

**Hearty Health**  
**WEEK 1 – WINTER MENU 2017 - INGREDIENTS**

		<b>Regular</b>	<b>Vegetarian</b>	<b>Dairy Free</b>	<b>Gluten Free</b>	<b>Allergy Free</b>
MONDAY	<b>Morning Tea</b>	Premium Yoghurt Seasonal Whole fruits	Premium Yoghurt Seasonal Whole fruits	Soy Yoghurt Seasonal Whole fruits	Premium Yoghurt Seasonal Whole fruits	Gf Toast Seasonal Whole fruits
	<b>Lunch</b>	Tuna, mushroom, tomato, onion, corn, carrot, pea, basil, garlic, pasta (flour, water, oil)	mushroom, zucchini, tomato, onion, corn, carrot, pea, basil, garlic, pasta (flour, water, oil),	Tuna, mushroom, zucchini, tomato, onion, corn, carrot, pea, basil, garlic, pasta (flour, water, oil),	Tuna, mushroom, tomato, onion, corn, carrot, pea, basil, garlic, gf pasta	Zucchini , corn, carrot, pea, crushed tomato gf pasta
	<b>Afternoon Tea</b>	Refer Hearty Health dips below water crackers (wheat flour, oil, salt), rice crackers (puffed rice, salt) Seasonal Whole fruits	Refer Hearty Health dips below water crackers (wheat flour, oil, salt), rice crackers (puffed rice, salt) Seasonal Whole fruits	Refer Hearty Health dips below water crackers (wheat flour, oil, salt), rice crackers (puffed rice, salt) Seasonal Whole fruits	Refer Hearty Health dips below rice crackers (puffed rice, salt) Seasonal Whole fruits	Refer Hearty Health dips below rice crackers (puffed rice, salt) Seasonal Whole fruits
TUESDAY	<b>Morning Tea</b>	Flour, water, raisins, yeast, sugar, wheat gluten, canola oil, iodised salt, vinegar, cinnamon, emulsifiers, soy flour, thiamine, folic acid Watermelon	Flour, water, raisins, yeast, sugar, wheat gluten, canola oil, iodised salt, vinegar, cinnamon, emulsifiers, soy flour, thiamine, folic acid Watermelon	Flour, water, raisins, yeast, sugar, wheat gluten, canola oil, iodised salt, vinegar, cinnamon, emulsifiers, soy flour, thiamine, folic acid Watermelon	Gf Toast Watermelon	Gf Toast Watermelon  Beef, corn, carrot, pea, potato
	<b>Lunch</b>	Beef, white beans, kidney beans, mushroom, zucchini, cumin, crushed tomato, tomato paste, garlic, paprika, carrot, pea, corn, gravox, cornflour,	Tofu, white beans, kidney beans, mushroom, zucchini, cumin, crushed tomato, tomato paste, garlic, paprika, carrot, pea, corn, cornflour	Beef, white beans, kidney beans, mushroom, zucchini, cumin, crushed tomato, tomato paste, garlic, paprika, carrot, pea, corn, gravox, cornflour	Beef, white beans, kidney beans, mushroom, zucchini, cumin, crushed tomato, tomato paste, garlic, paprika, carrot, pea, corn, gf gravox, cornflour	White bean, cornflour, crushed tomato, Gf bread
	<b>Afternoon Tea</b>	Date, self-raising flour, df margarine, sugar, oil, water Seasonal Whole fruits	Date, self-raising flour, df margarine, sugar, oil, water Seasonal Whole fruits	Date, self-raising flour, df margarine, sugar, oil, water Seasonal Whole fruits	Gf Toast Seasonal Whole fruits	Gf Toast Seasonal Whole fruits
WEDNESDAY	<b>Morning Tea</b>	Banana, cinnamon, self-raising flour, df margarine, sugar, oil, water Seasonal Whole fruits	Banana, cinnamon, self-raising flour, df margarine, sugar, oil, water Seasonal Whole fruits	Banana, cinnamon, self-raising flour, df margarine, sugar, oil, water Seasonal Whole fruits	Gf bread Seasonal Whole fruits	Gf bread Seasonal Whole fruits
