

Hearty Health
WEEK 1 – SUMMER 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 Pear Whole fruits
	Lunch	Spinach, mushroom, zucchini, tomato, onion, corn, carrot, pea, basil, garlic, pasta (flour, water, oil), cheese	Spinach, mushroom, zucchini, tomato, onion, corn, carrot, pea, basil, garlic, pasta (flour, water, oil), cheese	Spinach, mushroom, zucchini, tomato, onion, corn, carrot, pea, basil, garlic, pasta (flour, water, oil), cheese	Spinach, mushroom, zucchini, tomato, onion, corn, carrot, pea, basil, garlic, cheese, G/F pasta	Spinach, mushroom, zucchini, tomato, onion, corn, carrot, pea, basil, garlic, cheese, G/F 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	Pineapple juice, apple juice, orange juice, coconut milk, masterstock (refer below) Watermelon	Pineapple juice, apple juice, orange juice, coconut milk, masterstock (refer below) Watermelon	Pineapple juice, apple juice, orange juice, coconut milk, masterstock (refer below) Watermelon	Pineapple juice, apple juice, orange juice, coconut milk, masterstock (refer below) Watermelon	Pineapple juice, apple juice, orange juice, coconut milk, masterstock (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	Apple, cinnamon, self-raising flour, baking soda, df margarine, sugar, oil, water Whole fruits	Apple, cinnamon, self-raising flour, baking soda, df margarine, sugar, oil, water Whole fruits	Apple, cinnamon, self-raising flour, baking soda, df margarine, sugar, oil, water Whole fruits	Apple, cinnamon, gf self-raising flour, baking soda, df margarine, sugar, oil, water Whole fruits	Gf bread Apple Whole fruits
	Lunch	Tuna, onion, garlic, celery, carrot, mushroom, pea, milk, cornflour, cheese, salt, (flour, water, oil), pasta	Pumpkin, onion, garlic, celery, carrot, mushroom, pea, milk, cornflour, cheese, salt, pasta, (flour, water, oil),	Tuna, onion, garlic, celery, carrot, mushroom, pea, crushed tomato, cornflour, salt, pasta, (flour, water, oil),	Tuna, onion, garlic, celery, carrot, mushroom, pea, milk, cornflour, cheese, salt, gf pasta	Tuna, onion, garlic, celery, carrot, mushroom, 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	Gf Toast Oranges
	Lunch	Chicken, pineapple, pineapple juice, Chinese five spice, tomato sauce, corn, peas, carrot, celery, maize flour, onion, garlic, rice	Bean curd, pineapple, pineapple juice, Chinese five spice, tomato sauce, corn, peas, carrot, celery, maize flour, onion, garlic, rice	Chicken, pineapple, pineapple juice, Chinese five spice, tomato sauce, corn, peas, carrot, celery, maize flour, onion, garlic, rice	Chicken, pineapple, pineapple juice, Chinese five spice, tomato sauce, corn, peas, carrot, celery, maize flour, onion, garlic, rice	Chicken, corn, peas, carrots, rice
	Afternoon Tea	Dates, self-raising flour, baking soda, df margarine, sugar, oil, water Watermelon	Dates, self-raising flour, baking soda, df margarine, sugar, oil, water Watermelon	Dates, self-raising flour, baking soda, df margarine, sugar, oil, water Watermelon	Dates, gf self-raising flour, baking soda, df margarine, sugar, oil, water Watermelon	Dates, 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, apricot 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	Tapioca pearls, pineapple, coconut milk, sugar Whole fruits	Tapioca pearls, pineapple, coconut milk, sugar Whole fruits	Tapioca pearls, pineapple, coconut milk, sugar Whole fruits	Tapioca pearls, pineapple, coconut milk, sugar Whole fruits	Tapioca pearls, pineapple, coconut milk, sugar Whole fruits

