Hearty Health
WEEK 1 – AUTUMN MENU 2018 - 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	Gluten free toast Whole fruits
	Lunch	Beef mince, peas, corn, carrot, onion, garlic, crushed tomato, potato, df margarine, gravox	Sweet Potato, 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 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	Refer Hearty Health dips below rice crackers (puffed rice, salt) Whole fruits	Cheese, rice crackers (puffed rice, salt) Whole fruits
TUESDAY	**Morning Tea**	Apricot, self-raising flour, df margarine, sugar, oil, water Watermelon	Apricot, self-raising flour, df margarine, sugar, oil, water Watermelon	Apricot, self-raising flour, df margarine, sugar, oil, water Watermelon	Coconut gluten free muffin, Refer to Hearty Health Extensive ingredients list Watermelon	Gluten free toast Watermelon
	Lunch	fish, rice, capsicum, Peas, carrot, corn, breadcrumbs, basil, parsley	Tofu, rice, capsicum, Peas, carrot, corn, paprika, basil, parsley	fish, rice, capsicum, Peas, carrot, corn, breadcrumbs, basil, parsley	fish, rice, capsicum, Peas, carrot, corn, paprika, basil, parsley	fish, corn, carrot, pea, rice
	Afternoon Tea	Tomato, cheese, Wholemeal pita Whole fruits	Tomato, cheese, Wholemeal pita Whole fruits	Tomato, Wholemeal pita Whole fruits	Tomato, cheese, rice crackers (puffed rice, salt) Whole fruits	Tomato, cheese, rice crackers (puffed rice, salt) Whole fruits
WEDNESDAY	**Morning Tea**	Premium Yoghurt Whole fruits	Premium Yoghurt Whole fruits	Soy Yoghurt Whole fruits	Premium Yoghurt Whole fruits	Gluten free toast Whole fruits
	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	Crushed tomato, carrot, corn, pea, gf bread
	Afternoon Tea	Wholemeal bread, cheese, vegemite Rockmelon, pineapple	Wholemeal bread, cheese, vegemite Rockmelon, pineapple	Wholemeal bread, vegemite Rockmelon, pineapple	gf bread, cheese Rockmelon, pineapple	gf bread, cheese Rockmelon, pineapple
THURSDAY	**Morning Tea**	Blueberries, sugar, vanilla, water, self-raising flour, df margarine Watermelon	Blueberries, sugar, vanilla, water, self-raising flour, df margarine Watermelon	Blueberries, sugar, vanilla, water, self-raising flour, df margarine Watermelon	Coconut gluten free muffin Refer to Hearty Health Extensive ingredients list Watermelon	Gluten free toast Watermelon
	Lunch	Lamb, lentil, basil, oregano, corn, carrot, peas, zucchini, mushroom, capsicum, crushed tomatoes, tomato paste, gravox, onion, garlic, turmeric, rice	Tofu, 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, lentil, basil, oregano, corn, carrot, peas, zucchini, mushroom, capsicum, crushed tomatoes, tomato paste, gravox, onion, garlic, turmeric, rice	Lamb, corn, peas, carrots, rice
	Afternoon Tea	Baked Beans refer to Extended list, self-raising flour, df margarine, water Whole fruits	Baked Beans refer to Extended list, self-raising flour, df margarine, water Whole fruits	Baked Beans refer to Extended list, self-raising flour, df margarine, water Whole fruits	Baked Beans refer to Extended list, gf bread Whole fruits	Baked Beans refer to Extended list, gf bread Whole fruits
FRIDAY	**Morning Tea**	Raisin bread, Refer to Hearty Health Extensive ingredients list Whole fruits	Raisin bread, Refer to Hearty Health Extensive ingredients list Whole fruits	Raisin bread, Refer to Hearty Health Extensive ingredients list Whole fruits	Coconut gluten free muffin, Refer to Hearty Health Extensive ingredients list Whole fruits	Gluten free toast Whole fruits
	Lunch	Corn, carrot, peas, zucchini, capsicum, mushroom, spinach, crushed tomatoes, onion, garlic, basil, pasta (wheat flour, salt, water)	Corn, carrot, peas, zucchini, capsicum, mushroom, spinach, crushed tomatoes, onion, garlic, basil, pasta (wheat flour, salt, water)	Corn, carrot, peas, zucchini, capsicum, mushroom, spinach, crushed tomatoes, onion, garlic, basil, pasta (wheat flour, salt, water)	Corn, carrot, peas, zucchini, capsicum, mushroom, spinach, crushed tomatoes, onion, garlic, basil, gf pasta	Corn, carrot, peas, zucchini, capsicum, mushroom, spinach, crushed tomatoes, onion, garlic, basil, gf pasta
