

Hearty Health WEEK 1 – AUTUMN MENU 2017 - INGREDIENTS

		Regular	Vegetarian	Dairy Free	Gluten Free	Allergy Free
MONDAY	Morning Tea	Premium Yoghurt Whole fruits	Premium Yoghurt Whole fruits	Soy Yoghurt Whole fruits	Premium Yoghurt Whole fruits	Gf Toast mixed fruit Whole fruits
	Lunch	Sweet potato, potato, pumpkin, tomato, onion, corn, carrot, pea, basil, garlic, pasta (flour, water, oil), cheese	Sweet potato, potato, pumpkin, tomato, onion, corn, carrot, pea, basil, garlic, pasta (flour, water, oil), cheese	Sweet potato, potato, pumpkin, tomato, onion, corn, carrot, pea, basil, garlic, pasta (flour, water, oil),	Sweet potato, potato, pumpkin, tomato, onion, corn, carrot, pea, basil, garlic, cheese, gf pasta	Ttomato, onion, corn, carrot, pea, cheese, gf pasta
	Afternoon Tea	Refer Hearty Health dips below water crackers (wheat flour, oil, salt), rice crackers (puffed rice, salt) Whole fruits	Refer Hearty Health dips below water crackers (wheat flour, oil, salt), rice crackers (puffed rice, salt) Whole fruits	Refer Hearty Health dips below water crackers (wheat flour, oil, salt), rice crackers (puffed rice, salt) Whole fruits	Refer Hearty Health dips below rice crackers (puffed rice, salt) Whole fruits	Refer Hearty Health dips below rice crackers (puffed rice, salt) Whole fruits
TUESDAY	Morning Tea	Apple, sultana, puff pastry (refer below) Watermelon	Apple, sultana, puff pastry (refer below) Watermelon	Apple, sultana, puff pastry (refer below) Watermelon	Apple, sultana, gf puff pastry (refer below) Watermelon	Apple, sultana, gf puff pastry (refer below) Watermelon
	Lunch	Beef, mushroom, cumin, crushed tomato, tomato paste, garlic, paprika, carrot, pea, corn, gravox, cornflour, pumpkin, potato, nuttelex	Tofu, mushroom, cumin, crushed tomato, tomato paste, garlic, paprika, carrot, pea, corn, gravox, cornflour, pumpkin, potato, nuttelex	Beef, mushroom, cumin, crushed tomato, tomato paste, garlic, paprika, carrot, pea, corn, gravox, cornflour, pumpkin, potato, nuttelex	Beef, mushroom, cumin, crushed tomato, tomato paste, garlic, paprika, carrot, pea, corn, gravox, cornflour, pumpkin, potato, nuttelex	Beef, corn, carrot, pea, potato
	Afternoon Tea	Tomato, cheese, Wholemeal pita Oranges	Tomato, cheese, Wholemeal pita Oranges	Tomato, Wholemeal pita Oranges	Tomato, cheese, rice crackers (puffed rice, salt) Oranges	Tomato, cheese, rice crackers (puffed rice, salt) Oranges
WEDNESDAY	Morning Tea	Pear, quinoa, cinnamon, self-raising flour, baking soda, df margarine, sugar, oil, water Whole fruits	Pear, quinoa, cinnamon, self-raising flour, baking soda, df margarine, sugar, oil, water Whole fruits	Pear, Quinoa, cinnamon, self-raising flour, baking soda, df margarine, sugar, oil, water Whole fruits	Pear, quinoa, cinnamon, gf self raising flour, baking soda, df margarine, sugar, oil, water Whole fruits	Gf bread mixed fruit Whole fruits
	Lunch	Tuna, kale, mushroom, onion, garlic, celery, carrot, pea, milk, cornflour, cheese, salt, (flour, water, oil), pasta	Pumpkin, kale, mushroom, onion, garlic, celery, carrot, pea, milk, cornflour, cheese, salt, pasta, (flour, water, oil),	Tuna, kale, mushroom, onion, garlic, celery, carrot, pea, crushed tomato, cornflour, salt, pasta, (flour, water, oil),	Tuna, kale, mushroom, onion, garlic, celery, carrot, pea, milk, cornflour, cheese, salt, gf pasta	Tuna, onion, garlic, celery, carrot, pea, milk, cornflour, cheese, salt, gf pasta
