

Maroondah City Council

MEALS ON WHEELS

Winter Menu

13th May 2024 - 8th November 2024

MENU INGREDIENTS AND ALLERGENS

Angie Mirra

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INSTRUCTIONS

Please refrigerate chilled meal **IMMEDIATELY**.

Meals can only be heated **ONCE**.

Meals need to be consumed within 24 hours of delivery.

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

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, vegan

Food texturing: Vitamised, large dice, minced

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

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

- Ø** Meals that can be made gluten free and are gluten free
- D** Meals that are suitable for diabetics
- F** Meals that can be frozen (All desserts can be frozen)
- FR** Meals that can be modified for fructose (no onion / no garlic)
- X** Meals that can't be modified
- S** Contains Spices (Mild)

COOKING

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

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

SOUPS

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

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

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

1. PUMPKIN, PARMESAN AND CHIVE SOUP

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

CONTAINS: Milk Ø D FR

2. BRAISED BEEF, TOMATO AND VEGGIE SOUP

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

CONTAINS: No allergens D Ø FR

3. TUSCAN CHICKEN AND VEGGIE SOUP

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

CONTAINS: Milk Ø D FR

4. ROASTED RED PEPPER, GARLIC AND TOMATO SOUP

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

CONTAINS: Milk Ø D FR

5. HUNGARIAN MUSHROOM SOUP

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

CONTAINS: Milk Ø D FR

6. CREAMY POTATO, LEEK AND CHIVE SOUP

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

CONTAINS: Milk Ø D FR

7. CREAMY CHICKEN, VEGGIE AND TURMERIC SOUP

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

CONTAINS: Milk Ø D FR

8. BEEF, CHICKPEA AND VEGGIE SOUP

Carrot, celery, turnip, swede, garlic, beef, chickpeas, moroccan spice mix (spices, sugar, herbs, salt, colour {150d}), coriander, parsley, crushed tomato, salt and pepper, vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley), flavour enhancers (monosodium glutamate, disodium inosinate), sugar, spices, maize starch color (riboflavin)

CONTAINS: No allergens Ø D FR

9. CREAMY TOMATO, LEEK AND LENTIL SOUP

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

CONTAINS: Milk Ø D FR

10. CAULIFLOWER, NUTMEG, CELERY AND BACON SOUP

Cauliflower, potato, garlic, celery, chives, nutmeg, milk (pasteurized and homogenized whole milk), vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley), flavour enhancers (monosodium glutamate, disodium inosinate), sugar, spices, maize starch colour (riboflavin), bacon [pork, water, salt, sugar, mineral salts (451), natural wood smoke], salt and pepper

CONTAINS: Milk Ø D FR

SOUPS

11. PUMPKIN, BACON AND CHICKPEA SOUP

Pumpkin, potato, thyme, chickpeas, milk (pasteurized and homogenized whole milk), vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley), flavour enhancers (monosodium glutamate, disodium inosinate), sugar, spices, maize starch colour (riboflavin), bacon (pork, water, salt, sugar, mineral salts (451) (450), antioxidant (316), preservative (250), natural wood smoke), salt and pepper

CONTAINS: Milk Ø D FR

12. LEBANESE CHICKEN, VEGGIE AND LENTIL SOUP

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

CONTAINS: No allergens Ø D FR

13. BEEF AND VEGGIE GOULASH SOUP

Carrot, celery, swede, turnip, beef, garlic, parsley, thyme, paprika, crushed tomato, 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)], flavours, hydrolyzed vegetable protein (contains soy and wheat), colour (150c), onion powder, flavour enhancer (635), spice, food acid (330)

CONTAINS: Soy, wheat (gluten free) Ø D FR

14. SPINACH, CHICKPEA AND TOMATO SOUP

Crushed tomato, celery, spinach, basil, chickpeas, vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley), flavour enhancers (monosodium glutamate, disodium inosinate), sugar, spices, maize starch colour (riboflavin), milk (pasteurized and homogenized whole milk), salt and pepper

CONTAINS: Milk Ø D FR

15. CREAMY SWEET POTATO, CHICKEN AND PARSLEY SOUP

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

CONTAINS: Milk Ø D FR

16. POTATO, LEEK AND MINTED PEA SOUP

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

CONTAINS: Milk Ø D FR

17. WINTER ROOT VEGETABLE AND CHICKEN SOUP

Chicken, carrot, celery, turnip, swede, parsley, spring onion, dill, turmeric, salt and pepper, vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley), flavour enhancers (monosodium glutamate, disodium inosinate), sugar, spices, maize starch colour (riboflavin), milk (pasteurized and homogenized whole milk)

CONTAINS: Milk Ø D FR

18. LAMB, VEGETABLE AND BARLEY SOUP

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

CONTAINS: Wheat cereals (barley) D Ø FR

19. CREAMY TOMATO AND PESTO SOUP

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

CONTAINS: Milk, nuts Ø D FR

20. BROCCOLI, BACON AND POTATO SOUP

Potato, broccoli, celery, parsley, garlic, vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley), flavour enhancers (monosodium glutamate, disodium inosinate), sugar, spices, maize starch colour (riboflavin), milk (pasteurized and homogenized whole milk), bacon [pork, water, salt, sugar, mineral salts (451), natural wood smoke], salt and pepper

CONTAINS: Milk Ø D FR

DESSERTS

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

WEEK ONE, DAY MONDAY

DESSERT: STRAWBERRY YOGHURT

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

CONTAINS: Milk D

WEEK ONE, DAY TUESDAY

DESSERT: LAMINGTON CAKE WITH CUSTARD

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

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

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

WEEK ONE, DAY WEDNESDAY

DESSERT: CARROT CAKE WITH CUSTARD

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

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

CONTAINS: Milk, egg, wheat, milk, nuts D F

WEEK ONE, DAY THURSDAY

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

WEEK ONE, DAY FRIDAY

DESSERT: VANILLA COCONUT CUSTARD

Coconut milk (reconstituted), water, sugar, modified tapioca starch (1422), pea protein, flavour, vegetable gums (407,415), colours (102, 110)

CONTAINS: No allergens D

WEEK TWO, DAY MONDAY

DESSERT: PASSIONFRUIT YOGHURT

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

CONTAINS: Milk D

WEEK TWO, DAY TUESDAY

DESSERT: RASPBERRY AND COCONUT MUFFIN CAKE WITH CUSTARD

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

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

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

WEEK TWO, DAY WEDNESDAY

DESSERT: HUMMINGBIRD CAKE WITH CUSTARD

Cake: Sugar, wheat flour, bananas, water, milk, eggs, vegetable oil, raising agents (calcium phosphate, sodium bicarbonate), canola oil, coconut, pineapple, neufchatel cheese, icing sugar, sour cream, water, flavours, chocolate (emulsifier, soy lecithin 322)

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

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

WEEK TWO, DAY THURSDAY

DESSERT: FRUIT TRIFLE

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

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

WEEK TWO, DAY FRIDAY

CHOCOLATE PANNA COTTA

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

CONTAINS: Milk D

WEEK THREE, DAY MONDAY

DESSERT: BLUEBERRY YOGHURT

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

CONTAINS: Milk D

WEEK THREE, DAY TUESDAY

DESSERT: LEMON, CRANBERRY AND COCONUT CAKE WITH CUSTARD

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

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

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

WEEK THREE, DAY WEDNESDAY

DESSERT: BANANA AND BLUEBERRY CAKE WITH CUSTARD

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

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

CONTAINS: Wheat, milk, eggs D F (SUITABLE TO FREEZE)

WEEK THREE, DAY THURSDAY

DESSERT: AUSTRALIAN NATIVE WATTLESEED CHOCOLATE PANNA COTTA

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

CONTAINS: Milk D

WEEK THREE, DAY FRIDAY

DESSERT: VANILLA CREAMED RICE

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

CONTAINS: Milk D

WEEK FOUR, DAY MONDAY

DESSERT: STRAWBERRY YOGHURT

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

CONTAINS: Milk D

WEEK FOUR, DAY TUESDAY

DESSERT: BLUEBERRY CRUMBLE CAKE WITH CUSTARD

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

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

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

WEEK FOUR, DAY WEDNESDAY

DESSERT: NEW YORK BAKED CHEESECAKE WITH CRUMBLE AND CUSTARD

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

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

CONTAINS: Wheat, egg, milk, soy D F (SUITABLE TO FREEZE)

WEEK FOUR, DAY THURSDAY

DESSERT: VANILLA BEAN PANNA COTTA

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

CONTAINS: Milk D

WEEK FOUR, DAY FRIDAY

DESSERT: RED VELVET MOUSSE

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

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

WEEK FIVE, DAY MONDAY

DESSERT: PASSIONFRUIT YOGHURT

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

CONTAINS: Milk D

WEEK FIVE, DAY TUESDAY

DESSERT: CINNAMON AND APPLE CRUMBLE CAKE WITH CUSTARD

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

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

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

WEEK FIVE DAY WEDNESDAY

DESSERT: STICKY DATE WITH CUSTARD

Cake: Dates (pitted 22%), sugar, wheat flour, eggs, butter (milk solids), walnuts, raising agent (sodium bicarbonate), glaze, canola oil

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

CONTAINS: Wheat (gluten), milk, egg, nuts D F (SUITABLE TO FREEZE)

WEEK FIVE, DAY THURSDAY

DESSERT: STRAWBERRY MOUSSE

Cream {Cream, mineral salts (450, 500), sucrose, vegetable gum (400), preservative (234)}, cheese {milk, cream, stabilizers (410, 412), starter culture}, water, sugar, milk solids, beef gelatin, mineral (calcium), flavour, acid (330), preservative (202), colour (122)

CONTAINS: Milk D

WEEK FIVE, DAY FRIDAY

DESSERT: CHOCOLATE MOUSSE

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

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

WEEK SIX, DAY MONDAY

DESSERT: BLUEBERRY YOGHURT

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

CONTAINS: Milk D

WEEK SIX, DAY TUESDAY

DESSERT: ORANGE AND POPPY SEED CAKE WITH CUSTARD

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

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

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

WEEK SIX, DAY WEDNESDAY

DESSERT: BLACK FOREST CHEESE CAKE WITH MIXED BERRY COULIS

Neufchatel cheese (31%), sour cream, biscuit crumb [wheat flour, sugar, vegetable oil, wheat bran, fructose syrup, salt, raising agent (calcium phosphate, sodium bicarbonate), emulsifier (soy lecithin)], egg, butter, wheat flour, raising agent (calcium phosphate, sodium bicarbonate), cherries, chocolate glaze, flavour
Mixed berry fruit coulis: Fruit (48%) (raspberries, blackberries, blackcurrants), water, sugar, food acid (330), vegetable gum (415), preservative(202)

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

WEEK SIX, 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 and gluten, may contain tree nuts D