	Afternoon Tea	Refer Hearty Health dips below rice crackers (puffed rice, salt) carrot, cucumber Whole fruits	Refer Hearty Health dips below rice crackers (puffed rice, salt) carrot, cucumber Whole fruits	Refer Hearty Health dips below rice crackers (puffed rice, salt) carrot, cucumber Whole fruits	Refer Hearty Health dips below rice crackers (puffed rice, salt) carrot, cucumber Whole fruits	Refer Hearty Health dips below rice crackers (puffed rice, salt) carrot, cucumber Whole fruits

Hearty Health
WEEK 2 – AUTUMN MENU 2018 - 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	Gluten free toast Whole fruits
	Lunch	corn, carrot, peas, beef, crushed tomatoes, onion, garlic, basil, milk, gf corn flour, cheese, pasta (wheat flour, salt, water)	corn, carrot, peas, zucchini, crushed tomatoes, onion, garlic, basil, milk, gf corn flour, cheese, pasta (wheat flour, salt, water)	corn, carrot, peas, beef, crushed tomatoes, onion, garlic, basil, pasta (wheat flour, salt, water)	corn, carrot, peas, beef, crushed tomatoes, onion, garlic, basil, cheese, gf pasta	corn, carrot, peas, beef, gf pasta
	Afternoon Tea	Refer Hearty Health dips below 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	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, sugar, oil, df butter, water Watermelon	Zucchini, carrot, self-raising flour, sugar, oil, df butter, water Watermelon	Zucchini, carrot, self-raising flour, sugar, oil, df butter, water Watermelon	Coconut gluten free muffin, Refer to Hearty Health Extensive ingredients list Watermelon	Gluten free toast Watermelon
	Lunch	Sweet Potato, corn, carrot, onion, pea, garlic, puff pastry	Sweet Potato, corn, carrot, onion, pea, garlic, puff pastry	Sweet Potato, corn, carrot, onion, pea, garlic, puff pastry	Sweet Potato, corn, carrot, onion, pea, garlic, gf puff pastry	Sweet Potato, corn, carrot, onion, pea, garlic, gf puff pastry
	Afternoon Tea	Tomato, cheese, Wholemeal pita Whole fruits	Tomato, cheese, Wholemeal pita Whole fruits	Tomato, Wholemeal pita Whole fruits	Tomato, cheese, rice crackers(puffed rice, salt) Whole fruits	Tomato, rice crackers(puffed rice, salt) Whole fruits
WEDNESDAY	**Morning Tea**	HH muesli bar (refer to extended ingredients list) Whole fruits	HH muesli bar (refer to extended ingredients list) Whole fruits	HH muesli bar (refer to extended ingredients list)Whole fruits	Coconut gluten free muffin, Refer to Hearty Health Extensive ingredients list Whole fruits	Gluten free toast Whole fruits
	Lunch	Lamb, thyme, oregano, onion, celery, carrot, corn, pea, crushed tomato, gf gravox, garlic, corn flour, rice	Tofu, thyme, oregano, onion, celery, carrot, corn, pea, crushed tomato, gf gravox, garlic, corn flour, rice	Lamb, thyme, oregano, onion, celery, carrot, corn, pea, crushed tomato, gf gravox, garlic, corn flour, rice	Lamb, thyme, oregano, onion, celery, carrot, corn, pea, crushed tomato, gf gravox, garlic, corn flour,rice	Lamb, carrot, corn, pea, rice
	Afternoon Tea	Spinach, ricotta, puff pastry Rockmelon	Spinach, ricotta, puff pastry Rockmelon	Spinach, sweet potato, puff pastry Rockmelon	Spinach, ricotta, gf puff pastry Rockmelon	Spinach, ricotta, gf puff pastry Rockmelon
THURSDAY	**Morning Tea**	Apple, cinnamon, water, self-raising flour, df margarine Watermelon	Apple, cinnamon, water, self-raising flour, df margarine Watermelon	Apple, cinnamon, water, self-raising flour, df margarine Watermelon	Coconut gluten free muffin, Refer to Hearty Health Extensive ingredients list Watermelon	Gluten free toast Watermelon
	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 rice crackers (puffed rice, salt) carrot, cucumber Whole fruits	Refer Hearty Health dips below rice crackers (puffed rice, salt) carrot, cucumber Whole fruits	Refer Hearty Health dips below rice crackers (puffed rice, salt) carrot, cucumber Whole fruits	Refer Hearty Health dips below rice crackers (puffed rice, salt) carrot, cucumber Whole fruits	Refer Hearty Health dips below rice crackers (puffed rice, salt) carrot, cucumber Whole fruits