	Afternoon Tea	Refer Hearty Health dips below Broccoli, cucumber, carrot, celery Whole fruits	Refer Hearty Health dips below Broccoli, cucumber, carrot, celery Whole fruits	Refer Hearty Health dips below Broccoli, cucumber, carrot, celery Whole fruits	Refer Hearty Health dips below Broccoli, cucumber, carrot, celery Whole fruits	Refer Hearty Health dips below Broccoli, cucumber, carrot, celery Whole fruits
THURSDAY	Morning Tea	Premium Yoghurt Oranges	Premium Yoghurt Oranges	Soy Yoghurt Oranges	Premium Yoghurt Oranges	Soy Yoghurt Oranges
	Lunch	Chicken, potato, tomato, mushroom, zucchini, corn, peas, carrot, celery, maize flour, onion, garlic, rice	Bean curd, potato, tomato, mushroom, zucchini, corn, peas, carrot, celery, maize flour, onion, garlic, rice	Chicken, potato, tomato, mushroom, zucchini, corn, peas, carrot, celery, maize flour, onion, garlic, rice	Chicken, potato, tomato, mushroom, zucchini, corn, peas, carrot, celery, maize flour, onion, garlic, rice	Chicken, potato, corn, peas, carrots, rice
	Afternoon Tea	Banana, self-raising flour, baking soda, df margarine, sugar, oil, water Watermelon	Banana, self-raising flour, baking soda, df margarine, sugar, oil, water Watermelon	Banana, self-raising flour, baking soda, df margarine, sugar, oil, water Watermelon	Banana, gf self raising flour, baking soda, df margarine, sugar, oil, water Watermelon	Banana, gf self raising flour, baking soda, df margarine, sugar, oil, water Watermelon
FRIDAY	Morning Tea	plain flour, df margarine, castor sugar, golden syrup, desiccated coconut, oats, Whole fruits	plain flour, df margarine, castor sugar, golden syrup, desiccated coconut, oats, Whole fruits	plain flour, df margarine, castor sugar, golden syrup, desiccated coconut, oats, Whole fruits	Gf plain flour, df margarine, castor sugar, golden syrup, desiccated coconut, oats, Whole fruits	Gf bread, mixed fruit Whole fruits
	Lunch	crushed tomato, basil, oregano, bay leaf parsley, corn, peas, carrot, celery, onion, garlic, cumin, basil, kidney beans, zucchini, pasta (wheat flour, salt, water), bread	crushed tomato, basil, oregano, bay leaf parsley, corn, peas, carrot, celery, onion, garlic, cumin, basil, kidney beans, zucchini, pasta (wheat flour, salt, water), bread	crushed tomato, basil, oregano, bay leaf parsley, corn, peas, carrot, celery, onion, garlic, cumin, basil, kidney beans, zucchini, pasta (wheat flour, salt, water), bread (bakers flour, yeast, water, sugar, salt)	crushed tomato, basil, oregano, bay leaf parsley, corn, peas, carrot, celery, onion, garlic, cumin, basil, kidney beans, zucchini, gf pasta	crushed tomato, corn, peas, carrot, celery, gf pasta
	Afternoon Tea	Ginger, plain flour, sugar, df margarine Whole fruits	Ginger, plain flour, sugar, df margarine Whole fruits	Ginger, plain flour, sugar, df margarine Whole fruits	Ginger, plain flour, sugar, df margarine Whole fruits	Plain flour, sugar, df margarine Whole fruits