WEEK SIX, DAY FRIDAY

DESSERT: CRÈME CARAMEL

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

CONTAINS: Milk D

WEEK DAY		1 MONDAY		
A		B		
CORN BEEF WITH CREAMY CHIVE AND NUTMEG SAUCE Corn 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), chives, nutmeg, djion mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), salt and pepper, corn flour CONTAINS: Milk Ø D Ĥ FR (SUITABLE TO FREEZE)		BRAISED PORK STEAK WITH CREAMY MUSTARD GRAVY Pork: Pork steak, salt and pepper Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, cream (halal gelatin, milk and milk products), seeded mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], salt and pepper CONTAINS: Milk, soy Ø D FR		
SIDES		DESSERT		
Rosemary roasted chats (rosemary, olive oil, salt and pepper), peas and corn		SOUP C CHICKEN SAUSAGES WITH MUSHROOM AND THYME GRAVY Sausage: Chicken leg meat, skin on, salt pepper, ground oregano, lemon peel Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, mushrooms, thyme, salt and cracked pepper CONTAINS: Milk, soy Ø D Ĥ FR X (SUITABLE TO FREEZE)		PUMPKIN, PARMESAN AND CHIVE SOUP D CHEESY LEEK MUSHROOM AND CAULIFLOWER BAKE Cauliflower, leek, mushroom, parmesan (pasteurized milk, salt, cultures, enzyme), tasty cheese (pasteurized milk, salt, cultures, enzyme), cream (halal gelatin, milk and milk products), panko bread crumbs (wheat flour, yeast, salt, palm oil, glucose, ammonium chloride, acidity regulator E516), thyme, salt, pepper CONTAINS: Milk, wheat (gluten) Ø D Ĥ FR (SUITABLE TO FREEZE)
STRAWBERRY YOGHURT Yoghurt (82%) {skim milk, live yoghurt cultures}, strawberry blend (18%) { strawberries (43%), sugar, water, vegetable gums (pectin, locust bean gum), acidity regulators (sodium citrate, citric acid), mineral salt (calcium citrate), natural flavours, carrot and blackcurrant concentrate CONTAINS: Milk D				

WEEK DAY		1 TUESDAY	
A		B	
<p>ROAST PORK WITH APPLE SAUCE AND RICH GRAVY Pork: Pork (98%), thickener (1412), starch (tapioca), salt, mineral salts (451, 450, 452), roast pork rub (colour 150c), flavour enhancers (627, 631) water Sauce: Apples, water Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), salt and cracked pepper CONTAINS: Milk, soy Ø D F FR (SUITABLE TO FREEZE)</p>		<p>NORTH AFRICAN LAMB CASSEROLE Lamb, carrots, onions, celery, garlic, cumin, cinnamon, paprika, turmeric, fresh coriander, allspice, cayenne, crushed tomato, parsley, chickpeas, salt and pepper CONTAINS: Milk Ø D F X S (SUITABLE TO FREEZE)</p>	
SIDES		DESSERT	
<p>Mash potato, (butter (pasteurized cream, water, salt, milk fat 80% minimum), milk (pasteurized and homogenized whole milk), salt and pepper), broccoli and pumpkin CONTAINS: Milk</p>		<p>LAMINGTON CAKE WITH CUSTARD Cake: Wheat flour, sugar, vegetable oil {emulsifier (471, 477), antioxidant (soybean lecithin, 307)}, milk solids, raising agents (450, 500), thickener (1422, 415), emulsifiers (471, 472 (b), 472 a), salt preservative (281), colour (102, 110), eggs, coco powder, desiccated coconut, margarine (vegetable oils 60% (containing 47% canola oil), water, salt emulsifiers {471, 322 (from soy)}, milk solids, preservative(202), food acid (270), natural colour (160a), vitamins A and D, natural flavour, maize starch, colour (102) Custard: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar CONTAINS: Wheat (gluten), eggs, milk, soy D</p>	

SOUP BRAISED BEEF, TOMATO AND VEGGIE SOUP

C **D**

CHINESE HONEY CHICKEN STIRFRY WITH RICE
Chicken, honey, soy, ginger, sesame oil, corn flour, spring onion, cashews, carrots, celery, capsicum, bok choy, salt and pepper
Rice: Rice, salt, water
CONTAINS: Soy, sesame and nuts Ø D F X (SUITABLE TO FREEZE)

MUSHROOM, LEEK AND RICOTTA QUICHE
Pastry: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavour, antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330)
Filling: Eggs, cream (halal gelatin, milk and milk products), cheese (pasteurized milk, salt, cultures, enzyme), ricotta cheese (pasteurized milk, salt, cultures, enzyme), mushroom, leek, thyme, salt and pepper
CONTAINS: Wheat (gluten), eggs, milk, soy Ø D F FR (SUITABLE TO FREEZE)

WEEK DAY	1 WEDNESDAY		SOUP	TUSCAN CHICKEN AND VEGGIE SOUP
A	B	C	D	
<p>CACCIATORE ROAST CHICKEN FILLET WITH STOCK SAUCE</p> <p>Chicken fillet, tomato paste, olive oil, garlic, salt and cracked pepper</p> <p>Sauce: Stock from chicken, crushed tomato, olives, white wine (sulphites), cornflour, parsley, salt, pepper</p> <p>CONTAINS: Sulphites</p> <p>Ø D Ĥ FR</p> <p>(SUITABLE TO FREEZE)</p>	<p>NORTHERN ITALIAN BEEF STEW</p> <p>Beef, carrots, onion, celery, crushed tomato, red wine (sulphites), garlic, basil, thyme, marjoram, sage, salt and cracked pepper, gluten free beef stock (salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), food acid (330) (contain soy)], yeast extract, soy sauce powder [contains food acid (260) (contains soy and wheat)], flavours, hydrolyzed vegetable protein (contains soy and wheat), colour (150c), onion powder, flavour enhancer (635), spice, food acid (330)</p> <p>CONTAINS: Soy, wheat (gluten free), sulphites, may contain milk, sesame</p> <p>Ø D Ĥ X</p> <p>(SUITABLE TO FREEZE)</p>	<p>LEEK, BACON AND CHEDDER QUICHE</p> <p>Pastry: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavour, antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330)</p> <p>Filling: Eggs, cream (halal gelatin, milk and milk products), cheese (pasteurized milk, salt, cultures, enzyme), bacon [pork, water, salt, sugar, mineral salts (451), natural wood smoke], leek, thyme, salt and pepper</p> <p>CONTAINS: Wheat (gluten), eggs, milk, soy</p> <p>Ø D Ĥ FR</p> <p>(SUITABLE TO FREEZE)</p>	<p>CHERVIL, TOMATO AND CAPSICUM SLICE WITH BEETROOT RELISH</p> <p>Chervil, tomato, capsicum, eggs, cream (halal gelatin, milk and milk products), feta (pasteurized milk, salt, cultures, enzyme), tasty cheese (pasteurized milk, salt, cultures, enzyme), salt and pepper</p> <p>Relish: Beetroot, water, sugar, red vinegar, modified starch (1422), lemon juice, garlic, salt, herbs and spices</p> <p>CONTAINS: Eggs, milk</p> <p>Ø D Ĥ</p> <p>(SUITABLE TO FREEZE)</p>	
SIDES			DESSERT	
<p>Roast potato (salt, pepper and oil), butter beans and carrots</p>			<p>CARROT CAKE WITH CUSTARD</p> <p>Cake: Sugar, eggs, carrots (14%), vegetable oil, wheat flour, sultanas (5%), sour cream, raising agent (calcium phosphate, sodium bicarbonate), neufchatel cheese, walnuts, flavour, butter, spices, mixed fruit, nuts and seeds</p> <p>Custard: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar</p> <p>CONTAINS: Milk, egg, wheat, milk, nuts D Ĥ</p>	

WEEK DAY		1 THURSDAY		SOUP		ROASTED RED PEPPER, GARLIC AND TOMATO SOUP	
A		B		C		D	
ROAST BEEF WITH SEEDED MUSTARD AND RED WINE 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, flavour, food acid (330), flavour enhancer (635), spice, seeded mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], red wine (sulphites), salt and cracked pepper CONTAINS: Milk, soy, sulphites Ø D F FR (SUITABLE TO FREEZE)		ASIAN GLAZED CHICKEN DRUMSTICKS WITH RICE Chicken drumsticks: Chicken, honey, brown sugar, garlic, ginger, pepper, sesame seeds, sesame oil, gluten free soy sauce (water, soybeans (20%), rice, salt, contains (3.2% alcohol v/v) from the natural brewing process) Stock gravy: Liquid stock from chicken, spring onion, salt and pepper, corn flour Rice: Rice, turmeric, salt, water CONTAINS: Soy, sesame Ø D F FR (SUITABLE TO FREEZE)		MASALA LAMB CURRY WITH RICE Diced lamb, garam masala, black mustard seeds, turmeric, onions, garlic, red chilli, fresh coriander, coconut milk, gluten free beef stock powder (salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), food acid (330) (contain soy)], yeast extract, soy sauce powder (derived from wheat), colour (150c), hydrolyzed vegetable protein (contain soy), flavour, onion powder, flavour enhancer (635), spice, food acid (330)) Rice: Rice, turmeric, salt CONTAINS: Soy, wheat (gluten free), may contain milk, sesame Ø D F X S (SUITABLE TO FREEZE)		WINTER ROOT VEGETABLE STRUDEL WITH TOMATO RELISH Pastry: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavour, antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330) Filling: Pumpkin, sweet potato, red onion, carrot, tomato relish (tomato 50%, sugar, onion, vinegar concentrated tomato, thickener {1422}, salt, spices, garlic, acidity regulator {330} and firming agent {509}), egg, milk (pasteurized and homogenized whole milk) CONTAINS: Soy, wheat (gluten), egg D F FR (SUITABLE TO FREEZE)	
SIDES				DESSERT			
Mustard potato (cream [pasteurized and homogenized whole milk], whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric]), (A) and (D) meal, Rice (B) and (C) meal, zucchini and peas, corn and capsicum CONTAINS: Milk				AUSTRALIAN NATIVE DAVIDSON PLUM PANNA COTTA Reconstituted milk solids, cream {skim milk, cream, thickener (1422), emulsifier (472e), vegetable gums (415, 407)}, sugar, beef gelatin, flavours, colour and mineral (calcium) CONTAINS: Milk D			

