chicken fillet, olive oil, cayenne, cumin, paprika, dried oregano, 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, oregano, salt and pepper. Crush potato (oil, spring onion, Dijon mustard (water, mustard seed 17%%, salt, sugar, acidity regulator{acetic acid}, turmeric), salt and cracked pepper. Broccoli and diced carrots. CONTAINS: Soy, milk (may contain peanuts) Ø D Ė LF DF FR		GERMAN KRANSKY SAUSAGE WITH ONION AND SAGE GRAVY Sausage: Pork(88%), water, salt, tapioca starch, spices, mineral salt (450, 451, 452, 341), antioxidant (316), spice extract (carrier dextrose), sodium nitrite(250), humectants(1520), colour(124), flavour, smoked. Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice. Onions, sage, salt and cracked pepper. Crush potato (oil, spring onion, Dijon mustard (water, mustard seed 17%%, salt, sugar, acidity regulator{acetic acid}, turmeric), salt and cracked pepper. Broccoli and diced carrots CONTAINS: Milk, soy (may contain peanuts) Ø D Ė FR LF DF X		NORTHERN INDIAN SPICED BEEF CURRY Beef, onion, garlic, ginger, red chilli, coriander, cumin, turmeric, garam masala, crushed tomato, fresh coriander, salt and cracked pepper. Rice: Basmati rice, water, turmeric, salt. Broccoli and diced carrots. Contains: No allergens LF DF Ø D Ė X	
SIDES				DESSERT	
Crush potato (oil, spring onion, Dijon mustard (water, mustard seed 17%%, salt, sugar, acidity regulator{acetic acid}, turmeric), salt and cracked pepper. Broccoli and diced carrots. CONTAINS: (may contain peanuts)				TIRAMISU WITH CHOCALATE SAUCE Ingredients : Cream, Milk, water, sugar, milk solids, Wheat flour, egg, flavours, halal gelatin, mineral salts (450, 500) Preservative (202, 234), vegetable gum(400), stabilizers (410, 412), thickener (407a), raising agents (500, 503), coffee powder and starter culture. Sauce : Water, sugar, cocoa powder(10%), glucose, thickener(E1422), salt, acidity regulator(E330), preservative(E202), flavour, stabiliser(E415) Contains: Milk, wheat, egg, (may contain tree nuts) D X Ė	
				NORTH AFRICAN CHICKPEA AND CAULIFLOWER COUSCOUS Cous Cous (durum wheat semolina), cauliflower, garlic, cumin powder, coriander, cayenne, chickpeas, lemon zest, parsley, pinenuts, butter (pasteurized cream ,water, salt, milk fat 80% minimum) Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip ,potato ,onion ,celery, parsley).Flavour enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch colour (riboflavin). Broccoli and diced carrots. CONTAIN: Wheat, milk, pine nut (tree nut) may contain egg, soy D Ė X V	

WEEK DAY		2 THURSDAY		SOUP		CREAMY CINNAMON, LENTIL AND TOMATO SOUP	
A		B		C		D	
ROAST TURKEY BREAST WITH CHIVE AND CRANBERRY 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), chives, cracked pepper and salt. Paprika and nutmeg roast potato (salt, oil, spices) . Peas and pumpkin. CONTAINS: Milk, soy, Sulphites Ø D F LF DF FR		SPANISH BEEF AND GREEN OLIVE STEW Beef rump, onions, carrots, capsicum, green olives, olive oil, crushed tomato, garlic, sweet paprika, dried oregano, 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). Paprika and nutmeg roast potato (salt, oil, spices) . Peas and pumpkin. CONTAINS: Soy, Wheat (gluten free) may contain fish, milk and sulphites Ø D F X LF DF		CHEESY CRUMBED TOMATO TUNA BAKE Pasta : Durum wheat semolina. Cream (halal gelatin, milk and milk products),Tasty Cheese (pasteurized milk, salt, cultures, enzyme), parmesan (pasteurized milk, salt, cultures, enzyme), red onion, capsicum, oregano, crushed tomato, parsley, corn flour, salt and pepper. Panko crumbs [wheat flour, yeast, salt, palm oil, glucose, food contains ammonium chloride, acidity regulator (E516)], tuna. Paprika and nutmeg roast potato (salt, oil, spices) . Peas and pumpkin. CONTAINS: Milk, wheat, fish, may contain traces of egg and soy. D F X		VEGETABLE KORMA CURRY WITH PANEER CHEESE Pumpkin, eggplant, cauliflower, onion, paneer cheese(whey cows milk, salt, food acid{270}, thickener from tapioca{1442}, preservative{202}), crushed tomato, chickpeas, 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 Rice: Basmati rice, salt and turmeric. Peas and pumpkin. Contains: Milk Ø D F V X	
SIDES				DESSERT			
Paprika and nutmeg roast potato (salt, oil, spices) . Peas and pumpkin.				MANGO ROYALE Fresh milk, pure cream(milk), reconstituted milk solids, sugar, thickener (1442, 407), carrageenan(407), mineral (calcium), natural flavour, colour(110). CONTAINS: Milk Ø D X V			

WEEK DAY		2 FRIDAY		SOUP		BROCCOLI, SPINACH, LEEK AND BACON SOUP	
A		B		C		D	
CORN BEEF WITH ZESTY DILL SAUCE Corned beef (beef, brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolyzed vegetable protein (maize), vegetable oil, humectants (422). Sauce: Cream (halal gelatin, milk and milk products), white wine, lemon juice/zest, dill, corn flour, salt and pepper. Cream potato(Cream halal gelatin, milk and milk products) salt and pepper. Cauliflower and crosscut butter beans. CONTAINS: Milk , sulphites Ø D F LF DF FR		CRUMBED FISH WITH LIME AND CHIVE MAYONAISE Fish: Hoki or Alasskan Pollock fillets(fish),(58%), wheat flour, water, canola oil, thickeners (1403, xanthan gum, guar), maize starch, maize flour, salt, yeast, rice flour, chia flour and/or oat fibre, sugar, acidity regulators(450, sodium bicarbonate), black pepper, glucose. Mayonnaise: Canola oil(76%), pasteurized free range egg yolks(7.5%), water, vinegar, sugar, salt, lemon juice concentrated, natural mustard flavour, antioxidant(385), lime juice/ zest, chives, and cracked pepper. Cream potato(Cream halal gelatin, milk and milk products) salt and pepper. Cauliflower and crosscut butter beans. CONTAINS: Wheat, milk, fish, egg D FR Ø LF DF		SESAME, CASHEW AND GINGER CHICKEN STIR-FRY WITH JASMIN RICE Chicken, carrots, celery, zucchini, broccoli, cauliflower, bok choy, spring onion, cashews, salt and pepper. Honey, Gluten free soy (water, soy beans 20%, rice, salt contains 3.2% alcohol from the natural brewing process), ginger, water, sesame oil, corn flour, salt and pepper. Rice: Jasmine rice, salt. Cauliflower and crosscut butter beans. CONTAINS: Soy, sesame, cashews (tree nuts) D F X LF DF Ø		COCONUT CRUSTED TOFU WITH SWEET CHILLI AND RICE Tofu (soy beans, salt),desiccated coconut, panko bread crumbs (wheat flour, yeast, salt, palm oil, glucose, ammonium chloride, acidity regulator E516), egg, Milk(pasteurized and homogenized whole milk), flour, salt and pepper. Sweet chilli sauce: (sugar, water, chilli, salt, garlic, thickener [1422, 415], acidity regulator [260], preservative [202]). Rice: Rice, turmeric and salt. Cauliflower and crosscut butter beans. CONTAINS: Soy, wheat, egg, milk D F FR V X	
SIDES				DESSERT			
Cream potato (Cream halal gelatin, milk and milk products) salt and pepper. Cauliflower and crosscut butter beans. Contains: Milk				VANILLA CREAMED RICE Reconstituted Milk solids, milk, cream, rice, sugar, water, modified starch (1422), flavour, mineral (calcium). CONTAINS: Milk Ø D X V			