Hearty Health
WEEK 2 – SUMMER 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, apple Whole fruits
	Lunch	Lamb mince, peas, corn, carrot, onion, garlic, crushed tomato, potato, df margarine, gravox	Peas, corn, carrot, onion, garlic, crushed tomato, potato, df margarine	lamb mince, peas, corn, carrot, onion, garlic, crushed tomato, potato, df margarine, gravox	lamb mince, peas, corn, carrot, onion, garlic, crushed tomato, potato, df margarine, gravox	lamb, 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	Pineapple, coconut, cinnamon, self-raising flour, df margarine, sugar, water, oats, oil Watermelon	Pineapple, coconut, cinnamon, self-raising flour, df margarine, sugar, water, oats, oil Watermelon	Pineapple, coconut, cinnamon, self-raising flour, df margarine, sugar, water, oats, oil Watermelon	Gf Toast, pineapple Watermelon	Gf Toast, pineapple Watermelon
	Lunch	Paprika, fish, rice noodle, celery, capsicum, snowpea, sprout, carrot	Tofu, Paprika, rice noodle, celery, capsicum, snowpea sprout, carrot	Paprika, fish, rice noodle, celery, capsicum, snowpea sprout, carrot	Paprika, fish, rice noodle, celery, capsicum, snowpea sprout, carrot	Fish, sweet potato, 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, apricot Whole fruits
	Lunch	Chicken mince, garlic, spinach, corn, peas, carrot, garlic, onion, puff pastry	Potato, garlic, spinach, corn, peas, carrot, garlic, onion, puff pastry	Chicken mince, garlic, spinach, corn, peas, carrot, garlic, onion, puff pastry	Chicken mince, 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	Apple juice, oat, yogurt, vanilla, rice milk Oranges	Apple juice, oat, yogurt, vanilla, rice milk Oranges	Apple juice, oat, soy yogurt, vanilla, rice milk Oranges	Apple juice, oat, yogurt, vanilla, rice milk Oranges	Gf Toast Apple Oranges
	Lunch	Lamb, basil, oregano, corn, carrot, peas, zucchini, mushroom, capsicum, crushed tomatoes, tomato paste, gravox, onion, garlic, turmeric, rice	basil, oregano, corn, carrot, peas, zucchini, mushroom, capsicum, crushed tomatoes, tomato paste, gravox, onion, garlic, turmeric, rice	Lamb, basil, oregano, corn, carrot, peas, zucchini, mushroom, capsicum, crushed tomatoes, tomato paste, gravox, onion, garlic, turmeric, rice	Lamb, 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	Cheese and chive, water, self-raising flour, df margarine Whole fruits	Cheese and chive, water, self-raising flour, df margarine Whole fruits	Chive, water, self-raising flour, df margarine Whole fruits	Gf Toast, peach puree Whole fruits	Gf Toast, peach puree 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 Whole fruits	Carrot, celery, Refer Hearty Health dips below Whole fruits	Carrot, celery, Refer Hearty Health dips below Whole fruits