WEEK DAY		1 FRIDAY		SOUP		HUNGARIAN MUSHROOM SOUP	
A		B		C		D	
OVEN ROASTED CHICKEN FILLET WITH CREAMY WINE, TARRAGON AND MUSHROOM SAUCE Chicken fillet, lemon juice/zest, garlic, thyme, olive oil, salt and cracked pepper Sauce: Cream (halal gelatin, milk and milk products), mushroom, tarragon, white wine (sulphites), nutmeg, salt and cracked pepper CONTAINS: Milk, sulphites Ø D F FR (SUITABLE TO FREEZE)		BEER BATTERED FISH WITH HERB AND LEMON MAYONNAISE Fish: White fish (60%), coating (wheat flour, water, palm oil, thickeners (1404), salt, mineral salts (450, 500), flavour enhancer (621), sugar, milk powder (0.1%) Mayonnaise: Canola oil (76%), pasteurized free range egg yolks (7.5%), water, vinegar, sugar, salt, lemon juice concentrated, natural mustard flavour, antioxidant (385), lemon zest, chives, parsley and cracked pepper CONTAINS: Fish, wheat (gluten), milk, egg Ø D FR		SESAME, GINGER AND CASHEW PORK STIRFRY WITH RICE Pork, sesame oil, honey, sweet soy (palm sugar 76%, wheat preservatives, E211, E223), red chilli, ginger, gluten free soy sauce (water, soybeans (20%), rice, salt, contains (3.2% alcohol v/v) from the natural brewing process), spring onion, carrots, celery, capsicum, bok choy, cashews, corn flour, salt and cracked pepper Rice: Rice, salt, water CONTAINS: Soy, nuts, wheat, sesame D F X S		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]) Rice: Rice, turmeric, water, salt CONTAINS: Soy, eggs Ø D F X S (SUITABLE TO FREEZE)	
SIDES				DESSERT			
Creamy parmesan and cream potato (Cream [halal gelatin, milk and milk products], parmesan (pasteurized milk, salt, cultures, enzyme), salt and pepper (A) and (B) meal, Rice (C) and (D) meal, red cabbage and diced carrots CONTAINS: Milk				VANILLA COCONUT CUSTARD Coconut milk (reconstituted), water, sugar, modified tapioca starch (1422), pea protein, flavour, vegetable gums (407,415), colours (102, 110) CONTAINS: No allergens D			

WEEK DAY		2 MONDAY	
A		B	
<p>CORN BEEF WITH CREAMY MUSHROOM GRAVY</p> <p>Corn beef: Brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolyzed vegetable protein (maize), vegetable oil, humectants (422)</p> <p>Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, cream (halal gelatin, milk and milk products), mushrooms, thyme, salt and pepper</p> <p>CONTAINS: Milk, soy Ø D Ĥ FR (SUITABLE TO FREEZE)</p>		<p>PORK AND FENNEL SAUSAGE WITH ONION GRAVY</p> <p>Sausage: Pork, premix continental (rice flour, salt, mineral salt {451}, preservative {223}, spice, spice extracts {160}, herb extracts, vegetable powder), water, pepper, garlic, beef, sweet sherry, fennel</p> <p>Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, onions, thyme, salt and pepper</p> <p>CONTAINS: Milk, soy Ø D Ĥ X (SUITABLE TO FREEZE)</p>	
SIDES		DESSERT	
<p>Roasted chat potato (oil, salt and pepper), cross cut beans and carrots</p>		<p>PASSIONFRUIT YOGHURT</p> <p>Yoghurt (82%) {skim milk, live yoghurt cultures}, passion fruit blend (18%) {sugar, passion fruit (33%), water, vegetable gums (pectin, locust bean gum), acidity regulators (sodium citrate, citric acid), mineral salt (calcium citrate), natural flavours</p> <p>CONTAINS: Milk D</p>	

SOUP CREAMY POTATO, LEEK AND CHIVE SOUP

C D

CHICKEN SCHNITZEL WITH RICH GRAVY

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

Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, parsley, salt and cracked pepper

CONTAINS: Milk, soy, wheat (gluten) FR D X

ROASTED GARLIC AND MUSHROOM RISOTTO

Arborio rice, button mushroom, swiss brown mushrooms, parsley, onion, thyme, garlic, white wine (sulphites), cream (halal gelatin, milk and milk products), parmesan (pasteurized milk, salt, cultures, enzyme), salt and cracked pepper

CONTAINS: Milk, sulphites
Ø D X Ĥ
(SUITABLE TO FREEZE)

WEEK DAY		2 TUESDAY		SOUP		CREAMY CHICKEN, VEGGIE AND TURMERIC SOUP	
A		B		C		D	
ROAST LAMB WITH ROSEMARY AND CRACKED PEPPER GRAVY Lamb, herbs, salt and pepper Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, rosemary, cracked black pepper and salt CONTAINS: Milk, soy Ø D F FR (SUITABLE TO FREEZE)		SPANISH BEEF STEW Diced beef, red wine (contain sulphites), gluten free beef booster [salt, sugar, maize, starch, beef fat 5.6% , antioxidant (306), food acid (330) (contains soy), yeast extract, soy sauce powder (contains food acid (260) (contains soy and wheat flavours (contain soy), hydrolyzed vegetable protein, colour (150c), onion powder, flavour enhancer (635), spice, food acid (330), parsley, oregano, paprika, cumin powder, garlic, celery , carrots, onions, tomato paste, sliced black olives, salt and cracked pepper CONTAINS: Soy, sulphites, wheat (gluten free), may contain milk, sesame Ø D F X S (SUITABLE TO FREEZE)		SWEET POTATO AND CHORIZO TART Pastry: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavour , antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330) Filling: 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, sweet potato, capsicum, red onion, parsley, cheese (pasteurized milk, salt, cultures, enzyme), eggs and cream (halal gelatin, milk and milk products), salt, pepper CONTAINS: Milk, eggs, wheat (gluten), soy Ø D F FR S (SUITABLE TO FREEZE)		SWEET POTATO, SPINACH AND CAPSICUM QUICHE Pastry: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavour, antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330) Filling: Tasty cheese (pasteurized milk, salt, cultures, enzyme), sweet potato, spinach, thyme, capsicum, eggs, cream (halal gelatin, milk and milk products), salt and pepper, feta cheese (pasteurized milk, salt, cultures, enzyme) CONTAINS: Milk, eggs, wheat (gluten), soy Ø D F (SUITABLE TO FREEZE)	
SIDES				DESSERT			
Mash potato (butter [pasteurized cream, water, salt, milk fat 80% minimum], cream [halal gelatin, milk and milk products], salt and pepper), peas and pumpkin CONTAINS: Milk				RASPBERRY AND COCONUT MUFFIN CAKE WITH CUSTARD Cake: Wheat flour (wheat flour, vitamins (thiamin, folate), sugar, vegetable fat and oil (palm, canola, coconut (emulsifiers 471, 477), antioxidant (322 from soy, 307)), milk solids, egg powder, raising agents (541,500), salt, maize starch, flavours, colours (102,110), raspberries, coconut, butter (pasteurized cream, water, salt, milk fat 80% minimum) Custard: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar CONTAINS: Wheat (gluten), egg, milk, soy D			

WEEK DAY	2 WEDNESDAY		SOUP	BEEF, CHICKPEA AND VEGGIE SOUP
A	B	C	D	
<p>ROAST BEEF WITH MUSHROOM, THYME AND BLACK PEPPER GRAVY</p> <p>Beef: Porterhouse, salt and pepper</p> <p>Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, mushrooms, thyme, cracked black pepper and salt</p> <p>CONTAINS: Milk, soy</p> <p>Ø D F FR</p> <p>(SUITABLE TO FREEZE)</p>	<p>HONEY AND MUSTARD BBQ CHICKEN DRUMSTICKS WITH STOCK GRAVY</p> <p>Chicken drumsticks, red chilli, djon mustard (water, mustard seed 18%, salt, sugar, food acid{acetic}, turmeric), red onion, tomato paste, honey, olive oil, salt and pepper</p> <p>Stock Gravy: Liquid stock from chicken, fresh parsley, salt and pepper, corn flour</p> <p>CONTAINS: No allergens</p> <p>Ø D F FR S</p> <p>(SUITABLE TO FREEZE)</p>	<p>WINTER VEGETABLE, LAMB AND MINT STEW</p> <p>Stew: Lamb, carrots, onions, parsnip, potato, gluten free beef stock (salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), food acid (330) (contain soy)], yeast extract, soy sauce powder [contains food acid (260) (contains soy and wheat)], flavours, hydrolyzed vegetable protein (contains soy and wheat), colour (150c), onion powder, flavour enhancer (635), spice, food acid (330), tomato paste, thyme, parsley, mint, crushed tomato, salt and pepper</p> <p>CONTAINS: Soy, milk, wheat (gluten free), may contain sesame</p> <p>Ø D F X</p> <p>(SUITABLE TO FREEZE)</p>	<p>LEEK, SAGE, FETA AND PINENUT RISOTTO</p> <p>Arborio rice, leek, sage, spinach, garlic, white wine (sulphites), nutmeg, cream (halal gelatin, milk and milk products), lemon zest, feta (pasteurized milk, salt, cultures, enzyme), pinenuts, salt and cracked pepper</p> <p>CONTAINS: Milk, sulphites, nuts</p> <p>Ø D F X</p> <p>(SUITABLE TO FREEZE)</p>	
SIDES			DESSERT	
<p>Rosemary and thyme roast potato, bite sized broccoli, cauliflower and carrot</p>			<p>HUMMINGBIRD CAKE WITH CUSTARD</p> <p>Cake: Sugar, wheat flour, bananas, water, milk, eggs, vegetable oil, raising agents (calcium phosphate, sodium bicarbonate), canola oil, coconut, pineapple, neufchatel cheese, icing sugar, sour cream, water, flavours, chocolate (emulsifier, soy lecithin 322)</p> <p>Custard: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar</p> <p>CONTAINS: Milk, wheat (gluten), soy, egg D F (SUITABLE TO FREEZE)</p>	

WEEK DAY		2 THURSDAY	
A		B	
ROAST PORK WITH RED 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, flavour, food acid (330), flavour enhancer (635), spice, thyme, red onion, salt and pepper CONTAINS: Milk, soy Ø D F FR (SUITABLE TO FREEZE)		THAI STYLE CHICKEN STIRFRY WITH RICE Diced chicken, celery, carrots, spring onion, capsicum, bok choy, lemon grass, garlic, lime juice/zest, red chilli, coriander, thai basil, gluten free soy (water, soy beans 20%, rice, salt contains 3.2% alcohol from the natural brewing process), brown sugar, corn flour, salt and pepper Rice: Rice, salt and water CONTAINS: Soy Ø D F X S (SUITABLE TO FREEZE)	
SOUP		CREAMY TOMATO, LEEK AND LENTIL SOUP	
C		D	
BRAISED BEEF TORTELLINI WITH CREAMY TOMATO 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 enhancers (621), eggs, salt, garlic, herbs and spices Sauce: Cream (halal gelatin, milk and milk products), crushed tomatoes, parmesan (pasteurized milk, salt, cultures, enzyme), white wine (sulphites), garlic, basil, corn flour, salt and pepper CONTAINS: Milk, wheat (gluten), egg, sulphites D X		PUMPKIN, SPINACH AND LEEK MORNAY WITH PANKO CRUMB PUMPKIN AND RICOTTA RAVIOLI WITH CREAMY HERB AND BUTTER SAUCE Ravioli: Pasta (durum wheat semolina (75%), pasteurized egg, water), filling (pumpkin, herbs, parmesan cheese) Sauce: Cream (halal gelatin, milk and milk products), butter, thyme, sage, parmesan (pasteurized milk, salt, cultures, enzyme), white wine (sulphites), garlic, corn flour, salt and pepper CONTAINS: Milk, wheat (gluten), egg, sulphites, may contain traces of soy D	
SIDES		DESSERT	
Mustard cream baked potato (cream [halal gelatin, milk and milk products], whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric]) (A), (C) and (D) meal, Rice (B) meal, cabbage and corn CONTAINS: Milk		FRUIT TRIFLE Water, milk solids, sugar, modified starch (1422), fruit (5%) (pears, peaches, pineapple), halal gelatin, wheat flour, eggs, raising agents (503, 500), glucose syrup, food acid (297, 331), flavours, sweeteners (952, 950), colours (160a, 122), mineral (calcium) CONTAINS: Milk, egg, wheat (gluten), sulphites, may contain tree nuts D	