WEEK DAY		3 MONDAY		SOUP		CREAMY MUSHROOM WITH TARRAGON	
A		B		C		D	
CORN BEEF WITH HERB AND HORSERADDISH GRAVY Comed beef : Brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolyzed vegetable protein (maize), vegetable oil, humectants (422). Gravy: Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice. Horseradish (horseradish (46%) (contain sulphites), water, mustard seed, sugar, salt, food acid (acetic), vegetable oil, mustard extract, vegetable gum (xanthan(contains soy)), preservatives (sodium metabisulphate), chives, parsley, salt and pepper. cream (halal gelatin, milk and milk products). Cross cut beans, carrots and Roasted chat potato(oil, salt and pepper). CONTAINS: Milk, sulphites, soy (may contain peanuts) Ø D F LF DF FR		GRILLED HAM STEAK WITH CREAMY CHIVE GRAVY Ham steak: Pork [sow stall free](86%), water, salt, acidity regulator (325), mineral salts (451, 508, 450, 452), thickeners (1412, 451), vegetable gums (407a, 412), sugar, dextrose, pork collagen, antioxidant (316), preservative (250), yeast extract, canola oil, colour (120), herb extract. 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), chive, salt and cracked pepper. Cross cut beans, carrots and Roasted chat potato(oil, salt and pepper). CONTAINS: Milk, soy Ø D F LF DF FR		OVEN BAKED CHICKEN KIEV WITH CREAMY GREEN PEPPERCORN GRAVY Chicken (51%), wheat flour, butter 12%(cream, milk), salt, water, canola oil, isolated soy protein, thickeners(1404, guar gum), soy flour, salt, garlic, yeast, spices, sugar, hydrolyzed vegetable protein(soy, maize), herbs, colours (cur cumin, annatto, extracts. Gravy: Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice, Cream (halal gelatin, milk and milk products), green peppercorn, salt and pepper. Cross cut beans, carrots and Roasted chat potato (oil, salt and pepper). CONTAINS: Milk, soy, wheat D X		GARLIC BASIL GNOCCHI Gnocchi: Potatoes (61%), flour, thiamin, folic acid, parmesan cheese, margarine, salt, egg. 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}), white wine (sulphites), , basil, garlic, lemon juice/zest, corn flour, salt and pepper. Cross cut beans, carrots and Roasted chat potato (oil, salt and pepper). CONTAINS: wheat, milk, egg, sulphites D X V	
SIDES				DESSERT			
Cross cut beans, carrots and Roasted chat potato(oil, salt and pepper).				AUSTRALIAN NATIVE WATTLESEED CHOCALATE PANNA COTTA Reconstituted milk solids, Cream{skim milk, cream, thickener (1422), emulsifier (472e), vegetable gums (415, 407)], sugar, beef gelatin, flavours, colour and mineral (calcium). CONTAINS: Milk D X Ø			

WEEK DAY		3 TUESDAY		SOUP		SPANISH CHICKEN AND VEGGIE SOUP	
A		B		C		D	
ROAST LAMB WITH ITALIAN HERB 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, oregano, basil, parsley, tomato, salt and cracked pepper. 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, soy Ø D Ė LF DF FR		SLOW COOKED BEEF OREGANO AND GARLIC STEW Beef, carrots, onion, celery, crushed tomato, red wine (sulphites), garlic, thyme, oregano, salt, pepper, Gluten free beef stock : Salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), Food acid (330) (contain soy)], yeast extract, soy sauce powder[contains food acid (260) (contains soy and wheat)], flavors, Hydrolyzed vegetable protein (contains soy and wheat), colour (150c), onion powder, flavor enhancer (635), spice, food acid (330). Mash potato, butter (pasteurized cream ,water, salt, milk fat 80% minimum) , Milk (pasteurized and homogenized whole milk), salt and pepper. Peas and pumpkin CONTAINS : Soy, milk, sulphites, Wheat (gluten free), may contain fish Ø D Ė X LF DF		OREGANO, HAM AND HERB 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: Ham (pork, water, salt, dextrose{maize, tapioca), acidity regulator[325], thickeners[1412,407a, 407], starch[tapioca, potato], emulsifiers[451, 508, 450, 452], sugar, smoke flavour, antioxidant[316], sodium nitrite[250], canola oil, colours[120 sorghum husk extract, 160b]yeast extract), eggs, cream (halal gelatin, milk and milk products), Tasty cheese(pasteurized milk, salt, cultures, enzyme), onion, parsley, oregano, thyme, salt and pepper. 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, eggs, wheat, soy Ø D Ė FR		MUSHROOM AND ASPARAGUS RISOTTO Arborio rice, mushroom, asparagus, thyme, garlic, white wine (sulphites), Cream (Reduced fat cream{milk}, thickeners[1422, xanthan gum, carrageenan], emulsifier[472e], mineral salt{potassium chloride}) , lemon zest, Parmesan (pasteurized milk, salt, cultures, enzyme{non animal rennet}) , salt and cracked pepper. 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, sulphites Ø D X Ė V	
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				CHOC CHERRY SLICE WITH CUSTARD Coconut (34%), biscuit crumb (wheat flour, sugar, vegetable oil, wheat bran) , fructose syrup, salt, raising agent (calcium phosphate, sodium bicarbonate), emulsifier (soy lecithin), eggs, jam (raspberry, sugar), glace cherries (10%)(cherries, sugar, preservative 211), flavor, color, (129), chocolate (sugar, cocoa mass, vegetable oil, milk solids), canola oil, emulsifier (soy lecithin 322). CUSTARD: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar. Contain: Soy, egg, milk, Wheat (gluten) D Ė X			

WEEK DAY		3 WEDNESDAY	
A		B	
ROAST BEEF WITH CREAMY MUSHROOM AND CHIVE 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), mushrooms, chive, salt and cracked pepper. Crush potato (oil, spring onion, Dijon mustard (water, mustard seed 17%%, salt, sugar, acidity regulator{acetic acid}, turmeric), salt and cracked pepper. Broccoli and cauliflower. CONTAINS: Milk, soy (may contain peanuts) Ø D F L F DF FR		HONEY AND SAGE GLAZED THIGH FILLETS WITH HERB GRAVY Chicken thigh fillets, (Dijon mustard, water, mustard seed 18%, salt, sugar, food acid {acetic}, turmeric), honey, dried sage, salt, black pepper and olive oil. Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice, sage, parsley, salt and pepper. Crush potato (oil, spring onion, Dijon mustard (water, mustard seed 17%%, salt, sugar, acidity regulator{acetic acid}, turmeric), salt and cracked pepper. Broccoli and cauliflower. CONTAINS : Soy, milk, (may contain peanuts) Ø D F FR	
SIDES		DESSERT	
Crush potato (oil, spring onion, Dijon mustard (water, mustard seed 17%%, salt, sugar, acidity regulator {acetic acid}, turmeric), salt and cracked pepper. Broccoli and cauliflower. CONTAINS: (may contain peanuts)		PEAR, ALMOND AND PISTACHIO TART WITH CUSTARD Butter(milk solids), sugar, flour, egg, almond meal, pistachios, pear, glaze(sugar, water). CUSTARD: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar. Contains: Milk, wheat, egg, almond, pistachio (tree nuts) D F X	