	<b>Lunch</b>	Sweet potato, lentils, potato, cardamom, turmeric, coriander, ginger, garlic, kasoori methi leaves (fenugreek) onion, garlic, celery, carrot, pea, crushed tomato, coconut milk, coconut cream, cornflour, salt,	Sweet potato, lentils, potato, cardamom, turmeric, coriander, ginger, garlic, kasoori methi leaves (fenugreek) onion, garlic, celery, carrot, pea, crushed tomato, coconut milk, coconut cream, cornflour, salt,	Sweet potato, lentils, potato, cardamom, turmeric, coriander, ginger, garlic, kasoori methi leaves (fenugreek) onion, garlic, celery, carrot, pea, crushed tomato, coconut milk, coconut cream, cornflour, salt,	Sweet potato, lentils, potato, cardamom, turmeric, coriander, ginger, garlic, kasoori methi leaves (fenugreek) onion, garlic, celery, carrot, pea, crushed tomato, coconut milk, coconut cream, cornflour, salt,  Refer Hearty Health dips below cucumber, carrot, rice crackers (puffed rice, salt) Watermelon	Refer Hearty Health dips below cucumber, carrot, rice crackers (puffed rice, salt) Watermelon
	<b>Afternoon Tea</b>	Refer Hearty Health dips below cucumber, carrot, rice crackers (puffed rice, salt), Watermelon	Refer Hearty Health dips below cucumber, carrot, rice crackers (puffed rice, salt) Watermelon	Refer Hearty Health dips below cucumber, carrot, rice crackers (puffed rice, salt) Watermelon	Refer Hearty Health dips below rice crackers (puffed rice, salt) Watermelon	Refer Hearty Health dips below rice crackers (puffed rice, salt) Watermelon
THURSDAY	<b>Morning Tea</b>	Premium Yoghurt Watermelon	Premium Yoghurt Watermelon	Soy Yoghurt Watermelon	Premium Yoghurt Watermelon	Soy Yoghurt Watermelon
	<b>Lunch</b>	Chicken, apricot, mushroom, zucchini, corn, peas, carrot, celery, maize flour, onion, garlic, rice	Tofu, apricot, mushroom, zucchini, corn, peas, carrot, celery, maize flour, onion, garlic, rice	Chicken, apricot, mushroom, zucchini, corn, peas, carrot, celery, maize flour, onion, garlic, rice	Chicken, apricot, mushroom, zucchini, corn, peas, carrot, celery, maize flour, onion, garlic, rice	Chicken, corn, peas, carrots, rice
	<b>Afternoon Tea</b>	Tomato, cheese, Wholemeal pita Watermelon	Tomato, cheese, Wholemeal pita Watermelon	Tomato, Wholemeal pita Watermelon	Tomato, cheese, rice crackers (puffed rice, salt), Watermelon	Tomato, rice crackers (puffed rice, salt) Watermelon
FRIDAY	<b>Morning Tea</b>	plain flour, df margarine, castor sugar, golden syrup, desiccated coconut, oats, Seasonal 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, Seasonal Whole fruits	Gf bread Seasonal Whole fruits	Gf bread, Seasonal Whole fruits
	<b>Lunch</b>	Pumpkin, potato, sweet potato, basil, oregano, bay leaf, carrot, celery, onion, garlic, coconut cream	Pumpkin, potato, sweet potato, basil, oregano, bay leaf, carrot, celery, onion, garlic, coconut cream	Pumpkin, potato, sweet potato, basil, oregano, bay leaf, carrot, celery, onion, garlic, coconut cream	Pumpkin, potato, sweet potato, basil, oregano, bay leaf, carrot, celery, onion, garlic, coconut cream	Pumpkin, celery, carrot, water
	<b>Afternoon Tea</b>	Crushed tomato, onion, garlic, basil, pizza flour, water, yeast, salt, sugar, cheese Seasonal Whole fruit	Crushed tomato, onion, garlic, basil, pizza flour, water, yeast, salt, sugar, cheese Seasonal Whole fruit	Crushed tomato, onion, garlic, basil, pizza flour, water, yeast, salt, sugar, cheese Seasonal Whole fruits	Crushed tomato, onion, garlic, basil, gf plain flour, water, yeast, salt, sugar, cheese Seasonal Whole fruits	Crushed tomato, basil, pizza flour, water, yeast, salt, sugar, cheese Seasonal Whole fruits