Hearty Health
WEEK 2 – AUTUMN MENU 2017 - INGREDIENTS

		Regular	Vegetarian	Dairy Free	Gluten Free	Allergy Free
MONDAY	Morning Tea	Premium Yoghurt Whole fruits	Premium Yoghurt Whole fruits	Soy Yoghurt Whole fruits	Premium Yoghurt Whole fruits	Gf Bread, mixed fruit Whole fruits
	Lunch	Beef mince, peas, corn, carrot, onion, garlic, crushed tomato, potato, df margarine, gravox	Peas, corn, carrot, onion, garlic, crushed tomato, potato, df margarine	Beef mince, peas, corn, carrot, onion, garlic, crushed tomato, potato, df margarine, gravox	Beef mince, peas, corn, carrot, onion, garlic, crushed tomato, potato, df margarine, gravox	Beef, potato, carrots, peas, potato
	Afternoon Tea	Refer Hearty Health dips below water crackers (wheat flour, oil, salt), rice crackers (puffed rice, salt) Whole fruits	Refer Hearty Health dips below water crackers (wheat flour, oil, salt), rice crackers (puffed rice, salt) Whole fruits	Refer Hearty Health dips below water crackers (wheat flour, oil, salt), rice crackers (puffed rice, salt) Whole fruits	Refer Hearty Health dips below water crackers (wheat flour, oil, salt), rice crackers (puffed rice, salt) Whole fruits	Cheese, rice crackers (puffed rice, salt) Whole fruits
TUESDAY	Morning Tea	Orange, poppy seed, self-raising flour, sugar, salt, df margarine, oil, water Watermelon	Orange, poppy seed, self raising flour, sugar, salt, df margarine, oil, water Watermelon	Orange, poppy seed, self-raising flour, sugar, salt, df margarine, oil, water Watermelon	Orange, poppy seed, gf self raising flour, sugar, salt, df margarine, oil, water Watermelon	Gf Toast, mixed fruit Watermelon
	Lunch	Soy , boneless basa fillets, rice noodle, capsicum, snow pea, Peas, carrot, corn	Soy , tofu, rice noodle, capsicum, snow pea, Peas, carrot, corn	Soy , boneless basa fillets, rice noodle, capsicum, snow pea, Peas, carrot, corn	Soy , boneless basa fillets, rice noodle, capsicum, snow pea, Peas, carrot, corn	Boneless basa fillets, carrots, peas, corn, rice noodle
	Afternoon Tea	Tomato, cheese, Wholemeal pita Oranges	Tomato, cheese, Wholemeal pita Oranges	Tomato, Wholemeal pita Oranges	Tomato, cheese, gf bread Oranges	Gf bread, tomato Oranges
WEDNESDAY	Morning Tea	Premium Yoghurt Whole fruits	Premium Yoghurt Whole fruits	Soy Yoghurt Whole fruits	Premium Yoghurt Whole fruits	Gf bread, mixed fruit Whole fruits
	Lunch	Chicken mince, pumpkin, garlic, spinach, corn, peas, carrot, garlic, onion, puff pastry	Pumpkin, garlic, spinach, corn, peas, carrot, garlic, onion, puff pastry	Chicken mince, pumpkin, garlic, spinach, corn, peas, carrot, garlic, onion, puff pastry	Chicken mince, pumpkin garlic, spinach, corn, peas, carrot, garlic, onion, gf pastry	Chicken mince, garlic, spinach, corn, peas, carrot, garlic, onion, gf pastry
	Afternoon Tea	Wholemeal bread, vegemite, cheese, df margarine Whole fruits	Wholemeal bread, vegemite, cheese, df margarine Whole fruits	Wholemeal bread, vegemite, df margarine Whole fruits	Gf bread, gf vegemite, cheese, df margarine Whole fruits	Gf bread, gf vegemite, cheese, df margarine Whole fruits
THURSDAY	Morning Tea	Mango , puff pastry Oranges	Mango, puff pastry Oranges	Mango, puff pastry Oranges	Mango, gf pastry Oranges	Gf Toast mixed fruit Oranges
	Lunch	Lamb, lentil, basil, oregano, corn, carrot, peas, zucchini, mushroom, capsicum, crushed tomatoes, tomato paste, gravox, onion, garlic, turmeric, rice	basil, lentil, oregano, corn, carrot, peas, zucchini, mushroom, capsicum, crushed tomatoes, tomato paste, gravox, onion, garlic, turmeric, rice	Lamb, lentil, basil, oregano, corn, carrot, peas, zucchini, mushroom, capsicum, crushed tomatoes, tomato paste, gravox, onion, garlic, turmeric, rice	Lamb, lentil, basil, oregano, corn, carrot, peas, zucchini, mushroom, capsicum, crushed tomatoes, tomato paste, gravox, onion, garlic, turmeric, rice	Lamb, peas, carrots, rice
	Afternoon Tea	Sultana, water, self-raising flour, df margarine Watermelon	Sultana, water, self-raising flour, df margarine Watermelon	Sultana, water, self-raising flour, df margarine Watermelon	Gf bread, tomato Watermelon	Gf Toast, cheese Watermelon
FRIDAY	Morning Tea	Blue berry, water, self-raising flour, df margarine, oil Whole fruits	Blue berry, oil, water, self-raising flour, df margarine Whole fruits	Blue berry, oil, water, self-raising flour, df margarine Whole fruits	Blue berry, Gf self raising flour, water, sugar, oil, df margarine Whole fruits	Gf Toast, mixed fruit Whole fruits
	Lunch	Corn, carrot, peas, zucchini, eggplant capsicum, mushroom, spinach, crushed tomatoes, tomato paste, onion, garlic, basil, pasta (wheat flour, salt, water)	Corn, carrot, peas, zucchini, eggplant capsicum, mushroom, spinach, crushed tomatoes, tomato paste, onion, garlic, basil, pasta (wheat flour, salt, water)	Corn, carrot, peas, zucchini, eggplant capsicum, mushroom, spinach, crushed tomatoes, tomato paste, onion, garlic, basil, pasta (wheat flour, salt, water)	Corn, carrot, peas, zucchini, eggplant capsicum, mushroom, spinach, crushed tomatoes, tomato paste, onion, garlic, basil, gf pasta	Corn, carrot, peas, spinach, crushed tomatoes, tomato paste, gf pasta
	Afternoon Tea	Carrot, celery, Refer Hearty Health dips below Whole fruits	Carrot, celery, Refer Hearty Health dips below Whole fruits	Carrot, celery, Refer Hearty Health dips below	Carrot, celery, Refer Hearty Health dips below	Carrot, celery, Refer Hearty Health dips below Whole fruits