Hearty Health WEEK 3 – SUMMER 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 mince, crushed tomatoes, tomato paste, onion, garlic, basil, pasta (wheat flour, salt, water), cheese	corn, carrot, peas, zucchini, mushroom, crushed tomatoes, tomato paste, onion, garlic, basil, pasta (wheat flour, salt, water), cheese	corn, carrot, peas, beef mince, crushed tomatoes, tomato paste, onion, garlic, basil, pasta (wheat flour, salt, water)	corn, carrot, peas, beef mince, crushed tomatoes, tomato paste, onion, garlic, basil, cheese, gf pasta	corn, carrot, peas, beef mince, crushed tomatoes, tomato paste, onion, garlic, basil, 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	Zucchini, carrot, cheese, self-raising flour, baking soda, df margarine, sugar, oil, water Watermelon	Zucchini, carrot, cheese, self-raising flour, baking soda, df margarine, sugar, oil, water Watermelon	Zucchini, carrot, self-raising flour, baking soda, df margarine, sugar, oil, water Watermelon	Gf Toast, pear puree Watermelon	Gf Toast, pear puree Watermelon
	Lunch	Sweet potato, pumpkin, potato, corn, carrot, onion, pea, garlic, fetta, puff pastry	Sweet potato, pumpkin, potato, corn, carrot, onion, pea, garlic, fetta, puff pastry	Sweet potato, pumpkin, potato, corn, carrot, onion, pea, garlic, puff pastry	Sweet potato, pumpkin, potato, corn, carrot, onion, pea, garlic, fetta, g/f puff pastry	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	Pineapple juice, apple juice, orange juice, coconut milk, masterstock (refer below) Whole fruits	Pineapple juice, apple juice, orange juice, coconut milk, masterstock (refer below) Whole fruit	Pineapple juice, apple juice, orange juice, coconut milk, masterstock (refer below)	Pineapple juice, apple juice, orange juice, coconut milk, masterstock (refer below) Whole fruits	Pineapple juice, apple juice, orange juice, coconut milk, masterstock (refer below) Whole fruits
	Lunch	Chicken, apricot, apricot nectar, corn flour, onion, garlic, ginger, carrot, corn, pea, rice	Tofu, apricot, apricot nectar, corn flour, onion, garlic, ginger, carrot, corn, pea, rice	Chicken, apricot, apricot nectar, corn flour, onion, garlic, ginger, carrot, corn, pea, rice	Chicken, apricot, apricot nectar, corn flour, onion, garlic, ginger, carrot, corn, pea, rice	Chicken, rice, carrot, pea, corn
	Afternoon Tea	Ssun-dried tomato, spinach, ricotta, puff pastry Whole fruits	Sun-dried tomato, spinach, ricotta, puff pastry Whole fruits	Pumpkin, sun-dried tomato, spinach, puff pastry Whole fruits	Sun-dried tomato, spinach, ricotta, gf puff pastry Whole fruits	Tomato, rice crackers 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, pear Whole fruits
	Lunch	Beef, coconut cream, crushed tomato, tomato paste, potato, cinnamon, bay leaf, cardamom, tamarind, brown sugar, fish sauce, ground coriander, cumin, ground clove, garlic, ginger, lemon grass, sweet potato, carrot, pea, rice	Tofu, Crushed tomato, onion, garlic, basil, oregano, bayleaf, carrot, celery, pea, kidney bean, chickpea, corn, tomato paste, g/f pasta	Beef, coconut cream, crushed tomato, tomato paste, potato, cinnamon, bay leaf, cardamom, tamarind, brown sugar, fish sauce, ground coriander, cumin, ground clove, garlic, ginger, lemon grass, sweet potato, carrot, pea, rice	Beef, coconut cream, crushed tomato, tomato paste, potato, cinnamon, bay leaf, cardamom, tamarind, brown sugar, fish sauce, ground coriander, cumin, ground clove, garlic, ginger, lemon grass, sweet potato, carrot, pea, rice	Beef, carrot, pea, potato
	Afternoon Tea	Mango, tapioca pearls, coconut milk, sugar Whole fruits	Mango, tapioca pearls, coconut milk, sugar Whole fruits	Mango, tapioca pearls, coconut milk, sugar Whole fruits	Mango, tapioca pearls, coconut milk, sugar Whole fruits	Mango, tapioca pearls, coconut milk, sugar Whole fruits