WEEK DAY		3 THURSDAY		SOUP		MOROCCAN LAMB, CHICKPEA AND VEGETABLE SOUP	
A		B		C		D	
ROAST PORK WITH CARAMELIZED ONION AND THYME 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, cream (halal gelatin, milk and milk products), onion, oil, thyme, salt and cracked pepper. Mustard cream baked potato ,cream (halal gelatin, milk and milk products), Seeded mustard (water, mustard seed 28%, salt, sugar, acidity regulator(acetic acid), turmeric, marjoram, thyme, garlic extract, spice extract) . Cabbage and corn. CONTAINS: Soy, milk (may contain peanuts, sesame) Ø D F LF DF FR		SWEET CHILLI CHICKEN STIRFRY WITH JASMIN RICE 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), rice, wheat, salt, alcohol {5,2%}), Sweet chilli(sugar, water, chilli, salt, garlic, thickener{1422, 415}, acidity regulator{260}, preservative{202}). Sesame oil, garlic, salt, pepper and corn flour. Rice: Jasmin Rice, salt. Cabbage and corn. CONTAINS: Soy, sesame Ø D F X		BRAISED BEEF TORTELLINI WITH CREAMY GARLIC HERB SAUCE 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. Sauce: Cream (halal gelatin, milk and milk products), parmesan (pasteurized milk, salt, cultures, enzyme), white wine (sulphites), garlic, basil, parsley, pinenuts, corn flour, salt and pepper. Mustard cream baked potato ,cream (halal gelatin, milk and milk products), Seeded mustard (water, mustard seed 28%, salt, sugar, acidity regulator(acetic acid), turmeric, marjoram, thyme, garlic extract, spice extract) . Cabbage and corn. CONTAINS: Milk, wheat, egg, sulphites, pine nuts (tree nuts) (may contain sesame) D X		PENNE PASTA WITH OLIVES, FETA AND SUN DRIED TOMATO Pasta : Durum wheat semolina. Olive oil, tomato paste, onions, garlic, oregano, basil, olives, sundried tomatoes, spinach, Parmesan (pasteurized milk, salt, cultures, enzyme {non animal rennet}), Feta cheese (pasteurized cows milk, salt, milk solids, lactic cultures{from milk} rennet{vegetarian}), salt and pepper. Mustard cream baked potato , Cream (Reduced fat cream{milk}, thickeners[1422, xanthan gum, carrageenan], emulsifier{472e}, mineral salt{potassium chloride}), Seeded mustard (water, mustard seed 28%, salt, sugar, acidity regulator(acetic acid), turmeric, marjoram, thyme, garlic extract, spice extract) . Cabbage and corn. CONTAINS: Milk, wheat (Gluten), (may contain traces of egg, soy, peanuts, sesame) D F X V	
SIDES				DESSERT			
Mustard cream baked potato, cream (halal gelatin, milk and milk products), Seeded mustard (water, mustard seed 28%, salt, sugar, acidity regulator(acetic acid), turmeric, marjoram, thyme, garlic extract, spice extract). Cabbage and corn. CONTAINS: milk (may contain peanuts, sesame)				CRÈME CARAMEL Reconstituted milk solids, cream(milk), Sugar, beef 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		3 FRIDAY		SOUP		BACON, LEEK AND CAULIFLOWER SOUP	
A		B		C		D	
ZINGY LIME AND CORIANDER BAKED CHICKEN WITH STOCK GRAVY Chicken fillet, Butter (pasteurized cream, water, salt, milk fat 80% minimum),garlic powder, limejuice/zest, fresh 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. Creamy parmesan and chive potato (Cream (halal gelatin, milk and milk products), parmesan (pasteurized milk, salt, cultures, enzyme), salt and pepper.). Yellow butter beans and peas. CONTAINS: Soy, milk Ø D F LF DF FR		CRUMBED FISH WITH LEMON AND DILL CREAM SAUCE Fish: Hoki or Alasskan Pollock fillets(fish), (58%), wheat flour, water, canola oil, thickeners (1403, xanthan gum, guar), maize starch, maize flour, salt, yeast, rice flour, chia flour and/or oat fibre, sugar, acidity regulators(450, sodium bicarbonate), black pepper, glucose. Sauce: Cream (halal gelatin, milk and milk products), lemon juice/zest, djion [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], dill, salt, pepper and corn flour. Creamy parmesan and chive potato (Cream (halal gelatin, milk and milk products), parmesan (pasteurized milk, salt, cultures, enzyme), salt and pepper.). Yellow butter beans and peas. Contains: Egg, fish, wheat, milk (may contain peanuts) Ø D LF DF FR		LEMON GRASS , CHILLI BEEF STIR FRY WITH RICE Beef rump strips, celery, carrots, spring onion, capsicum, bok choy, zucchini, lemon grass powder,, chilli, ginger, lime juice, gluten free soy (water, soy beans 20%, rice, salt contains 3.2% alcohol from the natural brewing process), oil, honey, corn flour, salt and pepper. Rice: Jasmin, water, salt. Yellow butter beans and peas. Contains: Soy Ø D F X LF DF		TOFU, LEMONGRASS AND CASHEW STIRFRY WITH RICE Tofu (soy beans, Salt), 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), salt and cracked pepper. Thai basil, spring onion, carrots, celery, capsicum, bok Choy , cashews, salt and cracked pepper. Rice: Rice, turmeric, salt. Yellow butter beans and peas. Contains: Soy, Cashews (tree nuts) Ø D F X V LF DF	
SIDES				DESSERT			
Creamy parmesan and chive potato (Cream (halal gelatin, milk and milk products), parmesan (pasteurized milk, salt, cultures, enzyme), salt and pepper.). Yellow butter beans and peas. CONTAINS: milk				PASSION FRUIT PANNA COTTA Reconstituted milk solids, cream {skim milk, cream, thickener(1422), emulsifier(472e), vegetable gums (415, 407)}, sugar, beef gelatin, flavour , mineral (calcium), passion fruit pulp seedless, water, sugar, stabilliser(1422), natural flavour, natural color(100), acidity regulator(331). CONTAINS: Milk D X			

WEEK DAY		4 MONDAY		SOUP		LAMB, LENTIAL AND VEGGIE SOUP	
A		B		C		D	
ROAST BEEF WITH DIJION AND CAPER 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, Dijon mustard,(water, mustard seed 18%, salt, sugar, food acid {acetic}, turmeric) , capers(water, vinegar, salt), parsley, salt and cracked pepper. Mustard Creamed potatoes(Cream ,halal gelatin, milk and milk products, salt and pepper , Seeded mustard (water, mustard seed 28%, salt, sugar, acidity regulator(acetic acid), turmeric, marjoram, thyme, garlic extract, spice extract) , salt and cracked pepper), Corn and diced carrots. CONTAIN : Milk, soy (may contain peanuts, sesame) Ø D F LF DF FR		VEAL PARMIGIANA WITH HOMESTYLE TOMATO SAUCE 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), Cheese(mozzarella) : Pasteurized milk, salt, cultures, enzyme. Sauce :Tomatoes, sugar, basil, oregano, water, red onion, salt and cracked pepper. Mustard Creamed potatoes(Cream ,halal gelatin, milk and milk products, salt and pepper , Seeded mustard (water, mustard seed 28%, salt, sugar, acidity regulator(acetic acid), turmeric, marjoram, thyme, garlic extract, spice extract) , salt and cracked pepper), Corn and diced carrots. CONTAINS: Wheat, gluten, soy, milk. (may contain peanuts, sesame) D FR X		MEXICAN GRILLED CHICKEN THIGH FILLET WITH STOCK SAUCE Chicken thigh, garlic, green chilli, tomato paste, dried oregano, fresh coriander, salt, black pepper and oil. Sauce: Crushed tomato ,white wine, stock from chicken, parsley, corn flour, salt and pepper. Mustard Creamed potatoes(Cream ,halal gelatin, milk and milk products, salt and pepper , Seeded mustard (water, mustard seed 28%, salt, sugar, acidity regulator(acetic acid), turmeric, marjoram, thyme, garlic extract, spice extract) , salt and cracked pepper), Corn and diced carrots. CONTAINS: Sulphites, milk (may contain peanuts, sesame) Ø D F FR LF DF		ITALIAN BAKED EGGPLANT WITH TOMATO HERB SAUCE Eggplant, red onion, garlic, basil, roma tomato, capsicum, parsley, tomato paste, olive oil, parmesan cheese (pasteurized milk, salt, cultures, enzyme), salt and cracked pepper. Sauce: Tomato, basil, red onion, white wine(sulphites), garlic, brown sugar, salt, pepper and corn flour. Mustard Creamed potatoes(Cream (Reduced fat cream{milk}, thickeners[1422, xanthan gum, carrageenan], emulsifier{472e}, mineral salt{potassium chloride}), salt and pepper , Seeded mustard (water, mustard seed 28%, salt, sugar, acidity regulator(acetic acid), turmeric, marjoram, thyme, garlic extract, spice extract) , salt and cracked pepper), Corn and diced carrots. CONTAINS: Milk, Sulphites, (may contain peanuts, sesame) Ø D F V FR	
SIDES				DESSERT			
Mustard Creamed potatoes(Cream ,halal gelatin, milk and milk products, salt and pepper, Seeded mustard (water, mustard seed 28%, salt, sugar, acidity regulator(acetic acid), turmeric, marjoram, thyme, garlic extract, spice extract) , salt and cracked pepper), Corn and diced carrots. CONTAINS: Milk, (may contain peanuts, sesame)				SUMMER BERRY CREAM Fresh milk, pure cream(milk), reconstituted milk solids, sugar, thickener (1442, 407), carrageenan(407), mineral (calcium), natural flavour, colour CONTAINS: Milk D X V Ø			