Hearty Health WEEK 3 – AUTUMN MENU 2017 - INGREDIENTS

		Regular	Vegetarian	Dairy Free	Gluten Free	Allergy Free
MONDAY	Morning Tea	Premium Yoghurt Whole fruits	Premium Yoghurt Whole fruits	Soy Yoghurt Whole fruits	Premium Yoghurt Whole fruits	Premium Yoghurt Whole fruits
	Lunch	corn, carrot, peas, beef, crushed tomatoes, tomato paste, onion, garlic, basil, pasta (wheat flour, salt, water),	corn, carrot, peas, zucchini, mushroom, crushed tomatoes, tomato paste, onion, garlic, basil, pasta (wheat flour, salt, water),	corn, carrot, peas, beef, crushed tomatoes, tomato paste, onion, garlic, basil, pasta (wheat flour, salt, water)	corn, carrot, peas, beef, crushed tomatoes, tomato paste, onion, garlic, basil, cheese, gf pasta	corn, carrot, peas, beef, gf pasta
	Afternoon Tea	Refer Hearty Health dips below Water crackers (wheat flour, oil, salt), rice crackers (puffed rice, salt) Whole fruits	Refer Hearty Health dips below Water crackers (wheat flour, oil, salt), rice crackers (puffed rice, salt) Whole fruits	Refer Hearty Health dips below Water crackers (wheat flour, oil, salt), rice crackers (puffed rice, salt) Whole fruits	Refer Hearty Health dips below Rice crackers (puffed rice, salt) Whole fruits	Refer Hearty Health dips below Rice crackers (puffed rice, salt) Whole fruits
TUESDAY	Morning Tea	Zucchini, carrot, self-raising flour, df margarine, sugar, oil, water Watermelon	Zucchini, carrot, self-raising flour, df margarine, sugar, oil, water Watermelon	Zucchini, carrot, self-raising flour, df margarine, sugar, oil, water Watermelon	Gf Toast, fruit puree Watermelon	Gf Toast, fruit puree Watermelon
	Lunch	Spinach, Sweet potato, pumpkin, potato, corn, carrot, onion, pea, garlic, fetta, puff pastry	Spinach, Sweet potato, pumpkin, potato, corn, carrot, onion, pea, garlic, fetta, puff pastry	Spinach, Sweet potato, pumpkin, potato, corn, carrot, onion, pea, garlic, puff pastry	Spinach, Sweet potato, pumpkin, potato, corn, carrot, onion, pea, garlic, fetta, g/f puff pastry	Spinach, Sweet potato, pumpkin, potato, corn, carrot, pea, gf puff pastry
	Afternoon Tea	Tomato, cheese, wholemeal pita Oranges	Tomato, cheese, wholemeal pita Oranges	Tomato, wholemeal pita Oranges	Tomato, cheese, rice crackers Oranges	Tomato, Gf Toast Oranges
WEDNESDAY	Morning Tea	plain flour, df margarine, castor sugar, golden syrup, desiccated coconut, oats, peach, vanilla essence Whole fruits	plain flour, df margarine, castor sugar, golden syrup, desiccated coconut, oats, peach, vanilla essence Whole fruit	plain flour, df margarine, castor sugar, golden syrup, desiccated coconut, oats, peach, vanilla Whole fruit	g/f toast, fruit puree Whole fruits	g/f toast, fruit puree Whole fruits