**Hearty Health**  
**WEEK 2 – WINTER MENU 2017 - INGREDIENTS**

		<b>Regular</b>	<b>Vegetarian</b>	<b>Dairy Free</b>	<b>Gluten Free</b>	<b>Allergy Free</b>
MONDAY	<b>Morning Tea</b>	Premium Yoghurt Seasonal Whole fruits	Premium Yoghurt Seasonal Whole fruits	Soy Yoghurt Seasonal Whole fruits	Premium Yoghurt Seasonal Whole fruits	Gf Bread, Seasonal Whole fruits
	<b>Lunch</b>	beef mince, peas, corn, carrot, onion, garlic, crushed tomato, potato, df margarine, gravox	Peas, sweet potato, 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
	<b>Afternoon Tea</b>	Refer Hearty Health dips below water crackers (wheat flour, oil, salt), rice crackers (puffed rice, salt) Seasonal Whole fruits	Refer Hearty Health dips below water crackers (wheat flour, oil, salt), rice crackers (puffed rice, salt) Seasonal Whole fruits	Refer Hearty Health dips below water crackers (wheat flour, oil, salt), rice crackers (puffed rice, salt) Seasonal Whole fruits	Refer Hearty Health dips below water crackers (wheat flour, oil, salt), rice crackers (puffed rice, salt) Seasonal Whole fruits	Pumpkin, rice crackers (puffed rice, salt) Seasonal Whole fruits
TUESDAY	<b>Morning Tea</b>	Pineapple, coconut, self raising flour, sugar, salt, df margarine, oil, water Seasonal Whole fruits	Pineapple, coconut, self-raising flour, sugar, salt, df margarine, oil, water Seasonal Whole fruits	Pineapple, coconut, self raising flour, sugar, salt, df margarine, oil, water Seasonal Whole fruits	Gf bread Seasonal Whole fruits	Gf Toast, Seasonal Whole fruits
	<b>Lunch</b>	Chicken, chick pea, sweet potato, garlic, corn, peas, carrot, garlic, onion, crushed tomato, tomato paste, gravox	chick pea, sweet potato, garlic, corn, peas, carrot, garlic, onion, crushed tomato, tomato paste,	Chicken, chick pea, sweet potato, garlic, corn, peas, carrot, garlic, onion, crushed tomato, tomato paste, gravox	Chicken, chick pea, sweet potato, garlic, corn, peas, carrot, garlic, onion, crushed tomato, tomato paste, gravox	Chicken, sweet potato, pea, carrot, corn
	<b>Afternoon Tea</b>	Tomato, cheese, Wholemeal pita Watermelon	Tomato, cheese, Wholemeal pita Watermelon	Tomato, Wholemeal pita Watermelon	Tomato, cheese, gf bread Watermelon	Gf bread, cheese Watermelon
WEDNESDAY	<b>Morning Tea</b>	Premium Yoghurt Watermelon	Premium Yoghurt Watermelon	Soy Yoghurt Watermelon	Premium Yoghurt Watermelon	Gf bread, Watermelon
	<b>Lunch</b>	fish, rice, capsicum, snow pea, Peas, carrot, corn, celery, breadcrumbs, basil, parsley	tofu, rice, capsicum, snow pea, Peas, carrot, corn, breadcrumbs, basil, parsley	fish, rice, capsicum, snow pea, Peas, carrot, corn, celery, breadcrumbs, basil, parsley	fish, rice, capsicum, snow pea, Peas, carrot, corn, celery, breadcrumbs, basil, parsley	Fish, carrot, pea, corn, rice
	<b>Afternoon Tea</b>	Wholemeal bread, vegemite, cheese, df margarine Seasonal Whole fruits	Wholemeal bread, vegemite, cheese, df margarine Seasonal Whole fruits	Wholemeal bread, vegemite, df margarine Seasonal Whole fruits	Gf bread, gf vegemite, cheese, df margarine Seasonal Whole fruits	Gf bread, gf vegemite, cheese, df margarine Seasonal Whole fruits
THURSDAY	<b>Morning Tea</b>	Sultana, self-raising flour, df margarine, water Seasonal Whole fruits	Sultana, self-raising flour, df margarine, water Seasonal Whole fruits	Sultana, self-raising flour, df margarine, water Seasonal Whole fruits	Gf bread Seasonal Whole fruits	Gf Toast Seasonal Whole fruits