WEEK DAY		2 FRIDAY		SOUP		CAULIFLOWER, NUTMEG, CELERY AND BACON SOUP	
A		B		C		D	
<p>CHERMOULA BAKED CHICKEN FILLET WITH STOCK SAUCE</p> <p>Chicken fillet, lemon juice/zest, turmeric, cumin powder, red chilli, paprika, cinnamon, fresh coriander, brown sugar, olive oil, salt and pepper</p> <p>Sauce: Stock from chicken, water, parsley, corn flour, salt and pepper</p> <p>CONTAINS: No allergens</p> <p>Ø D F FR S</p> <p>(SUITABLE TO FREEZE)</p>		<p>CRUMBED FISH WITH TARTARE SAUCE</p> <p>Fish: Formed Basa portions (52%), water, wheat flour, canola oil, thickeners (1404, xanthan gum, guar gum) maize flour, maize starch, acidity regulators (potassium citrate, calcium citrate 451, sodium citrate 450, sodium bicarbonate, salt, rice, flour, yeast, food acid (citric), egg powder, sugar, maltodextrin, glucose</p> <p>Tartare Sauce: Water, soybean oil, vinegar, sugar, egg yolk, gherkins, salt, capers, parsley, thickeners (1422), mustard, vegetable gum (xanthan), garlic puree, preservatives (200, 385), herbs</p> <p>CONTAINS: Soybean and egg products, fish, wheat (gluten)</p> <p>Ø D FR</p>		<p>SAVOURY MEATLOAF WITH RED WINE AND HERB GRAVY</p> <p>Beef (80%), water, tomato, onion, pepper, garlic, parsley, salt, gluten free breadcrumbs</p> <p>Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, red wine (sulphites), parsley, thyme, oregano, salt and cracked pepper</p> <p>CONTAINS: Milk, soy, sulphites</p> <p>Ø D F X</p> <p>(SUITABLE TO FREEZE)</p>		<p>PASTA PRIMAVERA</p> <p>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), salt and pepper</p> <p>CONTAINS: Milk, wheat (gluten), may contain traces of egg and soy</p> <p>D F X</p> <p>(SUITABLE TO FREEZE)</p>	
SIDES				DESSERT			
<p>Roast potato, yellow butter beans and peas</p>				<p>CHOCOLATE PANNA COTTA</p> <p>Reconstituted milk solids, cream {skim milk, cream, thickener (1422), emulsifier (472e), vegetable gums (415, 407)}, sugar, beef gelatin, natural flavour, vegetable gum (407), natural colour and mineral (calcium)</p> <p>CONTAINS: Milk D</p>			

WEEK DAY		3 MONDAY	
A		B	
ROAST PORK WITH HERB AND TOMATO 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, flavour, food acid (330), flavour enhancer (635), spice, oregano, basil, parsley, crushed tomato, salt and cracked pepper CONTAINS: Milk, soy Ø D Ĥ FR (SUITABLE TO FREEZE)		CHICKEN SCHNITZEL WITH LEMON AND PARSLEY 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, parsley, turmeric, corn flour, salt and pepper CONTAINS: Milk, soy, wheat (gluten) FR D X	
SIDES		DESSERT	
Roasted chats, peas, corn and capsicum		BLUEBERRY YOGHURT Yoghurt (82%) {skim milk, live yoghurt cultures}, blueberry blend (18%) {blueberries (45%), sugar, water, vegetable gums (pectin, locust bean gum), acidity regulators (sodium citrate, citric acid), mineral salt (calcium citrate), natural flavours CONTAINS: Milk D	

SOUP		PUMPKIN, BACON AND CHICKPEA SOUP	
C		D	
SAVOURY BEEF AND SAGE RISSOLES WITH TOMATO GRAVY Rissole: Beef mince, sage, onion, salt and pepper Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, crushed tomato, salt and cracked pepper CONTAINS: Milk, soy Ø D Ĥ (SUITABLE TO FREEZE)		GRILLED CHEESY VEGGIE PATTIE WITH TOMATO 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) Tomato Relish: Tomato (50%), sugar, onion, vinegar, concentrated tomato, thickener (1422), salt, spices, garlic, acidity regulator (330) and firming agent (509) CONTAINS: Milk Ø D X	

**WEEK
DAY**

**3
TUESDAY**

A

B

SOUP

LEBANESE CHICKEN, VEGGIE AND LENTIL SOUP

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, flavour, food acid (330), flavour enhancer (635), spice, crushed tomato, basil, oregano, parsley, salt and pepper

CONTAINS: Milk, soy

Ø D F FR

(SUITABLE TO FREEZE)

**MONGOLIAN BEEF STIRFRY WITH
RICE**

Beef strips, capsicum, carrot, bok choy, spring onion, celery, mongolian sauce (water, sugar, soy sauce (17%) (water, soybean, rice, salt)), sherry, thickeners (1422, 415), onion, chillies (1.6%), vegetable oil, food acids (acetic, lactic), garlic, yeast extract, colour (150d), salt, natural flavour, salt, pepper and oil

Rice: Rice, turmeric, salt and water

**CONTAINS: Soy, may contain milk,
sesame, peanuts and tree nuts**

Ø D F X S

**SMOKED CHICKEN, SPINACH
AND MUSHROOM QUICHE**

Pastry: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavour, antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330)

Filling: 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), spinach, mushroom, salt and pepper

**CONTAINS: Milk, eggs, wheat
(gluten), soy**

Ø D F FR

(SUITABLE TO FREEZE)

**PERSIAN MINT AND VEGETABLE
STEW**

Pumpkin, sweet potato, carrot, capsicum, red onion, crushed tomato, mint, chickpeas, cinnamon, paprika, turmeric, salt and cracked pepper

CONTAINS: Milk

Ø D F X

(SUITABLE TO FREEZE)

SIDES

Potato mash (milk [pasteurized and homogenized whole milk], butter [pasteurized cream, water, salt, milk fat 80% minimum]) (A), (C) and (D) meals, Rice (B) meal, red cabbage and corn

CONTAINS: Milk

DESSERT

LEMON, CRANBERRY AND COCONUT CAKE WITH CUSTARD

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

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

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

WEEK DAY		3 WEDNESDAY		SOUP		BEEF AND VEGGIE GOULASH SOUP	
A		B		C		D	
<p>AMERICAN STYLE BBQ CHICKEN FILLET WITH STOCK GRAVY</p> <p>Chicken fillet, olive oil, brown sugar, paprika, garlic powder, onion powder, cumin, dry mustard, cayenne, salt and cracked pepper</p> <p>Sauce: Stock from roast chicken, parsley, salt, pepper and corn flour</p> <p>CONTAINS: No allergens</p> <p>Ø D F FR S</p> <p>(SUITABLE TO FREEZE)</p>		<p>PORK KRANSKY SAUSAGE WITH ONION GRAVY</p> <p>Sausage: Pork (88%), water, salt, tapioca starch, spices, mineral salt (450, 451, 452, 341), antioxidant (316), spice extract (carrier dextrose), sodium nitrite (250), humectants (1520), colour (124), flavour, smoked</p> <p>Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, onions, sage, salt and cracked pepper</p> <p>CONTAINS: Milk, soy</p> <p>Ø D F FR X</p> <p>(SUITABLE TO FREEZE)</p>		<p>MALAYSIAN BEEF CURRY WITH RICE</p> <p>Beef, 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</p> <p>Rice: Rice, salt, turmeric and water</p> <p>CONTAINS: No allergens</p> <p>Ø D F X S</p> <p>(SUITABLE TO FREEZE)</p>		<p>ROAST PUMPKIN, SPRING ONION, PARMESAN AND SPINACH RISOTTO</p> <p>Arborio rice, pumpkin, spring onion, spinach, garlic, white wine (sulphites), nutmeg, cream (halal gelatin, milk and milk products), lemon zest, parmesan (pasteurized milk, salt, cultures, enzyme), salt and cracked pepper</p> <p>CONTAINS: Milk, sulphites</p> <p>Ø D F X</p> <p>(SUITABLE TO FREEZE)</p>	
SIDES				DESSERT			
<p>Roast potato (A), (B) and (D) meals, Rice (C) meal, broccoli and diced carrots</p>				<p>BANANA AND BLUEBERRY CAKE WITH CUSTARD</p> <p>Cake: Sugar, wheat flour, bananas (23%), water, milk, eggs, vegetable oil, raising agents (calcium phosphate, sodium bicarbonate), blueberries, canola oil, neufchatel, icing sugar</p> <p>Custard: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar</p> <p>CONTAINS: Wheat, milk, eggs D F (SUITABLE TO FREEZE)</p>			

WEEK DAY		3 THURSDAY	
A		B	
<p>ROAST TURKEY WITH RED WINE AND HERB GRAVY</p> <p>Turkey: Turkey breast (minimum 80%), water, salt, thickener (1422 maize), dextrose, vegetable gum (407), mineral salts (451,452), preservative (223 sulphites), humectants (422), colour (150c maize)</p> <p>Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, red wine (sulphites), parsley, thyme, salt and cracked pepper</p> <p>CONTAINS: Milk, soy, sulphites Ø D F FR (SUITABLE TO FREEZE)</p>		<p>BLACK BEAN BEEF STIR FRY WITH RICE</p> <p>Beef strips, black bean sauce (water, sugar, fermented black bean {14%} {black bean, salt}, ginger, salt, thickener [1422, 415], vinegar, soybean oil, colour [150C], soy sauce [water soybean, salt, wheat flour], preservative [211]), carrots, capsicum, onion ,celery, bok choy, spring onion, oil, salt and pepper</p> <p>Rice: Rice, salt, pepper and water</p> <p>CONTAINS: Soy, wheat, may be present: crustacean, fish, sesame, peanuts and tree nuts</p> <p>D F X</p>	
SIDES		DESSERT	
<p>Paprika and nutmeg roast potato (salt, oil, spices) (A), (C) and (D) meals, Rice (B) meal, peas and pumpkin</p>		<p>OLD STYLE TUNA MORNAY WITH PANKO CRUMB</p> <p>Pasta (durum wheat semolina), cream (halal gelatin, milk and milk products), tasty cheese (pasteurized milk, salt, cultures, enzyme), parmesan (pasteurized milk, salt, cultures, enzyme), feta (pasteurized milk, salt, cultures, enzyme), leek, spring onion, lemon zest, nutmeg, corn flour, panko crumbs [wheat flour, yeast, salt, palm oil, glucose, food contains ammonium chloride, acidity regulator (E516)], tuna, salt and pepper</p> <p>CONTAINS: Milk, wheat (gluten), fish, may contain traces of egg and soy</p> <p>D F X</p> <p>(SUITABLE TO FREEZE)</p>	
		<p>SPINACH AND RICOTTA RAVIOLI WITH CHEESE SAUCE</p> <p>Pasta: (durum wheat semolina (75%), pasteurized egg, water), filling (ricotta, spinach, bread crumbs, parmesan cheese)</p> <p>Sauce: Cream (halal gelatin, milk and milk products), cheese (pasteurized milk, salt, cultures, enzyme), chives, corn flour, salt and cracked pepper</p> <p>CONTAINS: Milk, wheat (gluten), egg, may contain traces of soy</p> <p>D X</p>	
		<p>AUSTRALIAN NATIVE WATTLESEED CHOCOLATE PANNA COTTA</p> <p>Reconstituted milk solids, cream {skim milk, cream, thickener (1422), emulsifier (472e), vegetable gums (415, 407)}, sugar, beef gelatin, flavours, colour and mineral (calcium)</p> <p>CONTAINS: Milk D</p>	
		<p>SOUP</p> <p>SPINACH, CHICKPEA AND TOMATO SOUP</p>	