	Lunch	Chicken, hoisin corn flour, soy sauce, onion, garlic, ginger, carrot, corn, pea, rice	Tofu, hoisin corn flour, soy sauce, onion, garlic, ginger, carrot, corn, pea, rice	Chicken, hoisin, corn flour, soy sauce, onion, garlic, ginger, carrot, corn, pea, rice	Chicken, hoisin, , corn flour, soy sauce, onion, garlic, ginger, carrot, corn, pea, rice	Chicken, rice, carrot, pea, corn Tomato, cucumber, rice crackers Whole fruits
	Afternoon Tea	Roasted capsicum, spinach, ricotta, puff pastry Whole fruits	Roasted capsicum, spinach, ricotta, puff pastry Whole fruits	Pumpkin, roasted capsicum, spinach, puff pastry Whole fruits	Roasted capsicum, spinach, ricotta, gf puff pastry Whole fruits	
THURSDAY	Morning Tea	Apple, cinnamon, water, self-raising flour, df margarine Oranges	Apple, cinnamon, water, self-raising flour, df margarine Oranges	Apple, cinnamon, water, self-raising flour, df margarine Oranges	Gf Toast, apple puree Oranges	Gf Toast, apple puree Oranges
	Lunch	Crushed tomato, onion, garlic, basil, oregano, bay leaf, carrot, celery, pea, kidney bean, chick pea, corn, tomato paste, pasta (flour, water, oil)	Crushed tomato, onion, garlic, basil, oregano, bay leaf, carrot, celery, pea, kidney bean, chickpea, corn, tomato paste, pasta (flour, water, oil)	Crushed tomato, onion, garlic, basil, oregano, bay leaf, carrot, celery, pea, kidney bean, chickpea, corn, tomato paste, pasta (flour, water, oil)	Crushed tomato, onion, garlic, basil, oregano, bay leaf, carrot, celery, pea, kidney bean, chickpea, corn, tomato paste, gf pasta	Crushed tomato, carrot, celery, pea, corn, tomato paste, gf pasta
	Afternoon Tea	Refer Hearty Health dips below Broccoli, cucumber, carrot, celery Watermelon	Refer Hearty Health dips below Broccoli, cucumber, carrot, celery Watermelon	Refer Hearty Health dips below Broccoli, cucumber, carrot, celery Watermelon	Refer Hearty Health dips below Broccoli, cucumber, carrot, celery Watermelon	Broccoli, cucumber, carrot, celery Watermelon
FRIDAY	Morning Tea	Premium Yoghurt Whole fruits	Premium Yoghurt Whole fruits	Soy Yoghurt Whole fruits	Premium Yoghurt Whole fruits	Gf Bread, fruit puree Whole fruits
	Lunch	Beef, capsicum, zucchini, garlic, ginger, soy sauce, carrot, corn, mushroom, pea, bi carb soda, rice noodle	Tofu, capsicum, zucchini, garlic, ginger, soy sauce, carrot, corn, mushroom, pea, bi carb soda, rice noodle	Beef, capsicum, zucchini, garlic, ginger, soy sauce, carrot, corn, mushroom, pea, bi carb soda, rice noodle	Beef capsicum, zucchini, garlic, ginger, soy sauce, carrot, corn, mushroom, pea, bi carb soda, rice noodle	Beef, carrot, pea, potato
	Afternoon Tea	Chai, self-raising flour, df margarine, sugar, oil, water Whole fruits	Chai, self-raising flour, df margarine Whole fruits	Chai, self-raising flour, df margarine Whole fruits	Chai, gf self raising flour, df margarine Whole fruits	Water crackers, tomato, cucumber Whole fruits