	<b>Lunch</b>	Lamb, barley, basil, oregano, corn, carrot, peas, zucchini, mushroom, crushed tomatoes, tomato paste, gravox, onion, garlic,	tofu, barley, basil, oregano, corn, carrot, peas, zucchini, mushroom, crushed tomatoes, tomato paste, gravox, onion, garlic,	Lamb, barley, basil, oregano, corn, carrot, peas, zucchini, mushroom, crushed tomatoes, tomato paste, gravox, onion, garlic,	Lamb, basil, oregano, corn, carrot, peas, zucchini, mushroom, crushed tomatoes, tomato paste, gravox, onion, garlic,	Lamb, peas, carrots, potato
	<b>Afternoon Tea</b>	Butter bean, tomato, onion, garlic, bakers flour, yeast, salt, sugar, water Watermelon	Butter bean, tomato, onion, garlic, bakers flour, yeast, salt, sugar, water Watermelon	Butter bean, tomato, onion, garlic, bakers flour, yeast, salt, sugar, water Watermelon	Gf bread, Butter bean, tomato, onion, garlic, Watermelon	Butter bean, tomato, onion, garlic Gf bread Watermelon
FRIDAY	<b>Morning Tea</b>	Ricotta, spinach, water, self-raising flour, df margarine, oil Seasonal Whole fruits	Ricotta, spinach, oil, water, self-raising flour, df margarine Seasonal Whole fruits	spinach, oil, water, self-raising flour, df margarine Seasonal Whole fruits	Gf bread Seasonal Whole fruits	Gf Toast, Seasonal Whole fruits
	<b>Lunch</b>	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, spinah, crushed tomatoes, gf pasta
	<b>Afternoon Tea</b>	Carrot, celery, Refer Hearty Health dips below Seasonal Whole fruits	Carrot, celery, Refer Hearty Health dips below Seasonal 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 – WINTER MENU 2017 - INGREDIENTS**

		<b>Regular</b>	<b>Vegetarian</b>	<b>Dairy Free</b>	<b>Gluten Free</b>	<b>Allergy Free</b>
MONDAY	Morning Tea	Premium Yoghurt Seasonal Whole fruits	Premium Yoghurt Seasonal Whole fruits	Soy Yoghurt Seasonal Whole fruits	Premium Yoghurt Seasonal Whole fruits	Premium Yoghurt Seasonal Whole fruits
	Lunch	Lamb, eggplant, cheese, water, cornflour, milk, cinnamon, corn, carrot, peas, crushed tomatoes, tomato paste, onion, garlic, basil, pasta (wheat flour, salt, water),	eggplant, cheese, water, cornflour, milk, cinnamon, corn, carrot, peas, crushed tomatoes, tomato paste, onion, garlic, basil, pasta (wheat flour, salt, water),	Lamb, eggplant, water, cornflour, cinnamon, corn, carrot, peas, crushed tomatoes, tomato paste, onion, garlic, basil, pasta (wheat flour, salt, water),	Lamb, eggplant, cheese, water, cornflour, milk, cinnamon, corn, carrot, peas, crushed tomatoes, tomato paste, onion, garlic, basil, gf pasta	corn, carrot, peas, lamb, potato
	Afternoon Tea	Refer Hearty Health dips below Water crackers (wheat flour, oil, salt), rice crackers (puffed rice, salt) Seasonal Whole fruits	Refer Hearty Health dips below Water crackers (wheat flour, oil, salt), rice crackers (puffed rice, salt) Seasonal Whole fruits	Refer Hearty Health dips below Water crackers (wheat flour, oil, salt), rice crackers (puffed rice, salt) Seasonal Whole fruits	Refer Hearty Health dips below Rice crackers (puffed rice, salt) Seasonal Whole fruits	pumpkin Rice crackers (puffed rice, salt) Seasonal 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, Watermelon	Gf Toast, Watermelon
	Lunch	Sausage mince, corn, carrot, onion, pea, garlic, puff pastry	Spinach, pumpkin, potato, corn, carrot, onion, pea, garlic, puff pastry	Sausage mince, corn, carrot, onion, pea, garlic, puff pastry	Sausage mince, corn, carrot, onion, pea, garlic, g/f puff pastry	Sausage mince, corn, carrot, onion, pea, garlic, puff pastry