WEEK DAY		4 TUESDAY	
A		B	
ROAST LAMB WITH CREAMY GREEN PEPPERCORN 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, Cream ,(halal gelatin, milk and milk products), green pepper corn, salt and cracked pepper. Crush potato (oil, spring onion, Dijon mustard (water, mustard seed 17%%, salt, sugar, acidity regulator{acetic acid}, turmeric), salt and cracked pepper. Peas and pumpkin CONTAINS: Milk, soy (may contain peanuts) Ø D F X LF DF FR		BEEF VINDALOO CURRY WITH RICE Beef, vindaloo paste: vegetable oil, coriander, water, salt, tamarind (5.5%), cumin, turmeric, chilli, maize flour, ginger powder, spices, food acids [acetic, citric, lactic],crushed tomato, onions, fresh coriander. RICE :Basmati Rice, turmeric, water and salt. Peas and pumpkin CONTAINS: No allergens Ø D F X LF DF	
C		D	
CASHEW CHICKEN STIRFRY WITH JASMIN RICE Chicken, capsicum, carrot, bok choy, spring onion, celery, cashews. 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},garlic, red chilli, gluten free soy sauce (water, soybeans (20%), rice, salt, contains (3.2% alcohol v/v) from the natural brewing process), sugar, sesame oil, salt, pepper and corn flour Rice: Jasmine rice, salt. Peas and pumpkin CONTAINS: Soy, wheat, sesame, Mollusc (oyster), Cashews (tree nuts) D F X LF DF		ROAST PUMPKIN, KALE AND FETA QUICHE Tasty cheese (pasteurized milk, salt, cultures, enzyme {non animal rennet}), pumpkin, kale, thyme, eggs, Cream (Reduced fat cream{milk}, thickeners [1422, xanthan gum, carrageenan], emulsifier{472e}, mineral salt{potassium chloride}), salt and pepper. Feta cheese (pasteurized cows milk, salt, milk solids, lactic cultures{from milk} rennet{vegetarian}), 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). Crush potato (oil, spring onion, Dijon mustard (water, mustard seed 17%%, salt, sugar, acidity regulator{acetic acid}, turmeric), salt and cracked pepper. Peas and pumpkin. CONTAINS: Milk, eggs, wheat, soy (may contain peanuts) Ø D F V FR	
SIDES		DESSERT	
Crush potato (oil, spring onion, Dijon mustard (water, mustard seed 17%%, salt, sugar, acidity regulator{acetic acid}, turmeric), salt and cracked pepper. Peas and pumpkin Contains: (may contain peanuts)		BANANA BUTTERSCOTCH CAKE WITH CUSTARD Cake: Sugar, wheat flour, bananas(23%), water, milk, eggs, vegetable oil, raising agents(calcium phosphate, sodium bicarbonate), canola oil, neufchatel, butter (milk solids) cream (milk) 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	4 WEDNESDAY	SOUP	
A	B	C	D
CORN BEEF WITH CHIVE 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, chive, cracked black pepper and salt. Roast potato (oil, salt), Cross cut beans and cabbage. CONTAINS: Milk, soy Ø D F LF DF FR	MEDITERRANEAN CHICKEN STEW Diced chicken, red onions, garlic, paprika, cinnamon, tomato, red capsicum, green capsicum, parsley, black olives, 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). Roast potato (oil, salt), Cross cut beans and cabbage CONTAINS: May contain milk, soy Ø D F X LF DF	EGG AND BACON FRIED RICE Rice: Basmati, Bacon [pork, water, salt, sugar, mineral salts (451), natural wood smoke], egg, spring onion, gluten free soy (water, soybeans (20 %), rice, salt contains 3.2 % alcohol from the natural brewing process),sesame oil, carrot, cabbage, peas, salt and white pepper. Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery ,parsley).Flavor enhancers (monosodium glutamate, disodium inosinate), sugar, spices, maize starch color (riboflavin). Cross cut beans and cabbage CONTAINS: Soy, sesame, egg Ø D F X LF DF	MASALA AND ALMOND VEGETABLE CURRY WITH BASMATI Cauliflower, eggplant, chickpea, almond meal, onions, curry leaves, ginger, green chilli, tomato paste, coriander powder, garam masala, turmeric, water, salt and pepper. Roast almond flakes, fresh coriander. Rice : Basmati, turmeric, salt. Cross cut beans and cabbage CONTAINS: Almonds (tree nuts) Ø D F X V LF DF
SIDES		DESSERT	
Roast potato (oil, salt), Cross cut beans and cabbage		PASSION FRUIT CHEESECAKE WITH COULI Cake: Neufchatel cheese (25%), thickened cream (halal gelatin, milk and milk products), biscuit crumb (18%)(wheat flour, sugar, vegetable oil, wheat bran, fructose syrup, salt, raising agent [calcium phosphate, sodium bicarbonate], emulsifier {soy lecithin}), white chocolate (13%), (sugar, milk solids, cocoa butter, emulsifier [soya lecithin, 476], flavors) , butter, sugar, gelatin, canola oil. Passion fruit coulis: Passion fruit pulp (41%), water, sugar, passion fruit concentrate (8.81%, vegetable gum (415), preservative (202). CONTAINS: Milk, soy, wheat (gluten) D F X	

WEEK DAY		4 THURSDAY		SOUP		CREAMY CHICKPEA, TOMATO AND CELERY SOUP	
A		B		C		D	
ROAST PORK WITH GARLIC, CHIVE AND MUSHROOM 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, garlic, chive, mushroom, salt and pepper. Mash potato, butter (pasteurized cream ,water, salt, milk fat 80% minimum) , Milk (pasteurized and homogenized whole milk), salt and pepper. Broccoli and Butter beans. CONTAINS : Milk, soy Ø D F FR LF DF		KOREAN BBQ CHICKEN WITH SWEET CHILLI AND JASMIN RICE Chicken thigh fillet, honey, sesame oil, mirin(distilled vinegar[alcohol, wheat, rice, corn and sake cake extract],water, diluted with water to 4.2% acidity{42 grain}), gluten free soy sauce (water, soybeans (20%), rice, salt, contains (3.2% alcohol v/v) from the natural brewing process), honey, garlic, ginger, red chilli, oil, salt and cracked pepper. Spring onion and roasted sesame seeds. Sauce: Sweet chilli(sugar, water, chilli, salt, garlic, thickener{1422, 415}, acidity regulator{260}, preservative{202}). Broccoli and Butter beans. Rice: Jasmin rice, salt CONTAINS: Soy, Wheat, sesame D F X LF DF		MIDDLE EASTERN LAMB, CHICKPEA AND SPINACH STEW Diced lamb, onions, garlic, cumin, coriander, cayenne, crushed tomato, chickpeas, baby spinach, 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). Mash potato, butter (pasteurized cream ,water, salt, milk fat 80% minimum) , Milk (pasteurized and homogenized whole milk), salt and pepper. Broccoli and Butter beans. CONTAINS: Soy, milk, Wheat (gluten free) may contain fish Ø D F X LF DF		STREET STYLE INDO CHINESE VEGETARIAN FRIED RICE Rice, spring onion, green chilli, ginger, garlic, carrot, cabbage, capsicum, shitake mushroom, egg, gluten free soy (water, soybeans (20 %), rice, salt contains 3.2 % alcohol from the natural brewing process),sesame 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. Broccoli and Butter beans. CONTAINS: Soy, egg, sesame 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. Broccoli and Butter beans. CONTAINS: Milk				CRÈME CAPPUCCINO Cream (55%)(milk), cheese(milk), sugar, water, milk solids, beef gelatin, flavour, preservative (202), salt, stabilizers(410,412), mineral(calcium), starter culture. CONTAINS: Milk D X Ø			