Hearty Health WEEK 4 – AUTUMN MENU 2017 - INGREDIENTS

		Regular	Vegetarian	Dairy Free	Gluten Free	Allergy Free
MONDAY	Morning Tea	Premium Yoghurt Whole fruits	Premium Yoghurt Whole fruits	Soy Yoghurt Whole fruits	Premium Yoghurt Whole fruits	Gf Toast Whole fruits
	Lunch	Lamb, barley, thyme, oregano, onion, cumin, carrot, corn, pea, crushed tomato, gravox, garlic, tomato paste, potato	Sweet potato, chickpea barley, thyme, oregano, onion, cumin, carrot, corn, pea, crushed tomato, gravox, garlic, tomato paste, potato	Lamb, barley, thyme, oregano, onion, cumin, carrot, corn, pea, crushed tomato, gravox, garlic, tomato paste, potato	Lamb, thyme, oregano, onion, cumin, carrot, corn, pea, crushed tomato, gravox, garlic, tomato paste, potato	Lamb, carrot, corn, pea, potato
	Afternoon Tea	Refer Hearty Health dips below water crackers (wheat flour, oil, salt), rice crackers (puffed rice, salt) Whole fruits	Refer Hearty Health dips below water crackers (wheat flour, oil, salt), rice crackers (puffed rice, salt) Whole fruits	Refer Hearty Health dips below water crackers (wheat flour, oil, salt), rice crackers (puffed rice, salt) Whole fruits	Refer Hearty Health dips below water crackers (wheat flour, oil, salt), rice crackers (puffed rice, salt) Whole fruits	Cheese, Rice crackers Whole fruits
TUESDAY	Morning Tea	Apricot, sugar, puff pastry Watermelon	Apricot, sugar, puff pastry Watermelon	Apricot, sugar, puff pastry Watermelon	Gf Toast, fruit puree Watermelon	Gf Toast, fruit puree Watermelon
	Lunch	Chicken, coriander, ginger, garlic, tamarind, coconut cream, coconut milk, zucchini, capsicum carrot, corn, onion, pea, potato, rice	Tofu, coriander, ginger, garlic, tamarind, coconut cream, coconut milk, zucchini, capsicum carrot, corn, onion, pea, potato, rice	Chicken coriander, ginger, garlic, tamarind, coconut cream, coconut milk, zucchini, capsicum carrot, corn, onion, pea, potato, rice	Chicken, coriander, ginger, garlic, tamarind, coconut cream, coconut milk, zucchini, capsicum carrot, corn, onion, pea, potato, rice	Chicken, carrots, peas, potato, rice
	Afternoon Tea	Date, water, self-raising flour, df margarine Oranges	Date, water, self-raising flour, df margarine Oranges	Date, water, self-raising flour, df margarine Oranges	Gf Date, water, self-raising flour, df margarine Oranges	Gf Date, water, self-raising flour, df margarine Oranges
WEDNESDAY	Morning Tea	Premium Yoghurt Whole fruits	Premium Yoghurt Whole fruits	Soy Yoghurt Whole fruits	Premium Yoghurt Whole fruits	Gf bread, apricot Whole fruits
	Lunch	Beef sausage mince, onion, corn, pea, carrot, garlic, salt, puff pastry	pumpkin, potato, onion, corn, pea, carrot, garlic, salt, puff pastry	Beef sausage mince, onion, corn, pea, carrot, garlic, salt, puff pastry	Beef sausage mince, onion, corn, pea, carrot, garlic, salt, g/f puff pastry	beef, pea, carrot, rice
	Afternoon Tea	Wholemeal bread, vegemite, cheese, df margarine Whole fruits	Wholemeal bread, vegemite, cheese, df margarine Whole fruits	Wholemeal bread, vegemite, df margarine Whole fruits	gf Wholemeal bread, vegemite, cheese, df margarine	Gf bread, gf vegemite, d/f margarine Whole fruits
THURSDAY	Morning Tea	plain flour, df margarine, castor sugar, golden syrup, desiccated coconut, oats, vanilla essence Orange	plain flour, df margarine, castor sugar, golden syrup, desiccated coconut, oats, vanilla essence Orange	plain flour, df margarine, castor sugar, golden syrup, desiccated coconut, oats, vanilla essence Orange	Gf Toast, fruit puree Orange	Gf Toast, fruit puree Orange
	Lunch	Mushroom, celery, carrot, onion, pea, garlic, basil, thyme, crushed tomato, tomato paste, cream, cornflour, pasta	Mushroom, celery, carrot, onion, pea, garlic, basil, thyme, crushed tomato, tomato paste, cream, cornflour, pasta	Mushroom, celery, carrot, onion, pea, garlic, basil, thyme, crushed tomato, tomato paste, cornflour, pasta	mushroom, celery, carrot, onion, pea, garlic, basil, thyme, crushed tomato, tomato paste, cream, cornflour, g/f pasta	potato, carrot, pea, tomato, pasta
	Afternoon Tea	Tomato, cheese, wholemeal pita Watermelon	Tomato, cheese, wholemeal pita Watermelon	Tomato, cucumber, wholemeal pita Watermelon	Rice crackers, tomato, cheese Watermelon	Rice crackers, tomato, cheese, Watermelon
FRIDAY	Morning Tea	Bananas, nutmeg, water, self-raising flour, df margarine, sugar Whole fruits	Bananas, nutmeg, water, self-raising flour, df margarine, sugar Whole fruits	Bananas, nutmeg, water, self-raising flour, df margarine, sugar Whole fruits	Gf Toast, banana Whole fruits	Gf Toast, banana Whole fruits
	Lunch	Mushroom, pumpkin, spinach, crushed tomato, garlic, basil, fetta, cheese, pizza base (flour, water, yeast, salt, sugar)	Mushroom, pumpkin, spinach crushed tomato, garlic, basil, fetta, cheese, pizza base (flour, water, yeast, salt, sugar)	Mushroom, pumpkin, spinach, crushed tomato, garlic, basil, pizza base (flour, water, yeast, salt, sugar)	Mushroom, pumpkin, spinach, crushed tomato, garlic, basil, fetta, cheese, g/f pizza base	Gf cheese pizza
	Afternoon Tea	Carrot, celery, Refer Hearty Health dips below Whole fruits	Carrot, celery, Refer Hearty Health dips below Whole fruits	Carrot, celery, Refer Hearty Health dips below Whole fruits	Carrot, celery, Refer Hearty Health dips below Whole fruits	Carrot, celery, Refer Hearty Health dips below Whole fruits