Hearty Health WEEK 4 – SUMMER 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 mince, onion, cumin, carrot, corn, pea, lemon, potato	Sweet potato, chickpea, onion, cumin, carrot, corn, pea, lemon, potato	Lamb mince, onion, cumin, carrot, corn, pea, lemon, potato	Lamb mince, onion, cumin, carrot, corn, pea, lemon, potato	Lamb mince, 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	Apple juice, oat, yogurt, vanilla, rice milk, orange Watermelon	Apple juice, oat, yogurt, vanilla, rice milk, orange Watermelon	Apple juice, oat, yogurt, vanilla, rice milk, orange Watermelon	Gf Toast, pear Watermelon	Gf Toast, pear Watermelon
	Lunch	Chicken, soy sauce, honey, zucchini, capsicum carrot, corn, onion, pea, rice	Tofu, soy sauce, honey, zucchini, capsicum carrot, corn, onion, pea, rice	Chicken, soy sauce, honey, zucchini, capsicum carrot, corn, onion, pea, rice	Chicken, soy sauce, honey, zucchini, capsicum carrot, corn, onion, pea, rice	Chicken, carrots, peas, corn, rice
	Afternoon Tea	Wholemeal bread, vegemite, cheese, df margarine Oranges	Wholemeal bread, vegemite, cheese, df margarine Oranges	Wholemeal bread, vegemite, df margarine Oranges	Gf bread, gf vegemite, cheese, df margarine Oranges	Gf bread, gf vegemite, cheese, 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 sausages, corn, pea, carrot, potato	Bean curd, corn, pea, carrot, potato	Beef sausages, corn, pea, carrot, potato	Beef sausages, corn, pea, carrot, potato	Lamb, pea, carrot, rice
	Afternoon Tea	Carrot, zucchini, water, self-raising flour, df margarine Whole fruits	Carrot, zucchini, water, self-raising flour, df margarine Whole fruits	Carrot, zucchini, water, self-raising flour, df margarine Whole fruits	Carrot, zucchini, water, gf self-raising flour, df margarine Whole fruits	Gf bread, apple Whole fruits
THURSDAY	Morning Tea	Potato, sweet potato, zucchini, carrot, cornflour, basil, parsley Orange	Potato, sweet potato, zucchini, carrot, cornflour, basil, parsley Orange	Potato, sweet potato, zucchini, carrot, cornflour, basil, parsley Orange	Potato, sweet potato, zucchini, carrot, cornflour, basil, parsley Orange	Potato, sweet potato, zucchini, carrot, cornflour, basil, parsley Orange
	Lunch	Beef mince, onion, carrot, corn, pea, basil, oregano, garlic, crushed tomato, nuttelex, tomato paste, pasta (flour, water, oil)	Pumpkin, chickpea, onion, carrot, corn, pea, basil, oregano, garlic, crushed tomato, nuttelex tomato paste, pasta (flour, water, oil)	Beef mince, onion, carrot, corn, pea, basil, oregano, garlic, crushed tomato, nuttelex, tomato paste, pasta (flour, water, oil)	Beef mince, onion, carrot, corn, pea, basil, oregano, garlic, crushed tomato, nuttelex, tomato paste, gf pasta	Beef mince, onion, carrot, corn, pea, basil, oregano, garlic, crushed tomato, tomato paste, gf 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 Whole fruits	Bananas, nutmeg, water, self-raising flour, df margarine Whole fruits	Bananas, nutmeg, water, self-raising flour, df margarine Whole fruits	Gf Toast, banana Whole fruits	Gf Toast, banana Whole fruits
	Lunch	Mushroom, zucchini, capsicum, pineapple, crushed tomato, garlic, basil, fetta, cheese, pizza base (flour, water, yeast, salt, sugar)	Mushroom, zucchini, capsicum, pineapple, crushed tomato, garlic, basil, fetta, cheese, pizza base (flour, water, yeast, salt, sugar)	Mushroom, zucchini, capsicum, pineapple, crushed tomato, garlic, basil, pizza base (flour, water, yeast, salt, sugar)	Mushroom, zucchini, capsicum, pineapple, crushed tomato, garlic, basil, fetta, cheese, gf pizza base	Beef, potato, carrot, pea
	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

Babaganoush / 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.

Fetta 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

Masterstock – 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)