WEEK DAY		4 FRIDAY	
A		B	
BUFFALO ROASTED CHICKEN FILLET WITH RICH GRAVY Chicken fillet, Dijon mustard (water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric), red onion, red chilli, tomato paste, honey, olive 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. Paprika and nutmeg roast potato (salt, oil, spices). Cauliflower and zucchini. CONTAINS: Milk, soy Ø D F LF DF FR		BEER BATTERED FISH WITH ZESTY LEMON AND CHIVE MAYONNAISE Fish : White fish(50%)(MSC certified), coating {wheat flour, water, palm oil, thickener(1404), salt, raising agents(450, 500), flavour enhancer(621), sugar, rice flour, milk powder, beer flavour}. 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. Paprika and nutmeg roast potato (salt, oil, spices). Cauliflower and zucchini. CONTAINS : Fish, wheat, milk, egg (may contain traces of crustacean, mollusc, soy) Ø D FR LF DF	
SOUP		SWEET POTATO, PUMPKIN AND THYME SOUP	
C		D	
SPICY BEEF MINCE, EGGPANT AND MUSHROOM STIRFRY Beef mince, gluten free soy (water, soybeans (20 %), rice, salt contains 3.2 % alcohol from the natural brewing process),Chinese rice wine(water58.5%, rice 40%, salt1.5%) sesame oil, garlic powder, brown sugar, spring onion, red chilli, eggplant, shitake mushroom, garlic chives, toasted sesame seeds, salt and pepper. Cauliflower and zucchini. Rice: Jasmin Rice, water and salt. CONTAINS: Soy, sesame Ø D F X LF DF		SPANISH STYLE BAKED STUFFED ZUCCHINI Zucchini, capsicum, Spanish onion, garlic, tomato, basil, tomato paste, olives, coriander, salt and pepper. Tasty cheese (pasteurized milk, salt, cultures, enzyme {non animal rennet}) . Panko bread crumbs (wheat flour, yeast, salt, palm oil, glucose, ammonium chloride, acidity regulator E516). Paprika and nutmeg roast potato (salt, oil, spices). Cauliflower and zucchini. Sauce: Tomato, basil, brown sugar, salt and pepper. CONTAINS: Milk, wheat Ø D V F	
SIDES		DESSERT	
Paprika and nutmeg roast potato (salt, oil, spices). Cauliflower and zucchini.		CHOCALATE MOUSSE Cream, water, sugar, Milk solids, cocoa mass, Milk, cocoa butter, stabilizers (400, 410,412), halal gelatin, mineral salts [450, 500, 170,(calcium)], emulsifiers [322 (soy), 476], preservatives (234, 202), flavours, starter culture, chocolate: 8%. CONTAINS: Milk, soy, may contain traces of tree nuts. D X Ø	

WEEK DAY	5 MONDAY			CREAMY CAULIFLOWER, POTATO AND TURMERIC SOUP
A	B	C	D	
KANSAS CITY BBQ CHICKEN FILLET WITH ONION GRAVY Chicken fillet, brown, black pepper, cayenne, garlic powder, onion powder, paprika, salt and olive oil. Gravy: Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (acetic), turmeric],acid (330), flavor enhancer (635), spice, onion, parsley, salt and cracked pepper. Steam potato with herb oil (Thyme, parsley, oregano, basil, olive oil, salt and pepper). Yellow butter beans and carrots. CONTAINS : Milk, soy Ø D F LF DF FR	CONTINENTAL PORK SAUSAGE WITH CHIVE GRAVY Sausage : Pork, premix continental (Rice flour, salt, mineral salt{451}, preservative{223}, spice, spice extracts{160}, herb extracts, vegetable powder), water, pepper, garlic, beef, sweet sherry, fennel. 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. Chives, thyme, salt and pepper. Steam potato with herb oil (Thyme, parsley, oregano, basil, olive oil, salt and pepper). Yellow butter beans and carrots. CONTAINS : Milk, soy Ø D F LF DF X	SALMON AND VEGETABLE PATTIE WITH TARETARE SAUCE 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. Steam potato with herb oil (Thyme, parsley, oregano, basil, olive oil, salt and pepper). Yellow butter beans and carrots.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: Milk, soy, wheat, fish, egg, sulphites D X	CRUMBED VEGIE BURGER WITH BEETROOT RELISH Burger: Vegetables (78%),(potato, cabbage, carrot, cauliflower, onion, pumpkin, pea, corn, garlic), maize flour, rice flour, vegetable oil (canola), salt, baking powder (450, 500), vegetable gum (guar), spices. Cheese (pasteurized milk, salt, cultures, enzyme {non animal rennet} , panko breadcrumbs (wheat flour, yeast, salt, palm oil, glucose, yeast food contain ammonium chloride, acidity regulator E516). Steam potato with herb oil (Thyme, parsley, oregano, basil, olive oil, salt and pepper). Yellow butter beans and carrots. Relish: Beetroot, water, sugar, red vinegar, modified starch(1422), lemon juice, garlic, salt, herbs and spices. CONTAINS : Milk, wheat Ø D X	
SIDES			DESSERT	
Steam potato with herb oil (Thyme, parsley, oregano, basil, olive oil, salt and pepper). Yellow butter beans and carrots.			STRAWBERRIES AND CREAM Fresh milk, pure cream(milk), reconstituted milk solids, sugar, thickener (1442, 407), carrageenan(407), mineral (calcium), natural flavour, colour(129, 330, 211) CONTAINS: Milk D X V Ø	