WEEK DAY		3 FRIDAY		SOUP		CREAMY SWEET POTATO, CHICKEN AND PARSLEY SOUP	
A		B		C		D	
CORN BEEF WITH FRENCH CREAM SAUCE Corn Beef: Beef, brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolyzed vegetable protein (maize), vegetable oil, humectants (422) Sauce: Cream (halal gelatin, milk and milk products), white wine, tarragon, green peppercorns, dijon mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], parsley, corn flour, salt and pepper CONTAINS: Milk, sulphites Ø D F FR (SUITABLE TO FREEZE)		LEMON, PANKO AND PARSLEY CRUSTED FISH WITH CHIVE CREAM SAUCE Fish: Hake, butter (pasteurized cream, water, salt, milk fat 80% minimum), parsley, lemon zest, salt, pepper, panko breadcrumbs (wheat flour, yeast, salt, palm oil, glucose, yeast food contain ammonium chloride, acidity regulator E516) Sauce: Cream (halal gelatin, milk and milk products), turmeric, lemon zest, chive, salt, pepper CONTAINS: Fish, wheat (gluten), milk Ø D FR		LIME AND LEMONGRASS CHICKEN NOODLE STIRFRY Hokkien noodles: Wheat flour (72%), water, vegetable oil, noodle improver, emulsifying salt (451, 450), thickener (415), preservative (202), lye water, baking powder, color (101, 102) Chicken: Diced chicken, lime juice/zest, lemongrass, spring onions, sweet chilli (sugar, water, chilli, salt, thickener {1442, 415}, acidity regulator {260}, preservative {202}), bok choy, capsicum, celery, onion, egg, salt and pepper CONTAINS: Wheat (gluten), egg D F X S (SUITABLE TO FREEZE)		SHITAKE MUSHROOM AND EGG FRIED RICE Rice, spring onion, ginger, eggs, carrots, celery, capsicum, bok choy, shitake mushroom, gluten free soy (water, soybeans (20 %), rice, salt contains 3.2 % alcohol from the natural brewing process), vegetable booster [(salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley), flavour enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch, colour (riboflavin)], oil, salt and cracked pepper CONTAINS: Eggs, soy Ø D F X (SUITABLE TO FREEZE)	
SIDES				DESSERT			
Cream potato (cream [halal gelatin, milk and milk products] salt and pepper) (A) and (B) meal, cabbage and crosscut beans CONTAINS: Milk				VANILLA CREAMED RICE Reconstituted milk solids, milk, cream, rice, sugar, water, modified starch (1422), flavour, mineral (calcium) CONTAINS: Milk D			

WEEK DAY		4 MONDAY			
A		B			
GREEK STYLE ROAST CHICKEN WITH HERB GRAVY Chicken fillet, honey, lemon juice/zest, olive oil, garlic, oregano, salt and pepper Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, parsley, oregano, salt and pepper CONTAINS: Milk, soy Ø D Ę FR (SUITABLE TO FREEZE)		BRATWURST SAUSAGE WITH CRACKED PEPPER GRAVY Sausage: Pork beef 80%, water, pepper, sweet sherry, premix continental (rice flour, salt, mineral salt {451}, preservative {223}, spice, spice extracts {160}, herb extracts, vegetable powder) Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (acetic), turmeric], acid (330), flavour enhancer (635), spice, parsley, salt and cracked pepper CONTAINS: Milk, soy Ø D Ę (SUITABLE TO FREEZE)			
SIDES		DESSERT			
Tuscan roasted chat potato (oil, salt, pepper, spices, herbs, garlic), yellow butter beans and carrots		SOUP POTATO, LEEK AND MINTED PEA SOUP C SAVOURY TURKEY AND SAGE RISSOLES WITH HERB GRAVY Rissole: Turkey mince, sage, onion, salt and pepper Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, parsley, sage, thyme, salt and pepper CONTAINS: Milk, soy Ø D Ę X (SUITABLE TO FREEZE)		D RICOTTA AND SPINACH SAUSAGE ROLL WITH TOMATO CHUTNEY Sausage Roll: Ricotta cheese (28%) [milk, whey solids, food acid (260)], wheat flour, vegetable oil [vegetable oil, water, salt, emulsifiers (471, soybean lecithin), antioxidant (320), flavour], spinach reconstituted (9%) [water, dehydrated spinach], water, potato, maltodextrin, onion, breadcrumbs [wheat], potato flakes, cheese powders [milk], whey protein concentrate, wheat fibre, spices, salt, flavour, pastry glaze [milk solids, colour (160a)] Tomato Relish: Tomato (50%), sugar, onion, vinegar, concentrated tomato, thickener (1422), salt, spices, garlic, acidity regulator (330) and firming agent (509) CONTAINS: Wheat (gluten), milk, soy and maybe egg present D X	
STRAWBERRY YOGHURT Yoghurt (82%) {skim milk, live yoghurt cultures}, strawberry blend (18%) {strawberries (43%), sugar, water, vegetable gums (pectin, locust bean gum), acidity regulators (sodium citrate, citric acid), mineral salt (calcium citrate), natural flavours, carrot and blackcurrant concentrate CONTAINS: Milk D					

WEEK DAY		4 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, flavour, food acid (330), flavour enhancer (635), spice, horseradish (horseradish (46%) (contain sulphites), water, mustard seed, sugar, salt, food acid (acetic), vegetable oil, mustard extract, vegetable gum (xanthan (contains soy)), preservatives (sodium metabisulphate), parsley, salt and cracked pepper CONTAINS: Milk, soy, sulphites Ø D F FR S (SUITABLE TO FREEZE)		OVEN GRILLED LAMB MEATBALLS WITH ROSEMARY AND ONION GRAVY Lamb, onion, parsley, gluten free bread crumbs, garlic, salt and pepper Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, rosemary, onion, salt and cracked pepper CONTAINS: Milk, soy Ø D F X (SUITABLE TO FREEZE)	
SIDES		DESSERT	
Mash potato (butter [pasteurized cream, water, salt, milk fat 80% minimum], cream [halal gelatin, milk and milk products], salt and pepper) (A), (B) and (C) meals, Rice (D) meal, broccoli and pumpkin		BLUEBERRY CRUMBLE CAKE WITH CUSTARD Cake: Wheat flour (wheat flour, vitamins (thiamin, folate), sugar, vegetable fat and oil (palm, canola, coconut (emulsifiers 471, 477), antioxidant (322 from soy, 307)), milk solids, egg powder, raising agents (541,500), salt, maize starch, flavours, colours (102,110), blueberries, coconut, butter (pasteurized cream, water, salt, milk fat 80% minimum) Custard: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar CONTAINS: Wheat (gluten), egg, milk, soy D	

SOUP		WINTER ROOT VEGETABLE AND CHICKEN SOUP	
C		D	
SPANISH CHICKEN CASSEROLE Chicken, leek, spring onion, celery, thyme, parsley, lemon zest/juice, olive oil, pinenuts, white wine (sulphites), corn flour, salt and pepper, chicken booster (salt, sugar, maize starch, chicken fat (3.6%), onion powder, yeast extract, flavour, chicken powder (1%), flavour enhancer (635), color (150), spice CONTAINS: Nuts, sulphites, may contain milk, sesame and soy Ø D F X (SUITABLE TO FREEZE)		THAI YELLOW CAULIFLOWER AND CHICKPEA 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), chickpea, onion, cauliflower, coconut milk, palm sugar, fresh coriander, salt and pepper Rice: Rice, turmeric, salt and water CONTAINS: May contain wheat, soybean, sesame, fish and crustacean Ø D F X S (SUITABLE TO FREEZE)	

WEEK DAY	4 WEDNESDAY		SOUP	LAMB, VEGETABLE AND BARLEY SOUP
A	B	C	D	
<p>ROAST PORK WITH ROASTED GARLIC AND DILL GRAVY</p> <p>Pork: Pork loin, salt and pepper</p> <p>Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, dill, garlic, salt and cracked pepper</p> <p>CONTAINS: Milk, soy</p> <p>Ø D F FR</p> <p>(SUITABLE TO FREEZE)</p>	<p>SAVOURY MEATLOAF WITH TOMATO AND HERB GRAVY</p> <p>Beef (80%), water, tomato, onion, pepper, garlic, parsley, salt, gluten free breadcrumbs</p> <p>Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, thyme, parsley, crushed tomato, salt and cracked pepper</p> <p>CONTAINS: Milk, soy</p> <p>Ø D F X</p> <p>(SUITABLE TO FREEZE)</p>	<p>CAJUN STYLE CHICKEN DRUMSTICKS WITH STOCK SAUCE</p> <p>Chicken drumsticks, paprika, cayenne, garlic powder, oregano, brown sugar, olive oil, salt and pepper</p> <p>Sauce: Stock from chicken, parsley, corn flour, salt and pepper</p> <p>CONTAINS: No allergens</p> <p>Ø D F FR S</p> <p>(SUITABLE TO FREEZE)</p>	<p>ITALIAN VEGETABLE STEW</p> <p>Button mushroom, green beans, red onion, capsicum, zucchini, garlic, crushed tomato, basil, white wine (sulphites), parmesan cheese (pasteurized milk, salt, cultures, enzyme), salt and pepper</p> <p>CONTAINS: Milk, sulphites</p> <p>Ø D F X</p> <p>(SUITABLE TO FREEZE)</p>	
SIDES			DESSERT	
<p>Roast potato (salt, pepper and oil), cabbage and corn</p>			<p>NEW YORK BAKED CHEESECAKE WITH CRUMBLE AND CUSTARD</p> <p>Cake: Neufchatel cheese (31%), sour cream, biscuit crumb [wheat flour, sugar, vegetable oil, wheat bran, fructose syrup, salt, raising agent (calcium phosphate, sodium bicarbonate), emulsifier (soy lecithin)], egg, condensed milk (37%), coconut, cake margarine (animal fats and vegetable oils, water, salt, emulsifiers (soy bean lecithin, 435), milk solids, acidity regulators (331, 330), flavours, antioxidants [320{32mg/kg}, 310 {10mg/kg}] and colour (160a), icing mix (sugar, starch), cocoa, flavour, colour (102, 133), canola oil, emulsifier (soy lecithin 322), wheat flour, raising agent (calcium phosphate, sodium bicarbonate), flavours</p> <p>Custard: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar</p> <p>CONTAINS: Wheat, egg, milk, soy D F (SUITABLE TO FREEZE)</p>	