Homemade Hearty Health dips:

Allergy Menu Pumpkin dip – pumpkin

Allergy Menu Celeriac dip - celeriac

Avocado – avocado, sour cream, lemon juice

Baba ganoush / Roasted eggplant - eggplant, sour cream, garlic

Beetroot - beetroot, sour cream, garlic

Butter bean and basil - butter bean, basil, lemon juice, garlic, salt (dairy free)

Chickpea pumpkin - chickpea, pumpkin, oil, garlic, lemon juice, salt (dairy free)

French onion- onion, oil, sour cream, salt, pepper

Hommus - chickpea, oil, garlic, lemon juice, salt (dairy free)

Moroccan carrot – carrot, chickpea, oil, garlic, lemon juice, salt (dairy free)

Roasted pumpkin and cumin - pumpkin, cumin, oil, garlic, lemon juice, salt (dairy free)

Sweet corn relish – corn kernels, Spanish onion, black mustard seeds, white mustard seeds, cumin, turmeric, paprika, thyme, brown sugar, brown vinegar, white vinegar

Tzatziki - natural yoghurt, cucumber, garlic, lemon juice

Tomato Salsa- tomato, onion, mustard seed, brown sugar, white vinegar, maize corn flour

Hearty Health - Extensive Ingredients list

Hearty Health prides itself on the vast of menu items being handcrafted by our qualified Chefs and made from raw and natural produce and ingredients from our Commercial kitchen. There are few items that are purchased from various suppliers and an Extensive Ingredients list is attached.

Hearty Health cannot guarantee that particular products do not contain traces of nuts. Suppliers and Manufacturers of food items put a disclaimer on all of their products this item may contain traces of nuts, peanuts or tree nuts’, and/or ‘this item has been produced on machinery that may contain traces of nuts, peanuts or tree nuts’. These suppliers do this to cover themselves from possible litigation. Hearty Health cannot avoid using some products that contain this information. We bring this to your attention as the health and wellbeing of the children is paramount to us but we cannot avoid using some items with this disclaimer.

Baguette – Speedibake – wheat flour, water, baker’s yeast, iodised salt, soy flour, acidity regulator 262, vitamins (thiamine, folate)

Cornflour – from maize, contains sulphites

Cranberry Sauce – cranberries, corn syrup, water, high fructose

Curry Powder - coriander, turmeric, cumin, fenugreek, chilli

Dairy Free Butter - Nuttalex – all from vegetable sources, vegetable oils 65% (olive 21%), water, salt emulsifiers (471, sunflower lecithin) flavour, vitamins A,D,E.

Dairy free Margarine – vegetable oil (including canola oil 41%), water salt, emulsifiers, (471, soy lecithin), preservative 202, citric acid, vitamins A&D, natural colour (beta carotene), natural flavour. Contains soy. Made with Australian grown non GM canola seed oil. Suitable for vegetarians.

Dairy free Margarine – vegetable oil (including canola oil 41%), water salt, emulsifiers, (471, soy lecithin), preservative 202, citric acid, vitamins A&D, natural colour (beta carotene), natural flavour. Contains soy. Made with Australian grown non GM canola seed oil. Suitable for vegetarians.