WEEK DAY		5 TUESDAY	
A		B	
ROAST BEEF WITH HORSERADDISH AND PARSLEY 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), parsley , salt and cracked pepper. Broccoli and pumpkin. Mash potato, butter (pasteurized cream ,water, salt, milk fat 80% minimum) , Milk (pasteurized and homogenized whole milk), salt and pepper. CONTAIN: Milk, soy, sulphites (may contain peanuts) Ø D Ė X LF DF FR		PERSIAN LAMB CINNAMON AND MINT STEW Lamb, cinnamon, turmeric, cumin, garlic, Carrot, onion, celery, parsley, mint, tomato paste, salt and pepper. Gluten free beef stock : Salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), Food acid (330) (contain soy)], yeast extract, soy sauce powder[contains food acid (260) (contains soy and wheat)], flavors, Hydrolyzed vegetable protein (contains soy and wheat), colour (150c), onion powder, flavor enhancer (635), spice, food acid (330), Broccoli and pumpkin. Mash potato, butter (pasteurized cream ,water, salt, milk fat 80% minimum) , Milk (pasteurized and homogenized whole milk), salt and pepper . CONTAINS: Soy, milk, wheat (gluten free) Ø D Ė X LF DF	
C		D	
ZESTY PARMESAN ROASTED CHICKEN THIGH FILLETS WITH LEMON SAUCE Chicken thigh fillet, lemon juice/zest, olive oil, garlic powder, onion powder, paprika, parmesan (pasteurized milk, salt, cultures, enzyme), dried chives, salt and pepper. Sauce: Cream (halal gelatin, milk and milk products), lemon zest/juice, chives, turmeric, white wine, corn flour, salt and pepper. Broccoli and pumpkin. Mash potato, butter (pasteurized cream ,water, salt, milk fat 80% minimum) , Milk (pasteurized and homogenized whole milk), salt and pepper . Contains: Milk, Sulphites Ø D Ė X FR LF DF		THAI YELLOW CAULIFLOWER, EGGPLANT AND TOFU CURRY WITH RICE Yellow curry paste : Lemongrass, garlic, shallot, ginger, turmeric, chili, kaffir lime peel, spices, water, sunflower oil, salt, modified tapioca starch(1442), citric acid. Snake bean, Tofu Puff(Soy bean, water, vegetable oil, mineral salt {511})onion, cauliflower, eggplant, coconut milk, palm sugar, fresh coriander, salt and pepper. Broccoli and pumpkin. Rice: Jasmin, water, salt. CONTAINS: Soy (May contain wheat, sesame, fish and crustacean) Ø D Ė X LF DF	
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 . CONTAINS: Milk		SUMMER BERRY TIRAMISU WITH MIXED BERRY COULI Cream, Milk, water, sugar, milk solids, Wheat flour, egg, flavours, halal gelatin, mineral salts (450, 500) Preservative (202, 234), vegetable gum(400), stabilizers (410, 412), thickener (407a), raising agents (500, 503), blueberries, raspberry and starter culture. Mixed berry fruit coulis: Fruit (48%) raspberries, blackberries, blackcurrants), water, sugar, food acid (330), vegetable gum(415), preservative(202). Contains: Milk, wheat, egg, may contain tree nuts. Ė X D	

WEEK DAY	5 WEDNESDAY			
A	B	C	D	SOUP BEEF, TOMATO AND VEGETABLE SOUP
ROAST PORK WITH CREAMY BLACK PEPPER, HONEY AND CHIVE GRAVY Pork, thickener (1412), starch (tapioca), salt, mineral salts (451, 450, 452), roast pork rub (colour 150c) flavour enhancers (627, 631) water. 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, chive, salt and black pepper. Cream (halal gelatin, milk and milk products),honey. Zucchini and corn, Roast potato (Salt, pepper and oil). CONTAINS: Milk, soy Ø D F LF DF FR	GREEK MEATBALL WITH RED WINE TOMATO SAUCE (SOUTZOUKAKIA) Beef mince, cumin, cinnamon, salt and pepper Sauce: Crushed tomato, red wine, garlic, red onion, cumin, cinnamon, bay leaf, oregano, sugar, salt and pepper. Zucchini and corn, Roast potato (Salt, pepper and oil). CONTAINS: Sulphites D F X LF DF	SPICED COCONUT CHICKEN CURRY WITH RICE Chicken thigh fillet diced, yoghurt (milk, cream,, milk solids non fat, live yoghurt culture), garlic, ginger, green chilli, lime juice/zest. Cardamom powder, cumin, coriander powder, turmeric, salt and black pepper, coconut milk, fresh coriander. Zucchini and corn. Rice: Basmati, turmeric, salt, water. CONTAINS: Milk Ø D F X	SPANISH CAPSICUM AND POTATO TORTILLA Potato, oil, Spanish onion, red capsicum, green capsicum, eggs, Cheese (pasteurized milk, salt, cultures, enzyme {non animal rennet}, Cream (Reduced fat cream{milk}, thickeners[1422, xanthan gum, carrageenan], emulsifier{472e}, mineral salt{potassium chloride}) , parsley, cumin powder, paprika, cracked black pepper, salt. Zucchini and corn, Roast potato (Salt, pepper and oil). Contains: Egg, Milk. Ø D F X	
SIDES			DESSERT	
Zucchini and corn, Roast potato (Salt, pepper and oil).			ESPRESSO SLICE WITH COFFEE CUSTARD Wheat flour, eggs, sugar, margarine, canola oil, emulsifier(soy lecithin), coffee flavour. CUSTARD: Water, corn flour (maize), flavor salt, colours (102, 110), coffee, whole milk powder and sugar. CONTAINS: Wheat, eggs, soy, milk D F X	

WEEK DAY	5 THURSDAY	SOUP		BROCCOLI, SPINACH, LEEK AND BACON
A	B	C	D	
CORN BEEF WITH FRENCH 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),lemon juice/zest, parsley, djion mustard (water, mustard seed17%, salt, acidity regulator(acetic acid), turmeric. Corn flour, salt and cracked pepper. Mustard potato: cream (pasteurized and homogenized whole milk), Seeded mustard (water, mustard seed 28%, salt, sugar, acidity regulator{acetic acid}, turmeric, marjoram, thyme, garlic extract, spice extract).Cauliflower and green cross cut beans. CONTAINS: Milk (may contain peanut and sesame) Ø D F LF DF FR	COUNTRY STYLE LAMB, BARELY AND MINT STEW Lamp rump diced, barley, carrot, onion, celery, crushed tomato, red wine (sulphites), garlic, mint, 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. Mustard potato: cream (pasteurized and homogenized whole milk), Seeded mustard (water, mustard seed 28%, salt, sugar, acidity regulator{acetic acid}, turmeric, marjoram, thyme, garlic extract, spice extract).Cauliflower and green cross cut beans. CONTAINS: Soy, sulphites ,milk, Wheat (cereal, barley) (may contain fish, peanut and sesame) D F X LF DF	BANGKOK SOUR PORK CURRY WITH JASMIN Pork, onions, ginger, fresh coriander, lemon grass powder, tamarind, palm sugar, kaffir lime leaves, red curry paste (58% lemon grass, garlic, shallot, galangal, red chilli, kaffir lime peel, spice) water, sunflower oil, salt, sugar, modified tapioca starch[1442], citric acid. 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 cracked pepper. Cauliflower and green cross cut beans. Rice: Jasmin, salt, water. CONTAINS: (may contain wheat, soy, sesame, fish and crustacean, milk) Ø D F X LF DF	ALOO MASALA (SPICED POTATO) WITH RICE AND MANGO CHUTNEY Potato, chickpeas, black mustard seed, cumin seed, curry leaves, turmeric, ginger, green chili, tamarind, fresh coriander, onions, salt and pepper, water. Butter (pasteurized cream ,water, salt, milk fat 80% minimum), vegetable oil. Cauliflower and green cross cut beans. Rice: Basmati, turmeric, salt. Mango chutney :Sugar (49%), mangos (41%), salt, acid (260), spices (0.6%). CONTAINS: Milk Ø D F X	
SIDES		DESSERT		
Mustard potato: cream (pasteurized and homogenized whole milk), Seeded mustard (water, mustard seed 28%, salt, sugar, acidity regulator{acetic acid}, turmeric, marjoram, thyme, garlic extract, spice extract). Cauliflower and green cross cut beans. Contains: Milk (may contain peanut, sesame)		VANILLA BEAN PANNA COTTA Cream [skim Milk, cream, thickener (1422), emulsifier (472e), vegetable gums (415, 407)], Reconstituted Milk solids, sugar, vanilla bean paste (0.5%), flavour, vegetable gum (407), beef gelatin, mineral salt (452) and mineral (calcium). CONTAINS: Milk D X Ø		