WEEK DAY		4 THURSDAY			
A		B			
CORN BEEF WITH RICH HERB GRAVY Corn Beef: Brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolyzed vegetable protein (maize), vegetable oil, humectants (422) Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, parsley, thyme, sage, salt and pepper CONTAINS: Milk, soy Ø D F FR (SUITABLE TO FREEZE)		MIXED GRILL WITH RED WINE AND THYME GRAVY Lamb mid loin chop (mixed herbs, salt and pepper), chicken chipolatas sausage (chicken leg meat skin on, ground oregano, lemon peel), bacon (pork, water, salt, sugar, mineral salts (451)(450), antioxidant (316), preservative (250), natural wood smoke), salt and pepper Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, red wine (sulphites), thyme, salt and cracked pepper CONTAINS: Milk, soy, sulphites Ø D F X (SUITABLE TO FREEZE)			
SIDES		DESSERT			
Roast potato with paprika and nutmeg (A),(B) and (D) meal, Rice (C) meal, cauliflower and green cross cut beans		SOUP C COCONUT AND MUSTARD PORK CURRY WITH RICE Diced pork, vinegar, mustard seed, onion, garlic, ginger, turmeric, lemon grass, curry leaves, green chilli, cinnamon stick, cardamom, cloves, mild curry powder, coconut milk, sugar, fresh coriander, salt and cracked pepper Rice: Rice, turmeric, salt and water CONTAINS: No allergens Ø D F X S (SUITABLE TO FREEZE)		D CREAMY TOMATO AND PESTO SOUP ASPARAGUS, PEA, GOAT CHEESE AND MINT RISOTTO Arborio rice, white wine (sulphites), olive oil, garlic, sage, asparagus, pea, onion, mint, cream (halal gelatin, milk and milk products), cheese (pasteurized goat milk, salt, cultures, anti caking agent (170) cultures, microbial rennet), lemon zest, salt and cracked pepper CONTAINS: Milk, sulphites Ø D F X (SUITABLE TO FREEZE)	
VANILLA BEAN PANNA COTTA Cream [skim milk, cream, thickener (1422), emulsifier (472e), vegetable gums (415, 407)], reconstituted milk solids, sugar, vanilla bean paste (0.5%), flavour, vegetable gum (407), halal gelatin, mineral salt (452) and mineral (calcium) CONTAINS: Milk D					

WEEK DAY		4 FRIDAY		SOUP		BROCCOLI, BACON AND POTATO SOUP	
A		B		C		D	
<p>MOROCCAN BAKED CHICKEN FILLET WITH HERB GRAVY</p> <p>Chicken fillet, olive oil, garlic, moroccan spice mix (spices, sugar, herbs, salt, colour{150d})</p> <p>Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, parsley, thyme, salt and pepper</p> <p>CONTAINS: Milk, soy</p> <p>Ø D Ḟ FR S</p> <p>(SUITABLE TO FREEZE)</p>		<p>CRUMBED FISH WITH CHIVE AND LEMON CREAM SAUCE</p> <p>Fish: Formed basa portions (52%), water, wheat flour, canola oil, thickeners (1404, xanthan gum, guar gum) maize flour, maize starch, acidity regulators (potassium citrate, calcium citrate 451, sodium citrate 450, sodium bicarbonate, salt, rice, flour, yeast, food acid (citric), egg powder, sugar, malt dextrin, glucose</p> <p>Sauce: Cream (halal gelatin, milk and milk products), chive, lemon juice/zest, cracked pepper, salt and corn flour</p> <p>CONTAINS: Milk, fish, wheat (gluten), egg</p> <p>D FR</p>		<p>INDIAN MADRAS BEEF CURRY WITH RICE</p> <p>Beef, onions, fresh coriander, madras paste (water, spices [26%], vegetable oil, salt, food acids [acetic, lactic], tamarind, maize flour, garlic powder), crushed tomato, salt and pepper</p> <p>Rice: Rice, turmeric, salt and water</p> <p>CONTAINS: No allergens</p> <p>X Ø D Ḟ S</p> <p>(SUITABLE TO FREEZE)</p>		<p>ROAST PUMPKIN, LEEK AND THYME SLICE</p> <p>Pumpkin, thyme, leek, eggs, cream (halal gelatin, milk and milk products), feta cheese (pasteurized milk, salt, cultures, enzyme), tasty cheese (pasteurized milk, salt, cultures, enzyme), salt, pepper and pepitas</p> <p>CONTAINS: Milk, eggs</p> <p>Ø D Ḟ</p> <p>(SUITABLE TO FREEZE)</p>	
SIDES				DESSERT			
<p>Creamy roast potato (cream [halal gelatin, milk and milk products]) (A), (B) and (D) meal, Rice (C) meal, peas and carrots</p> <p>CONTAINS: Milk</p>				<p>RED VELVET MOUSSE</p> <p>Cream, water, sugar, milk solids, cocoa powder, cocoa butter, halal gelatin, cocoa mass, emulsifiers (322, 476, 410, 412), flavours, salt, colour (122), preservative (202), mineral (calcium and starter culture, chocolate 8%</p> <p>CONTAINS: Milk and soy, may contain traces of tree nuts D</p>			

WEEK DAY	5 MONDAY		SOUP	PUMPKIN, PARMESAN AND CHIVE SOUP
A	B	C	D	
<p>GARAM MASALA ROAST CHICKEN WITH YELLOW RICE</p> <p>Chicken: Breast chicken fillet, garam masala (Indian spice blend), garlic, ginger, salt, pepper and oil</p> <p>Sauce: Stock from chicken, fresh coriander, corn flour, coconut milk, salt and cracked pepper</p> <p>Rice: Rice, turmeric, salt and water</p> <p>CONTAINS: No allergens</p> <p>Ø D F FR S</p> <p>(SUITABLE TO FREEZE)</p>	<p>VEAL SCHNITZEL WITH LEMON AND DILL CREAM SAUCE</p> <p>Veal: Veal (66%), breadcrumbs (wheat flour, salt, yeast, mineral salt (516), acidity regulator (300), enzyme, colour (160b), batter (thickeners (1404, 412), wheat flour, herbs and spices, vegetable oil, textured vegetable protein (soy), seasoning (salt, hydrolyzed vegetable protein (soy), dehydrated vegetables (soy), spices, herbs, vegetable oil, mineral salt (451), soy protein)</p> <p>Sauce: Cream (halal gelatin, milk and milk products), garlic, white wine (sulphites), dill, lemon juice/zest, corn flour, salt and cracked pepper.</p> <p>CONTAINS: Wheat (gluten), soy, sulphites, milk</p> <p>D X FR</p>	<p>B.B.Q LAMB SAUSAGE WITH MINT GRAVY</p> <p>Sausage: Lamb, premix continental (rice flour, salt, mineral salt [451], preservative {223}, spice, spice extract {160}, herb extracts, rosemary</p> <p>Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, mint, salt and pepper</p> <p>CONTAINS: Milk, soy</p> <p>Ø D F FR</p> <p>(SUITABLE TO FREEZE)</p>	<p>PARMESAN AND PANKO CRUMBED EGGPLANT WITH CHEESE SAUCE</p> <p>Eggplant: Eggplant, panko crumbs [wheat flour, yeast, salt, palm oil, glucose, food contains ammonium chloride, acidity regulator (E516)], butter (pasteurized cream, water, salt, milk fat 80% minimum), cheese (pasteurized milk, salt, cultures, enzyme), salt and pepper</p> <p>Sauce: Cream (halal gelatin, milk and milk products), cheese (pasteurized milk, salt, cultures, enzyme), parsley, corn flour, salt and pepper</p> <p>CONTAINS: Wheat (gluten), milk</p> <p>Ø D F FR</p> <p>(SUITABLE TO FREEZE)</p>	
SIDES			DESSERT	
<p>Rosemary roasted chat potatoes (oil, salt, pepper, rosemary) (B), (C) and (D) meal, Rice (A) meal, corn and diced carrots</p>			<p>PASSIONFRUIT YOGHURT</p> <p>Yoghurt (82%) {skim milk, live yoghurt cultures}, passion fruit blend (18%) {sugar, passion fruit (33%), water, vegetable gums (pectin, locust bean gum), acidity regulators (sodium citrate, citric acid), mineral salt (calcium citrate), natural flavours</p> <p>CONTAINS: Milk D</p>	

WEEK DAY		5 TUESDAY	
A		B	
ROAST LAMB WITH MINT GRAVY		PROVINCIAL BEEF CASEROLE	
<p>Lamb: Leg of lamb, salt and pepper</p> <p>Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, mint, salt and cracked pepper</p> <p>CONTAINS: Milk, soy</p> <p>Ø D F FR</p> <p>(SUITABLE TO FREEZE)</p>		<p>Beef, onion, carrot, celery, garlic, crushed tomato, red wine, thyme, parsley, black olives, olive oil, gluten free beef booster [salt, sugar, maize, starch, beef fat 5.6%, antioxidant (306), food acid (330) (contains soy), yeast extract, soy sauce powder (contains food acid (260) (contains soy and wheat flavours (contain soy), hydrolyzed vegetable protein, colour (150c), onion powder, flavour enhancer (635), spice, food acid (330) and herbs], salt and pepper</p> <p>CONTAINS: Soy, wheat (gluten free), sulphites, may contain milk, sesame</p> <p>Ø D F X</p> <p>(SUITABLE TO FREEZE)</p>	
SIDES		DESSERT	
<p>Crushed potato with mustard and spring onion (dijon mustard, water, mustard seed 18%, salt, sugar, food acid {acetic}, turmeric) and olive oil (A), (B) and (D) meal, Rice (C) meal, peas and pumpkin</p>		<p>CINNAMON AND APPLE CRUMBLE CAKE WITH CUSTARD</p> <p>Cake: Wheat flour (wheat flour, vitamins (thiamin, folate), sugar, vegetable fat and oil (palm, canola, coconut (emulsifiers 471, 477), antioxidant (322 from soy, 307)), milk solids, egg powder, raising agents (541,500), salt, maize starch, flavours, colours (102,110), apple, cinnamon, butter (pasteurized cream, water, salt, milk fat 80% minimum)</p> <p>Custard: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar</p> <p>CONTAINS: Wheat (gluten), egg, milk, soy D</p>	

SOUP

TUSCAN CHICKEN AND VEGGIE SOUP

C

KOREAN STYLE CHICKEN STIR FRY WITH RICE

Stir fry: Diced chicken, celery, carrot, onion, bok choy, spring onion, capsicum, ginger, honey, gluten free soy (water, soybeans 20%, rice, salt, contains 3.2% alcohol from the natural brewing process), Chinese cooking wine (rice, wheat, salt, colour 150c), red chilli, sesame oil/ seeds, salt and cracked pepper

Rice: Rice, turmeric, salt and water

CONTAINS: Soy, sesame, wheat

D F X S

(SUITABLE TO FREEZE)