	Afternoon Tea	Tomato, cheese, wholemeal pita Seasonal Whole fruits	Tomato, cheese, wholemeal pita Seasonal Whole fruits	Tomato, wholemeal pita Seasonal Whole fruits	Tomato, cheese, rice crackers Seasonal Whole fruits	Cheese, rice crackers Seasonal Whole fruits
WEDNESDAY	Morning Tea	Flour, water, raisins, yeast, sugar, wheat gluten, canola oil, iodised salt, vinegar, cinnamon, emulsifiers, soy flour, thiamine, folic acid Seasonal Whole fruits	Flour, water, raisins, yeast, sugar, wheat gluten, canola oil, iodised salt, vinegar, cinnamon, emulsifiers, soy flour, thiamine, folic acid Seasonal Whole fruits	Flour, water, raisins, yeast, sugar, wheat gluten, canola oil, iodised salt, vinegar, cinnamon, emulsifiers, soy flour, thiamine, folic acid Seasonal Whole fruits	Gf Toast Seasonal Whole fruits	g/f toast, Seasonal Whole fruits
	Lunch	Chicken, corn flour, coriander, tamarind, coconut cream, sweet potato, capsicum, onion, garlic, ginger, carrot, corn, pea, rice	Tofu, corn flour, coriander, tamarind, coconut cream, sweet potato, capsicum, onion, garlic, ginger, carrot, corn, pea, rice	Chicken, corn flour, coriander, tamarind, coconut cream, sweet potato, capsicum, onion, garlic, ginger, carrot, corn, pea, rice	Chicken, corn flour, coriander, tamarind, coconut cream, sweet potato, capsicum, onion, garlic, ginger, carrot, corn, pea, rice	Chicken, rice, carrot, pea, corn
	Afternoon Tea	Refer Hearty Health dips below cucumber, carrot, Watermelon	Refer Hearty Health dips below cucumber, carrot, Watermelon	Refer Hearty Health dips below cucumber, carrot, Watermelon	Refer Hearty Health dips below cucumber, carrot, Watermelon	Refer Hearty Health dips below cucumber, carrot, Watermelon
THURSDAY	Morning Tea	cinnamon, water, self-raising flour, df margarine, vanilla Watermelon	cinnamon, water, self-raising flour, df margarine, vanilla Watermelon	cinnamon, water, self-raising flour, df margarine, vanilla Watermelon	Gf bread Watermelon	Gf Toast, Watermelon
	Lunch	Crushed tomato, onion, garlic, basil, oregano, bay leaf, carrot, celery, pea, kidney bean, zucchini, chick pea, corn, tomato paste, bread (bakers flour, water, yeast, salt, sugar)	Crushed tomato, onion, garlic, basil, oregano, bay leaf, carrot, celery, pea, kidney bean, zucchini, chick pea, corn, tomato paste, bread (bakers flour, water, yeast, salt, sugar)	Crushed tomato, onion, garlic, basil, oregano, bay leaf, carrot, celery, pea, kidney bean, zucchini, chick pea, corn, tomato paste, bread (bakers flour, water, yeast, salt, sugar)	Crushed tomato, onion, garlic, basil, oregano, bay leaf, carrot, celery, pea, kidney bean, zucchini, chick pea, corn, tomato paste, gf bread	chicken, carrot, celery, pea, corn
	Afternoon Tea	Jasmin rice, coconut milk, vanilla essence, sugar Seasonal Whole fruits	Jasmin rice, coconut milk, vanilla essence, sugar Seasonal Whole fruits	Jasmin rice, coconut milk, vanilla essence, sugar Seasonal Whole fruits	Jasmin rice, coconut milk, vanilla essence, sugar Seasonal Whole fruits	Gf bread, gf vegemite Seasonal Whole fruits
FRIDAY	Morning Tea	Premium Yoghurt Seasonal Whole fruits	Premium Yoghurt Whole fruits	Soy Yoghurt Whole fruits	Premium Yoghurt Whole fruits	Gf Bread, Whole fruits