Free from milk and lactose, free from gluten, free from artificial additives, free from Nut oil, free from soy, vegetarian and vegan. Australian owned and made.

Feta Cheese - Milk, salt, culture

Gluten and Wheat free pasta – San Mills – Ingredients – cornflower, water

Gluten free Bread – Massey Ave Bakery - potato flour, tapioca flour, rice flour, grains (linseed, kibbled, sunflower, seed, soya grits), soya flour, raising agents, (e575, e500, canola oil, salt, sugar, vegetable gum, (e464, e412, e414),

Gluten free Bread – Gluten free Zehnder dairy free, yeast free, soy free, vegan - Ingredients - potato flour, tapioca flour, rice flour, grains (linseed, kibbled, sunflower seed, soya grits), soya flour, raising agents, (e575, e500, canola oil, salt, sugar, vegetable gum, (e464, e412, e414),

Gluten free and wheat free pasta - Gluten free and wheat free penne (Casalare Premium) Gf, wheat free, dairy free, yeast free, GMO free, egg free, peanut free, tree nut free, soy free, vegan, low fat. Ingredients – rice flour, potato starch, maize flour, tapioca starch, vegetable gum (405)

Gluten free Lasagna sheets - San Remo Gf instant lasagne sheets, maize starch, soya flour, rice starch, potato starch

Gluten Free Pizza base - Water, maize starch, soy flour, tapioca starch, rice flour, vegetable oil, raising agents (501, 500) sugar, salt,

Gluten and Wheat free pasta - Buon Tempo– Ingredients - rice flour, maize flour

Gluten free self-raising flour - Orgran Gf Self raising flour, Gf, wheat free, dairy free, egg free, yeast free, vegan. Ingredients - maize starch, tapioca flour, rice flour. Raising agents: glucono delta lactone, sodium bicarbonate, vegetable gum

Gluten free pastry – Borgs Gluten free pastry - starch (potato, corn, hydrogenated vegetable, oil (soy, canola), thickeners (1420, 1422), stabilisers (415), sugar, chickpea flour, rice flour, egg, raising agent (500,450), emulsifier (471), acidity regulator (330), yeast extract, salt, vinegar

Gluten free pastry - Simply wize - Gluten free pastry starch (potato, corn) hydrogenated vegetable oil (canola), egg, thickener (1420, 1422) stabilizers (415), sugar, chickpea flour, rice flour, raising agent (500,450) emulsifier (471) acidity regulator (330), salt, vinegar

Gluten free pastry- Simply gluten free - corn starch, rice flour, dextrose mono hydrate, modified tapioca starch, modified corn starch, thickeners (466, 464, 461), sugar, salt, vegetable gum 415, emulsifier 471, natural colour, water, vegetable fat, palm oil

Gluten free flour (brand well & good) rice flour, potato starch, tapioca flour, sugar, salt, vegetable gum, bi carb soda

Gluten free Vegemite - Dick Smith Gluten Free Ozemite – yeast and vegetable extracts (41.8%), maize starch (1401), maltodextrin, water, sugar, yeast, natural caramel flavour (150a) Natural color (153), Food Acid (330), Niacin, thiamine, riboflavin, folate.

Gravox - thickener (1422), tapioca starch, maltodextrin, salt, flavour (salt, yeast extract, onion powder, maltodextrin, food acid, vegetable oil, ground pepper), anti caking agent, sugar, tomato powder, yeast extract, shortening powder, animal fat, vegetable oil, mineral salt

Hoisin – water, soy beans, corn starch (1422), sugar, vinegar, garlic, salt, flavour enhancer (621)

Master stock – apple juice, pear juice, cinnamon, vanilla, star anise

Pita- flour, salt, yeast, water

Puff Pastry - wheat flour, water, vegetable oil, water, salt, soy lecithin, food acid (330), flavour, antioxidant (306), colour (160a), preservatives (220,281)

Rice Noodle- Rice flour, water

Tofu - soya bean, mineral water

Vanilla Custard – Cornflour (wheaten), sugar, salt, cinnamon, colour (102, 110)

Vegemite - (yeast extract, barley, wheat, salt, mineral salt, (508), malt, extract, colour (150c), flavours, niacin, thiamine, riboflavin, folate

Wholemeal bread - wheat flour, (thiamine, folic, acid), water, yeast, wheat, gluten, iodised salt, sugar, bread improver, emulsifiers (472e, 481), rye flour, vegetable oil, vinegar, toasted malt flour (from wheat or barley)