D

GNOCCHI WITH CREAMY MUSHROOM SAUCE

Gnocchi: Potatoes (61%), flour, thiamin, folic acid, parmesan cheese, margarine, salt, egg

Sauce: Cream (halal gelatin, milk and milk products), cheese (pasteurized milk, salt, cultures, enzyme), mushrooms, garlic, thyme, corn flour, salt and pepper

CONTAINS: Wheat (gluten), milk, egg

D FR X

**WEEK
DAY**

**5
WEDNESDAY**

A

**CORN BEEF WITH HORSERADISH
AND CHIVE GRAVY**

Corn Beef: Brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolyzed vegetable protein (maize), vegetable oil, humectants (422)

Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, 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, salt and pepper

CONTAINS: Milk, sulphites, soy Ø D
Ĥ FR S (SUITABLE TO FREEZE)

B

**THAI YELLOW CHICKEN 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), eggplant, green beans, zucchini, chicken, coconut milk, palm sugar, fresh coriander, salt and pepper

Rice: Rice, turmeric, salt and water

**CONTAINS: May contain wheat,
soybean, sesame, fish and
crustacean**

Ø D Ĥ X S

SOUP

BEEF, CHICKPEA AND VEGGIE SOUP

C

CHEESY HAM AND HERB QUICHE

Pastry: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavour, antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330)

Filling: Eggs, cream (halal gelatin, milk and milk products), cheese (pasteurized milk, salt, cultures, enzyme), ham (pork, water, salt, sugar, mineral salts (451)(450), antioxidant (316), preservative (250), parsley, spring onion, basil, salt and pepper

CONTAINS: Wheat, eggs, milk, soy

Ø D Ĥ FR

(SUITABLE TO FREEZE)

D

**MUSHROOM, SPINACH AND FETA
STUFFED CAPSICUM**

Capsicum, tomato, mushroom, spinach, red onion, feta cheese (pasteurized milk, salt, cultures, enzyme), cheese (pasteurized milk, salt, cultures, enzyme), salt and pepper

CONTAINS: Milk

Ø D Ĥ FR

(SUITABLE TO FREEZE)

SIDES

Roast potato (A), (C) and (D) meal, Rice (B) meal, cross cut beans and cabbage

DESSERT

STICKY DATE WITH CUSTARD

Cake: Dates (pitted 22%), sugar, wheat flour, eggs, butter (milk solids), walnuts, raising agent (sodium bicarbonate), glaze, canola oil

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

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

D Ĥ (SUITABLE TO FREEZE)

**WEEK
DAY**

**5
THURSDAY**

A

ROAST PORK WITH CREAMY HONEY AND CHIVE 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, flavour, food acid (330), flavour enhancer (635), spice, cream (halal gelatin, milk and milk products), honey, chives, salt and cracked pepper

CONTAINS: Milk, soy

Ø D F FR

(SUITABLE TO FREEZE)

B

HONEY AND HOISIN CHICKEN DRUMSTICKS WITH STOCK SAUCE AND RICE

Chicken drumsticks, honey, Hoisin sauce (Sugar, water, fermented soybean paste{water, salt, soybeans, wheat flour}, salt, sweet potato powder, colours(150a, 129), modified corn starch(1422), sesame paste, dehydrated garlic, spices, salted chilli peppers(chilli peppers, salt), acidity regulator 260), oil, salt and pepper

Sauce: Stock from chicken, water, spring onion, corn flour, salt and pepper

Rice: Rice, salt and water

CONTAINS: Soy, wheat (gluten)

Ø D F FR S

(SUITABLE TO FREEZE)

SOUP

CREAMY TOMATO, LEEK AND LENTIL SOUP

C

INDIAN MADRAS LAMB CURRY WITH RICE

Diced lamb, madras paste (water, spices {26%}, vegetable oil, salt, food acids [acetic, citric, lactic], tamarind, maize flour, garlic powder), onions, fresh coriander, crushed tomato, salt and pepper

Rice: Rice, turmeric, salt and water

CONTAINS: No allergens

Ø D F X S

(SUITABLE TO FREEZE)

D

CAULIFLOWER AND ALMOND CURRY WITH RICE

Cauliflower, eggplant, almond meal, onions, curry leaves, ginger, green chilli, tomato paste, coriander powder, garam masala, turmeric, water, roast almond flakes, fresh coriander, salt and pepper

Rice: Rice, turmeric, salt and water

CONTAINS: Nuts

Ø D F X S

(SUITABLE TO FREEZE)

SIDES

Mash potato (butter [pasteurized cream ,water, salt, milk fat 80% minimum], cream [halal gelatin, milk and milk products], salt and pepper) (A) meal, Rice (B), (C) and (D) meal, broccoli and butter beans

CONTAINS: Milk

DESSERT

STRAWBERRY MOUSSE

Cream {Cream, mineral salts (450, 500), sucrose, vegetable gum (400), preservative (234)}, cheese {milk, cream, stabilizers (410, 412), starter culture}, water, sugar, milk solids, beef gelatin, mineral (calcium), flavour, acid (330), preservative (202), colour (122)

CONTAINS: Milk D

WEEK DAY		5 FRIDAY		SOUP		CAULIFLOWER, NUTMEG, CELERY AND BACON SOUP	
A		B		C		D	
<p>LEMON GRASS BAKED CHICKEN FILLET WITH STOCK GRAVY AND RICE</p> <p>Chicken fillet, lemon grass, turmeric, coriander (fresh), ginger, brown sugar, red chilli, salt, pepper and oil</p> <p>Sauce: Stock from chicken, water, coriander, corn flour</p> <p>Rice: Rice, salt, turmeric and water</p> <p>CONTAINS: No allergens</p> <p>Ø D F FR S</p> <p>(SUITABLE TO FREEZE)</p>		<p>BEER BATTERED FISH WITH LIME AND CHIVE MAYONNAISE</p> <p>Fish: White fish (60%), coating (wheat flour, water, palm oil, thickeners (1404), salt, mineral salts (450, 500), flavour enhancer (621), sugar, milk powder (0.1%)</p> <p>Mayonnaise: Canola oil (76%), pasteurized free range egg yolks (7.5%), water, vinegar, sugar, salt, lemon juice concentrated, natural mustard flavour, antioxidant (385), lime juice/ zest, chives, and cracked pepper</p> <p>CONTAINS: Fish, wheat (gluten), milk, egg</p> <p>Ø D FR</p>		<p>GARLIC, CHILLI AND BASIL MINCED BEEF WITH RICE</p> <p>Beef mince, spring onion, garlic, lemon grass, Thai basil, red chilli, snake beans, red capsicum, gluten free soy sauce (water, soybeans (20%), rice, salt, contains (3.2% alcohol v/v) from the natural brewing process), corn flour, brown sugar, salt and pepper</p> <p>Rice: Rice, water and salt</p> <p>CONTAINS: Soy</p> <p>Ø D F X S</p> <p>(SUITABLE TO FREEZE)</p>		<p>GRILLED CHEESE VEGGIE SCHNITZEL WITH CREAMY HERB AND PARMESAN SAUCE</p> <p>Schnitzel: Vegetables (52%), (potato, carrot, onion, pea, pumpkin, cabbage, spinach), rice flour, vegetable oil (canola), maize flour, thickener (1422), salt, baking powder (450, 500, 541), garlic, vegetable gum (guar), dextrose, spice, cheese (pasteurized milk, salt, cultures, enzyme)</p> <p>Sauce: Cream (halal gelatin, milk and milk products), parmesan (pasteurized milk, salt, cultures, enzyme), parsley, thyme, basil, corn flour, salt and pepper</p> <p>CONTAINS: Milk Ø D X</p>	
SIDES				DESSERT			
<p>Roast potato (B) and (D) meal, Rice (A) and (C) meal, carrots and (peas, corn, capsicum)</p>				<p>CHOCOLATE MOUSSE</p> <p>Cream, water, sugar, milk solids, cocoa mass, milk, cocoa butter, stabilizers (400, 410,412), halal gelatin, mineral salts [450, 500, 170,(calcium)], emulsifiers [322 (soy), 476], preservatives (234, 202), flavours, starter culture, chocolate 8%</p> <p>CONTAINS: Milk and soy, may contain traces of tree nuts D</p>			

WEEK DAY	6 MONDAY		SOUP		CREAMY POTATO, LEEK AND CHIVE SOUP	
A		B		C		D
<p>TUSCAN ROAST CHICKEN FILLET WITH ROSEMARY GRAVY</p> <p>Chicken fillet, tuscan seasoning (salt, sugar, garlic {contain sulphites}, pepper, rosemary, parsley, vegetable oil) salt and cracked pepper</p> <p>Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, rosemary, salt and pepper</p> <p>CONTAINS: Milk, soy, sulphites, may contain sesame Ø D F FR</p> <p>(SUITABLE TO FREEZE)</p>		<p>SLOW COOKED BRAISED BEEF STEAKS WITH AMERICAN MUSTARD GRAVY</p> <p>Steak: Beef, salt pepper</p> <p>Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, american mustard (water, mustard seed 17%, salt, sugar, food acid, acetic, turmeric, spice extracts, garlic extract, salt and cracked pepper</p> <p>CONTAINS: Milk, soy</p> <p>Ø D FR S</p>		<p>ITALIAN PORK SAUSAGE WITH NAPOLI SAUCE</p> <p>Sausage: Pork, premix continental (rice flour, salt, mineral salt {451}, preservative {223}, spice, spice extracts {160}, herb extracts</p> <p>Sauce: Crushed tomato, garlic, basil, parsley, onion, olive oil, sugar, salt and pepper</p> <p>CONTAINS: Milk</p> <p>Ø D F FR</p> <p>(SUITABLE TO FREEZE)</p>		<p>GNOCCHI WITH NAPOLI SAUCE</p> <p>Gnocchi: Potatoes (61%), flour, thiamin, folic acid, parmesan cheese, margarine, salt, egg</p> <p>Sauce: Crushed tomato, garlic, basil, parsley, onion, olive oil, salt, sugar and pepper</p> <p>CONTAINS: Wheat (gluten), milk, egg</p> <p>D X</p>
SIDES			DESSERT			
<p>Mustard roasted chat potato (cream [halal gelatin, milk and milk products], dijon mustard [water, mustard seed, salt, sugar, food acid, acetic, turmeric], peas and butter beans</p> <p>CONTAINS: Milk</p>			<p>BLUEBERRY YOGHURT</p> <p>Yoghurt (82%) {skim milk, live yoghurt cultures}, blueberry blend (18%) { blueberries (45%), sugar, water, vegetable gums (pectin, locust bean gum), acidity regulators (sodium citrate, citric acid), mineral salt (calcium citrate), natural flavours</p> <p>CONTAINS: Milk D</p>			