	Lunch	Beef mince, garlic, basil, carrot, corn, onion, crushed tomato, tomato paste, pea, pasta	Tofu, capsicum, zucchini, garlic, sauce, carrot, corn, pea, crushed tomato, pasta	Beef mince, garlic, basil, carrot, corn, onion, crushed tomato, tomato paste, pea, pasta	Beef mince, garlic, basil, carrot, corn, onion, crushed tomato, tomato paste, pea, g/f pasta	Beef, carrot, pea, potato
	Afternoon Tea	Spinach, ricotta, puff pastry Seasonal Whole fruits	Spinach, ricotta, puff pastry Seasonal Whole fruits	Spinach, pumpkin, puff pastry Seasonal Whole fruits	Spinach, ricotta, gf puff pastry Seasonal Whole fruits	Spinach, ricotta, puff pastry Seasonal Whole fruits

**Hearty Health**  
**WEEK 4 – WINTER MENU 2017 - INGREDIENTS**

		Regular	Vegetarian	Dairy Free	Gluten Free	Allergy Free
MONDAY	Morning Tea	Premium Yoghurt Seasonal Whole fruits	Premium Yoghurt Seasonal Whole fruits	Soy Yoghurt Seasonal Whole fruits	Premium Yoghurt Seasonal Whole fruits	Gf Toast Seasonal Whole fruits
	Lunch	Lamb, oregano, onion, cumin, carrot, corn, pea, crushed tomato, gravox, garlic, tomato paste, potato, d/f margarine	chickpea oregano, onion, cumin, carrot, corn, pea, crushed tomato, gravox, garlic, tomato paste, potato, d/f margarine	Lamb, oregano, onion, cumin, carrot, corn, pea, crushed tomato, gravox, garlic, tomato paste, potato, d/f margarine	Lamb, oregano, onion, cumin, carrot, corn, pea, crushed tomato, gravox, garlic, tomato paste, potato, d/f margarine	Lamb, carrot, corn, pea, potato
	Afternoon Tea	Refer Hearty Health dips below water crackers (wheat flour, oil, salt), rice crackers (puffed rice, salt) Seasonal Whole fruits	Refer Hearty Health dips below water crackers (wheat flour, oil, salt), rice crackers (puffed rice, salt) Seasonal Whole fruits	Refer Hearty Health dips below water crackers (wheat flour, oil, salt), rice crackers (puffed rice, salt) Seasonal Whole fruits	Refer Hearty Health dips below water crackers (wheat flour, oil, salt), rice crackers (puffed rice, salt) Seasonal Whole fruits	Cheese, Rice crackers Seasonal Whole fruits
TUESDAY	Morning Tea	Bakers flour, yeast, water, salt, sugar Seasonal Whole fruits	Bakers flour, yeast, water, salt, sugar Seasonal Whole fruits	Bakers flour, yeast, water, salt, sugar Seasonal Whole fruits	Gf bread Seasonal Whole fruits	Gf Toast Seasonal Whole fruits
	Lunch	Chicken, soy, coriander, ginger, garlic, celery, capsicum, carrot, corn, onion, pea, rice	Tofu, soy, coriander, ginger, garlic, celery, capsicum, carrot, corn, onion, pea, rice	Chicken, soy, coriander, ginger, garlic, celery, capsicum, carrot, corn, onion, pea, rice	Chicken, soy, coriander, ginger, garlic, celery, capsicum, carrot, corn, onion, pea, rice	Chicken, celery, carrots, peas, rice
	Afternoon Tea	Carrot, celery, Refer Hearty Health dips below Watermelon				
WEDNESDAY	Morning Tea	Premium Yoghurt Watermelon	Premium Yoghurt Watermelon	Soy Yoghurt Watermelon	Premium Yoghurt Watermelon	Gf bread, apricot Watermelon
	Lunch	Beef sausage mince, corn, pea, carrot, salt, potato, d/f margarine	tofu, corn, pea, carrot, salt, potato, df margarine	Beef sausage mince, corn, pea, carrot, salt, potato, d/f margarine	Beef sausage mince, corn, pea, carrot, salt, potato, d/f margarine	beef, pea, carrot, potato
	Afternoon Tea	Pea, carrot, pumpkin, curry powder, cumin, puff pastry Seasonal Whole fruits	Pea, carrot, pumpkin, curry powder, cumin, puff pastry Seasonal Whole fruits	Pea, carrot, pumpkin, curry powder, cumin, puff pastry Seasonal Whole fruits	Pea, carrot, pumpkin, curry powder, cumin, gf puff pastry Seasonal Whole fruits	Gf bread, gf vegemite, d/f margarine Seasonal Whole fruits