WEEK DAY		5 FRIDAY		SOUP		POTATO, PARSLEY, CHICKEN AND CHIVE SOUP	
A		B		C		D	
ROAST TURKEY WITH RED WINE, THYME 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, thyme, salt and black pepper. Crush potato (oil, spring onion, Dijon mustard (water, mustard seed 17%%, salt, sugar, acidity regulator{acetic acid}, turmeric), salt and cracked pepper. Peas and red cabbage. CONTAINS : Milk, soy, sulphites (may contain peanut) Ø D F LF DF FR		CRUMBED FISH WITH LEMON, PEPPER AND PARSLEY SAUCE Fish: Hoki or Alasskan Pollock fillets(fish),(58%), wheat flour, water, canola oil, thickeners (1403, xanthan gum, guar), maize starch, maize flour, salt, yeast, rice flour, chia flour and/or oat fibre, sugar, acidity regulators(450, sodium bicarbonate), black pepper, glucose. Sauce: Cream (halal gelatin, milk and milk products), parsley, white wine (sulphites), lemon juice/zest, cracked pepper, salt and corn flour. Crush potato (oil, spring onion, Dijon mustard (water, mustard seed 17%%, salt, sugar, acidity regulator{acetic acid}, turmeric), salt and cracked pepper. Peas and red cabbage. CONTAINS: Milk, fish, wheat, egg, sulphites (may contain peanuts) Ø D FR LF DF		CHINESE HONEY AND CASHEW BEEF STIRFRY WITH RICE Beef, honey, Chinese rice wine(water 58.5%, rice 40%, salt1.5%), gluten free soy (water, soybeans (20 %), rice, salt contains 3.2 % alcohol from the natural brewing process), ginger, sesame oil, corn flour. Spring onion, cashews, carrots, celery, capsicum, bok Choy, salt and pepper. Rice: Jasmin, salt, water. Peas and red cabbage. CONTAINS: Soy, sesame, Cashews (tree nuts) Ø D F X LF DF		BAKED SCALLOPED POTATO WITH OLIVES AND FETA Potatoes, cheese (pasteurized milk, salt, cultures, enzyme {non animal rennet}), Feta cheese (pasteurized cows milk, salt, milk solids, lactic cultures{from milk} rennet{vegetarian})), rosemary, black olives, , Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip ,potato, onion, celery ,parsley).Flavor enhancers (monosodium glutamate, disodium insinuate), sugar, spices. Cream (Reduced fat cream{milk}, thickeners[1422, xanthan gum, carrageenan], emulsifier{472e}, mineral salt{potassium chloride}), salt and pepper. Crush potato (oil, spring onion, Dijon mustard (water, mustard seed 17%%, salt, sugar, acidity regulator{acetic acid}, turmeric), salt and cracked pepper. Peas and red cabbage. CONTAINS: Milk (may contain peanuts) Ø D F X V	
SIDES				DESSERT			
Crush potato (oil, spring onion, Dijon mustard (water, mustard seed 17%%, salt, sugar, acidity regulator {acetic acid}, turmeric), salt and cracked pepper. Peas and red cabbage. CONTAINS: (may contain peanuts)				RED VELVET MOUSSE Fresh milk, pure cream (milk), reconstituted milk solids, sugar, cocoa powder, thickener (1442, 407), carrageenan (407), mineral (calcium), natural flavour, colour (129, 330, 211) CONTAINS: Milk Ø D X V			

WEEK DAY		6 MONDAY	
A		B	
CORN BEEF WITH PEPPER CORN 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, chive, nutmeg, Cream (halal gelatin, milk and milk products), salt and pepper. Crush potato (oil, spring onion, Dijon mustard (water, mustard seed 17%%, salt, sugar, acidity regulator{acetic acid}, turmeric), salt and cracked pepper. Peas and corn. CONTAINS: Milk, soy (may contain peanuts) LF DF Ø D F FR		BRAISED PORK SCOTCH FILLET WITH BLACK PEPPER AND MUSHROOM GRAVY Pork fillet, salt and pepper. Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635). Mushrooms, chives, salt and cracked pepper. Crush potato (oil, spring onion, Dijon mustard (water, mustard seed 17%%, salt, sugar, acidity regulator{acetic acid}, turmeric), salt and cracked pepper. Peas and corn. CONTAINS: Milk, soy (may contain peanuts) Ø D FR LF DF	
SIDES		DESSERT	
Crush potato (oil, spring onion, Dijon mustard (water, mustard seed 17%%, salt, sugar, acidity regulator {acetic acid}, turmeric), salt and cracked pepper. Peas and corn. CONTAINS: (may contain peanuts)		AUSTRALIAN NATIVE DAVIDSON PLUM PANNA COTTA Reconstituted milk solids, Cream{skim milk, cream, thickener (1422), emulsifier (472e), vegetable gums (415, 407)], sugar, beef gelatin, flavours, colour and mineral (calcium). CONTAINS: Milk D Ø X	

WEEK DAY		6 TUESDAY		SOUP		CHICKEN, TARRAGON AND VEGETABLE	
A		B		C		D	
ROAST PORK WITH CRANBERRY AND HERB 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. Cranberry (sugar, water, cranberry{30%}, gelling agent{fruit pectin}, food acids{330,331}, mineral salt{509}), parsley, thyme, salt and cracked pepper. Mash potato, butter (pasteurized cream ,water, salt, milk fat 80% minimum) , Milk (pasteurized and homogenized whole milk), salt and pepper. Broccoli and pumpkin. CONTAINS : Milk, soy Ø D F LF DF FR		KASHMIRI LAMB CURRY WITH RICE Diced Lamb rump, onions, cloves, cinnamon, garam masala, ginger, garlic, paprika, chilli powder, Yogurt (milk, cream, milk solids non fat, live yoghurt culture) almond meal, water, crushed tomato, salt and pepper. Broccoli and pumpkin. Rice: Rice, turmeric, salt. CONTAINS: Milk, almonds (tree nuts) Ø D F X		LEMON AND SESAME STIR-FRY CHICKEN WITH JASMIN RICE Diced Chicken thigh fillet, celery, carrots, spring onion, capsicum, bok choy, salt and pepper. Sauce: lemon juice, sugar, water, chicken booster (Iodised salt, sugar, corn starch, chicken fat{3.5%}, onion powder, yeast extract, flavour, chicken powder{0.5%}, flavour enhancer{635}, turmeric, colour{150c}),garlic powder, sesame oil, sesame seeds, corn flour, salt and pepper. Broccoli and pumpkin. Rice: Jasmin Rice, salt, water. CONTAINS: Soy, sesame Ø D F X		QUICHE Asparagus, leek, spring onion, parsley , Cheese (pasteurized milk, salt, cultures, enzyme {non animal rennet}) , eggs and Cream (Reduced fat cream{milk}, thickeners[1422, xanthan gum, carrageenan], emulsifier{472e}, mineral salt{potassium chloride}) , salt and pepper. Pastry: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin) , food acid (330), flavor , antioxidant (307b), color (160a), salt, preservatives (202, 281), food acid (330). Mash potato, butter (pasteurized cream ,water, salt, milk fat 80% minimum) , Milk (pasteurized and homogenized whole milk), salt and pepper. Broccoli and pumpkin. Contains: Soy, eggs, milk, Wheat (gluten) Ø D F 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				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. Custard: Water, corn flour (maize), flavor salt, colours (102, 110), whole milk powder and sugar. CONTAINS: Soy, milk, egg Ø X D F			