WEEK DAY		6 TUESDAY		SOUP		LEBANESE CHICKEN, VEGGIE AND LENTIL SOUP	
A		B		C		D	
CORN BEEF WITH ONION AND THYME GRAVY Corn Beef: Brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolyzed vegetable protein (maize), vegetable oil, humectants (422) Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, onions, thyme, salt and cracked pepper CONTAINS: Milk, soy Ø D F FR (SUITABLE TO FREEZE)		PORK, MUSHROOM AND ROSEMARY STEW Diced pork, carrots, onion, celery, mushrooms, parsley, rosemary, garlic, paprika, crushed tomato, red wine (sulphites), gluten free beef stock powder (salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), food acid (330) (contain soy)], yeast extract, soy sauce powder (derived from wheat), colour (150c), hydrolyzed vegetable protein (contain soy), flavour, onion powder, flavour enhancer (635), spice, food acid (330), herbs, salt and pepper CONTAINS: Sulphites, soy, wheat (gluten free), may contain sesame Ø D F X (SUITABLE TO FREEZE)		RED ONION, CAPSICUM AND SMOKED CHICKEN TART Pastry: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavour, antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330) Filling: Smoked chicken (chicken 95%, water, salt, mineral salts [451,452], sugar, antioxidants [316], hydrolyzed maize protein, flavour enhancer [635], sodium nitrate [250], vegetable oil, natural smoke), eggs, cream (halal gelatin, milk and milk products), tasty cheese (pasteurized milk, salt, culture), red onion, capsicum, thyme, salt and pepper CONTAINS: Milk, eggs, wheat (gluten), soy Ø D F FR (SUITABLE TO FREEZE)		ZUCCHINI, ASPARAGUS AND HERB FRITTATA WITH TOMATO RELISH Cheese (pasteurized milk, salt, cultures, enzyme), eggs and cream (halal gelatin, milk and milk products), basil, zucchini, spring onion, asparagus, parsley, salt and pepper Tomato relish: Tomato 50%, sugar, onion, vinegar, concentrated tomato, thickener (1422), salt, spices, garlic, acidity regulator (330) and firming agent (509) CONTAINS: Milk, egg Ø D F (SUITABLE TO FREEZE)	
SIDES				DESSERT			
Crushed potato with spring onion, mustard (dijon mustard, water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric) and olive oil, pumpkin and broccoli				ORANGE AND POPPY SEED CAKE WITH CUSTARD Cake: Wheat flour, sugar, vegetable oil {emulsifier (471, 477), antioxidant (soybean lecithin, 307)}, milk solids, raising agents (450, 500), thickener (1422, 415), emulsifiers (471, 472 (b), 472 a), salt preservative (281), colour (102, 110), eggs, orange juice/zest, poppy seeds, margarine (vegetable oils 60% (containing 47% canola oil), water, salt emulsifiers {471, 322 (from soy)}, milk solids, preservative (202), food acid (270), natural colour (160a), vitamins A and D, natural flavour, maize starch, colour (102) Custard: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar, co CONTAINS: Wheat (gluten), eggs, milk, soy D			

WEEK DAY		6 WEDNESDAY		SOUP		LAMB, VEGETABLE AND BARLEY SOUP	
A		B		C		D	
<p>ROAST PORK WITH CRANBERRY AND CRACKED PEPPER GRAVY</p> <p>Pork: Pork (98%), thickener (1412), starch (tapioca), salt, mineral salts (451, 450, 452), roast pork rub (colour 150c) flavour enhancers (627, 631) water</p> <p>Sauce: Cranberry sauce (sugar, water, cranberry {30%}, gelling agent {fruit pectin}, food acids {330, 331}, mineral salt {509})</p> <p>Gravy: Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), cracked pepper and salt</p> <p>CONTAINS: Milk, soy Ø D F FR (SUITABLE TO FREEZE)</p>		<p>WINTER BEEF, HERB AND RED WINE STEW</p> <p>Diced beef, red wine (contain sulphites), gluten free beef booster [salt, sugar, maize, starch, beef fat 5.6% , antioxidant (306), food acid (330) (contains soy), yeast extract, soy sauce powder (contains food acid (260) (contains soy and wheat flavours (contain soy), hydrolyzed vegetable protein, colour (150c), onion powder, flavour enhancer (635), spice, food acid (330), parsley, oregano, basil, paprika, garlic, celery, carrots, onions, crushed tomato, salt and cracked pepper</p> <p>CONTAINS: Soy, sulphites, may contain milk, sesame</p> <p>Ø D F X (SUITABLE TO FREEZE)</p>		<p>CHICKEN AND PARSLEY MEATBALLS WITH CREAMY WHITE WINE SAUCE</p> <p>Meatballs: Chicken, parsley, onion, garlic, gluten free breadcrumbs, salt and pepper</p> <p>Sauce: Cream (halal gelatin, milk and milk products), white wine, djon mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], parsley, corn flour, salt and cracked pepper</p> <p>CONTAINS: Milk, sulphites</p> <p>Ø D F X (SUITABLE TO FREEZE)</p>		<p>CHICKPEA RISONI PASTA</p> <p>Risoni (durum wheat semolina), onion, red chilli, olive oil, thyme, garlic, tomato paste, vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley), flavour enhancers (monosodium glutamate, disodium insinuate), sugar, spices, maize starch color (riboflavin), chickpeas, fresh tomato, basil, parmesan cheese (pasteurized milk, salt, cultures, enzyme), salt and cracked pepper</p> <p>CONTAINS: Milk, wheat, may contain traces of egg and soy</p> <p>D F X (SUITABLE TO FREEZE)</p>	
SIDES				DESSERT			
<p>Roast Potato, corn and carrots</p>				<p>BLACK FOREST CHEESE CAKE WITH MIXED BERRY COULIS</p> <p>Neufchatel cheese (31%), sour cream, biscuit crumb [wheat flour, sugar, vegetable oil, wheat bran, fructose syrup, salt, raising agent (calcium phosphate, sodium bicarbonate), emulsifier (soy lecithin)], egg, butter, wheat flour, raising agent (calcium phosphate, sodium bicarbonate), cherries, chocolate glaze, flavour</p> <p>Mixed berry fruit coulis: Fruit (48%) (raspberries, blackberries, blackcurrants), water, sugar, food acid (330), vegetable gum (415), preservative(202)</p> <p>CONTAINS: Milk, wheat (gluten),soy, egg D F (SUITABLE TO FREEZE)</p>			

WEEK DAY	6 THURSDAY			SOUP	SPINACH, CHICKPEA AND TOMATO SOUP
A	B	C	D		
<p>ROAST BEEF WITH BEARNAISE CREAM SAUCE</p> <p>Beef: Porterhouse, salt and pepper</p> <p>Sauce: Cream (halal gelatin, milk and milk products), white wine (sulphites), tarragon, green peppercorn, parsley, salt and pepper</p> <p>CONTAINS: Milk, sulphites</p> <p>Ø D F FR</p> <p>(SUITABLE TO FREEZE)</p>	<p>CHICKEN, SPINACH AND CHICKPEA CURRY WITH RICE</p> <p>Chicken, onions, spinach, chickpeas, crushed tomato, korma paste (water, vegetable oil, spices {11%}, desiccated coconut {9%}, sugar, tomato paste {5%}, salt, ginger, garlic puree, food acids {acetic, lactic}, maize flour, dried coriander leaf), salt and pepper</p> <p>Rice: Rice, salt, turmeric and water</p> <p>CONTAINS: No allergens</p> <p>Ø D F X S</p> <p>(SUITABLE TO FREEZE)</p>	<p>TUNA, DILL, FETA AND SPINACH QUICHE</p> <p>Pastry: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavour, antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330)</p> <p>Filling: Eggs, cream (halal gelatin, milk and milk products), cheese (pasteurized milk, salt, cultures, enzyme), tuna, dill, spinach, feta (pasteurized milk, salt, cultures, enzyme), salt and pepper</p> <p>CONTAINS: Milk, wheat (gluten), soy, eggs, fish</p> <p>Ø D F FR</p> <p>(SUITABLE TO FREEZE)</p>	<p>EGGPLANT PARMA</p> <p>Eggplant, panko crumbs [wheat flour, yeast, salt, palm oil, glucose, food contains ammonium chloride, acidity regulator (E516)], cheese (pasteurized milk, salt, cultures, enzyme), salt and pepper</p> <p>Sauce: Crushed tomato, basil, brown sugar, salt and cracked pepper</p> <p>CONTAINS: Wheat, milk</p> <p>Ø D F FR</p> <p>(SUITABLE TO FREEZE)</p>		
SIDES			DESSERT		
<p>Potato mash (cream [halal gelatin, milk and milk products], butter [pasteurized cream, water, salt, milk fat 80% minimum]) (A), (C) and (D) meal, Rice (B) meal, red cabbage and zucchini</p> <p>CONTAINS: Milk</p>			<p>TIRAMISU</p> <p>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</p> <p>CONTAINS: Milk, egg and gluten, may contain tree nuts D</p>		

WEEK DAY	6 FRIDAY		SOUP	BROCCOLI, BACON AND POTATO SOUP
A	B	C	D	
<p>PORTUGUESE LEMON BAKED CHICKEN</p> <p>Chicken fillet, lemon zest/ juice, lemon thyme, garlic, paprika, olive oil, turmeric, salt and cracked pepper</p> <p>Sauce: Stock from chicken, parsley, corn flour, salt and pepper</p> <p>CONTAINS: No allergens</p> <p>Ø D F FR</p> <p>(SUITABLE TO FREEZE)</p>	<p>LEMON, PEPPER AND BUTTER GRILLED FISH WITH TARRAGON CREAM SAUCE</p> <p>Fish: Hake, butter (pasteurized cream, water, salt, milk fat 80% minimum), lemon zest/juice, salt and cracked pepper</p> <p>Sauce: Cream (halal gelatin, milk and milk products), turmeric, lemon zest/juice, salt, pepper , tarragon, dijon mustard (water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric), corn flour</p> <p>CONTAINS: Milk, fish</p> <p>Ø D FR</p>	<p>HOISIN PORK STIRFRY WITH RICE</p> <p>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, sesame oil, corn flour, carrots, capsicum, onion, celery, bok choy, spring onion, oil, salt and pepper</p> <p>Rice: Rice, salt, pepper and water</p> <p>CONTAINS: Soy, wheat, sesame seeds</p> <p>D F X S</p> <p>(SUITABLE TO FREEZE)</p>	<p>CREAMY MUSHROOM, LEEK AND POTATO GRATIN</p> <p>Potato, leek, swiss brown mushrooms, nutmeg, thyme, ricotta cheese (pasteurized milk, salt, cultures, enzyme), cream (halal gelatin, milk and milk products), tasty cheese (pasteurized milk, salt, cultures, enzyme), salt and pepper</p> <p>CONTAINS: Milk</p> <p>Ø D F X</p> <p>(SUITABLE TO FREEZE)</p>	
SIDES			DESSERT	
<p>: Roast potato (A), (B) and (D) meal, Rice (C) meal, bite sized cauliflower, broccoli and carrot</p>			<p>CRÈME CARAMEL</p> <p>Reconstituted milk solids, cream, sugar, halal gelatin, gum (407), flavour, colour (160a), caramel sauce (10%) (water, sugar, thickener (1422), whey powder, vegetable gum (466), acidity regulator (270), flavours, colours (150d, 155), mineral (calcium) and salt</p> <p>CONTAINS: Milk D</p>	