THURSDAY	Morning Tea	blueberry, castor sugar, water, self-raising flour, df margarine Watermelon	blueberry, castor sugar, water, self-raising flour, df margarine Watermelon	blueberry, castor sugar, water, self-raising flour, df margarine Watermelon	Gf bread Watermelon	Gf Toast Watermelon
	Lunch	mushroom, celery, zucchini, pumpkin, sweet potato, carrot, onion, pea, garlic, basil, thyme, crushed tomato, tomato paste, cornflour, Bakers flour, yeast, water, salt, sugar	mushroom, celery, zucchini, pumpkin, sweet potato, carrot, onion, pea, garlic, basil, thyme, crushed tomato, tomato paste, cornflour, Bakers flour, yeast, water, salt, sugar	mushroom, celery, zucchini, pumpkin, sweet potato, carrot, onion, pea, garlic, basil, thyme, crushed tomato, tomato paste, cornflour, Bakers flour, yeast, water, salt, sugar	mushroom, celery, zucchini, pumpkin, sweet potato, carrot, onion, pea, garlic, basil, thyme, crushed tomato, tomato paste, cornflour, Bakers flour, yeast, water, salt, sugar	mushroom, celery, zucchini, pumpkin, sweet potato, carrot, onion, pea, garlic, basil, thyme, crushed tomato, tomato paste, cornflour, g/f Bakers flour, yeast, water, salt, sugar
	Afternoon Tea	Tomato, cheese, wholemeal pita Seasonal Whole fruits	Tomato, cheese, wholemeal pita Seasonal Whole fruits	Tomato, wholemeal pita Seasonal Whole fruits	Tomato, cheese, gf bread Seasonal Whole fruits	Tomato, Rice crackers Seasonal Whole fruits
FRIDAY	Morning Tea	Pineapple, coconut, self-raising flour, sugar, salt, df margarine, oil, water Seasonal Whole fruits	Pineapple, coconut, self-raising flour, sugar, salt, df margarine, oil, water Seasonal Whole fruits	Pineapple, coconut, self-raising flour, sugar, salt, df margarine, oil, water Seasonal Whole fruits	Gf bread Seasonal Whole fruits	Gf Toast Seasonal Whole fruits
	Lunch	Mushroom, zucchini, pumpkin, pineapple, crushed tomato, garlic, basil, fetta, cheese, pizza base (flour, water, yeast, salt, sugar)	Mushroom, zucchini, pumpkin, pineapple, crushed tomato, garlic, basil, fetta, cheese, pizza base (flour, water, yeast, salt, sugar)	Mushroom, zucchini, pumpkin, pineapple, crushed tomato, garlic, basil, pizza base (flour, water, yeast, salt, sugar)	Mushroom, zucchini, pumpkin, pineapple, crushed tomato, garlic, basil, fetta, cheese, g/f pizza base (g/f flour, water, yeast, salt, sugar) crushed tomato, garlic	cheese, gf pizza base (gf flour, water, yeast, salt, sugar) crushed tomato, garlic
	Afternoon Tea	Apple, sugar, cinnamon, puff pastry Seasonal Whole fruits	Premium Yoghurt Seasonal Whole fruits	Soy Yoghurt Seasonal Whole fruits	Premium Yoghurt Seasonal Whole fruits	Gf Toast Seasonal 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, salt  
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, garlic, oil, sour cream, salt, pepper  
Hommus - chickpea, oil, garlic, lemon juice, salt (dairy free)  
Moroccan carrot – carrot, chickpea, oil, garlic, lemon juice, salt, cumin, coriander (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/ relish - tomato, onion, mustard seed, brown sugar, brown vinegar, maize corn flour, basil  
Three bean dip – Spanish onion, kidney bean, butter beans, navy bean, garlic, salt, lemon juice, oil

**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** - Nuttelex – 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** - Gluten Free – 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)