WEEK DAY		6 WEDNESDAY		SOUP		BEEF, BARLEY AND SPRING VEGETABLE SOUP	
A		B		C		D	
CACCIATORE ROAST CHICKEN FILLET WITH OLIVE AND WINE SAUCE Chicken fillet, tomato paste, garlic, brown sugar, olive oil, salt and pepper. Sauce: Stock from chicken crushed tomato, black olives, white wine(sulphites), oregano, parsley, salt, pepper and corn flour. Roast potato (salt, pepper and oil),butter beans and cauliflower. CONTAINS : Sulphites Ø D Ĥ LF DF FR		PAPRIKA AND HERB BEEF STEW Diced beef, onions, red wine (contain sulphites),Gluten free Beef booster [salt, sugar, maize, starch, beef fat 5.6% , antioxidant (306), food acid (330) (contains soy) , yeast extract, soy sauce powder (contains food acid (260) (contains soy and wheat flavors (contain soy), hydrolyzed vegetable protein, colour (150c), onion powder, flavor enhancer (635), spice, food acid (330). Parsley, paprika, caraway seeds, garlic, celery ,carrots, tomato paste, parsley, salt and cracked pepper. Roast potato (salt, pepper and oil),butter beans and cauliflower. CONTAINS: Soy, sulphites, Wheat (gluten free), may contain milk, fish Ø D Ĥ X LF DF		ROAST PUMPKIN, BACON AND ROSEMARY RISSOTO Arborio rice ,cream (halal gelatin, milk and milk products), Bacon [pork, water, salt, sugar, mineral salts (451), natural wood smoke], pumpkin, spring onion, thyme, rosemary, white wine, garlic, parmesan cheese (pasteurized milk, salt, cultures, enzyme),salt and pepper. Roast potato (salt, pepper and oil),butter beans and cauliflower. CONTAINS: Milk, sulphites Ø D Ĥ X		MOROCCAN PUMPKIN AND ALMOND TAGINE Pumpkin, carrots, onions, turmeric, cumin, cinnamon, paprika, brown sugar, fresh coriander, raisons, lemon zest, spinach, chickpeas, crushed tomato, almonds, salt, pepper and oil. Roast potato (salt, pepper and oil), butter beans and cauliflower. Contains: Almonds (tree nuts) Ø D Ĥ V X	
SIDES				DESSERT			
Roast potato (salt, pepper and oil),butter beans and cauliflower.				CHEESE CAKE WITH MANGO COULIS Neufchatel cheese (25%), thickened cream (halal gelatin, milk and milk products), biscuit crumb (18%)(wheat flour, sugar, vegetable oil, wheat bran, fructose syrup, salt, raising agent [calcium phosphate, sodium bicarbonate], emulsifier {soy lecithin}), white chocolate (13%), (sugar, milk solids, cocoa butter, emulsifier [soya lecithin, 476], flavors) butter, sugar, gelatin, canola oil. Mango coulis: Mango(60%), sugar, water, food acid(330), vegetable gum (415), preservative (202), CONTAINS: Milk, wheat, soy D Ĥ X			

WEEK DAY		6 THURSDAY		SOUP		CREAMY CINNAMON, LENTIL AND TOMATO	
A		B		C		D	
ROAST BEEF WITH BEARNAISE SAUCE Beef: Porterhouse, salt and pepper Sauce: cream (pasteurized and homogenized whole milk), white wine (sulphites),tarragon, green peppercorn, parsley, corn flour, salt and pepper. Mustard potato: cream (pasteurized and homogenized whole milk), Seeded mustard (water, mustard seed 28%, salt, sugar, acidity regulator{acetic acid}, turmeric, marjoram, thyme, garlic extract, spice extract). Zucchini and peas, corn, capsicum CONTAINS: Milk, sulphites (may contain peanuts, sesame) LF DF Ø D F FR		FILIPINO BBQ CHICKEN WITH JASMIN RICE Chicken thigh fillet, oil, lime juice/zest, tomato sauce(concentrated tomato, sugar, salt, food acid{260}, natural flavours), brown sugar, garlic powder, gluten free soy (water, soybeans (20 %), rice, salt contains 3.2 % alcohol from the natural brewing process), lemon aid (carbonated water, sugar, food acids{330,334,331}, flavour preservat ive{202},sweeteners{951,950}) Stock gravy: Liquid stock from chicken, tomato sauce, spring onions, salt, pepper and corn flour. Zucchini and peas, corn, capsicum Rice: Jasmin, salt, water. CONTAINS: Milk (may contain soy, peanuts) Ø D F FR		LAMB ROGAN JOSH WITH YELLOW RICE Lamb, onions, crushed tomato, Rogan josh paste (water, spices{24%}, vegetable oil, tomato paste{8%}, salt, lemon juice, onion powder, sugar, food acid[acetic], garlic puree, fresh coriander. Zucchini and peas, corn, capsicum Rice : Basmati, turmeric, salt, water. CONTAINS: No allergens Ø D F X LF DF		TOFU AND SHITAKE OMELETTE WITH SWEET CHILLI AND RICE Tofu (Soya bean) spring onion, shitake mushroom, eggs, red chilli, gluten free soy sauce (water, soybeans (20%), rice, salt, contains (3.2% alcohol v/v) from the natural brewing process), sugar, salt and cracked pepper. Sweet chilli sauce: (sugar, water, chilli, salt, garlic, thickener [1422, 415], acidity regulator [260], preservative [202]). Zucchini and peas, corn, capsicum Rice: Jasmin, salt, water. Contains: Soy, eggs. Ø D F X V LF DF	
SIDES				DESSERT			
Mustard potato: cream (pasteurized and homogenized whole milk), Seeded mustard (water, mustard seed 28%, salt, sugar, acidity regulator{acetic acid}, turmeric, marjoram, thyme, garlic extract, spice extract). Zucchini and peas, corn, capsicum CONTAINS: milk (may contain peanuts, sesame)				CHOC TOP DUET MOUSSE Cream(milk), cheese(milk), water, sugar, milk solids, cocoa powder, cocoa butter, cocoa mass, vegetable fat, beef gelatin, stabilizers(410, 412), salt, emulsifiers(322, 471, 476, 492), thickener(407a), flavours, preservative(202), starter cultures and mineral(calcium), chocolate (8%). CONTAINS: Milk, soy, may contain traces of peanuts, almonds, hazelnuts Ø D X			

WEEK DAY		6 FRIDAY	
A		B	
PORTUGUESE LEMON ROAST CHICKEN WITH OREGANO GRAVY Chicken fillet, lemon thyme, lemon juice/zest, tomato paste, garlic, oregano, paprika, olive 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, oregano, salt and pepper. Creamy parmesan and chive potato (Cream (halal gelatin, milk and milk products), parmesan (pasteurized milk, salt, cultures, enzyme), salt and pepper). Red cabbage and diced carrots. CONTAINS: Milk, soy Ø D F LF DF FR		BEER BATTERED FISH WITH SWEET CHILLI AND LIME MAYONAISE Fish : White fish(50%)(MSC certified), coating {wheat flour, water, palm oil, thickener(1404), salt, raising agents(450, 500), flavour enhancer(621), sugar, rice flour, milk powder, beer flavour}. Mayonnaise: Canola oil(76%), pasteurized free range egg yolks(7.5%), water, vinegar, sugar, salt, lemon juice concentrated, natural mustard flavour, antioxidant(385), lime juice/ zest, Sweet chilli (sugar, water, red chilli {18%}, garlic, salt, thickener{modified corn starch, E1422}, acidity regulator{acetic acid E260}). Creamy parmesan and chive potato (Cream (halal gelatin, milk and milk products), parmesan (pasteurized milk, salt, cultures, enzyme), salt and pepper). Red cabbage and diced carrots. CONTAINS: Fish, wheat, milk, egg (may contain traces of crustacean, mollusc, soy) Ø D FR LF DF	
SOUP		CREAMY MUSHROOM WITH TARRAGON	
C		D	
HONEY, SESAME 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, sesame oil, ginger, garlic, oil, roasted sesame seeds, cracked black pepper, corn flour and salt. Red cabbage and diced carrots. Rice: Jasmin rice, salt. Contains: Soy, sesame Ø D F X LF DF		SPRING VEGETABLE AND HERB PASTA Pasta : Durum wheat semolina. Olive oil, tomato paste, onions, garlic, oregano, capsicum, zucchini, yellow squash, baby roma, lemon zest, parmesan (pasteurized milk, salt, cultures, enzyme{non animal rennet}), salt and pepper. Creamy parmesan and chive potato (Cream (Reduced fat cream{milk}, thickeners[1422, xanthan gum, carrageenan], emulsifier{472e}, mineral salt{potassium chloride}),), parmesan (pasteurized milk, salt, cultures, enzyme), salt and pepper). Red cabbage and diced carrots. CONTAINS: Milk, wheat, may contain traces of egg and soy. D F V X	
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 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	