FRIDAY	**Morning Tea**	Premium Yoghurt Whole fruits	Premium Yoghurt Whole fruits	Premium Yoghurt Whole fruits	Soy Yoghurt Whole fruits	Gluten free toast Whole fruits
	Lunch	Chicken, capsicum, zucchini, garlic, ginger, soy sauce, oyster sauce, carrot, corn, mushroom, pea, bi carb soda, maize corn flour, rice	Tofu, capsicum, zucchini, garlic, ginger, soy sauce, carrot, corn, mushroom, pea, bi carb soda, maize corn flour, rice	Chicken, capsicum, zucchini, garlic, ginger, soy sauce, oyster sauce, carrot, corn, mushroom, pea, bi carb soda, maize corn flour, rice	Chicken, capsicum, zucchini, garlic, ginger, soy sauce, oyster sauce, carrot, corn, mushroom, pea, bi carb soda, maize corn flour, rice	Chicken, peas, carrots, corn, rice
	Afternoon Tea	Banana, self-raising flour, baking soda, df margarine, sugar, oil, water Whole fruit	Banana, self-raising flour, baking soda, df margarine, sugar, oil, water Whole fruit	Banana, self-raising flour, baking soda, df margarine, sugar, oil, water Whole fruit	Coconut gluten free muffin, Refer to Hearty Health Extensive ingredients list Whole Fruit	Coconut gluten free muffin, Refer to Hearty Health Extensive ingredients list Whole Fruit

Hearty Health
WEEK 3 – AUTUMN MENU 2018 - 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	Gluten free toast Whole fruits
	Lunch	Lamb, oregano, onion, celery, carrot, corn, pea, crushed tomato, gf gravox, garlic, potato, d/f margarine	Sweet Potato, oregano, onion, celery, carrot, corn, pea, garlic, potato d/f margarine	Lamb, oregano, onion, celery, carrot, corn, pea, crushed tomato, gf gravox, garlic, potato, d/f margarine	Lamb, oregano, onion, celery, carrot, corn, pea, crushed tomato, gf gravox, garlic, potato, d/f margarine	Lamb mince, carrots, peas, corn, potato, d/f margarine
	Afternoon Tea	Refer Hearty Health Dips Sheet attached Rice crackers (puffed rice, salt) Whole fruits	Refer Hearty Health Dips Sheet attached Rice crackers (puffed rice, salt) Whole fruits	Refer Hearty Health Dips Sheet attached Rice crackers (puffed rice, salt) Whole fruits	Refer Hearty Health Dips Sheet attached Rice crackers (puffed rice, salt) Whole fruits	Refer Hearty Health Dips Sheet attached Rice crackers (puffed rice, salt) Whole fruits
TUESDAY	**Morning Tea**	Date, water, self-raising flour, df margarine Watermelon	Date, water, self-raising flour, df margarine Watermelon	Date, water, self-raising flour, df margarine Watermelon	Coconut gluten free muffin, Refer to Hearty Health Extensive ingredients list Watermelon	Gluten free toast Watermelon
	Lunch	Chicken, coriander, ginger, garlic, tamarind, coconut cream, coconut milk, zucchini, capsicum carrot, corn, onion, pea, rice	Tofu, coriander, ginger, garlic, tamarind, coconut cream, coconut milk, zucchini, capsicum carrot, corn, onion, pea, rice	Chicken coriander, ginger, garlic, tamarind, coconut cream, coconut milk, zucchini, capsicum carrot, corn, onion, pea, rice	Chicken, coriander, ginger, garlic, tamarind, coconut cream, coconut milk, zucchini, capsicum carrot, corn, onion, pea, rice	Chicken, carrots, peas, rice
	Afternoon Tea	Vegemite, cheese, puff pastry Whole fruits	Vegemite, cheese, puff pastry Whole fruits	Vegemite, puff pastry Whole fruits	Gluten free pastry, jam Whole fruits	Coconut gluten free muffin, Refer to Hearty Health Extensive ingredients list Whole fruits
WEDNESDAY	**Morning Tea**	Premium Yoghurt Whole fruits	Premium Yoghurt Whole fruits	Soy Yoghurt Whole fruits	Premium Yoghurt Whole fruits	Gluten free toast Whole fruits
	Lunch	Sausage mince, corn, carrot, onion, pea, garlic, puff pastry	Sweet Potato, corn, carrot, onion, pea, garlic, puff pastry	Sausage mince, corn, carrot, onion, pea, garlic, puff pastry	Sausage mince, corn, carrot, onion, pea, garlic, gluten free puff pastry	Sausage mince, corn, carrot, onion, pea, garlic, puff pastry
	Afternoon Tea	Baked Beans refer to Extended list (bakers flour, yeast, salt, sugar, water Rockmelon, pineapple	Baked Beans refer to Extended list (bakers flour, yeast, salt, sugar, water Rockmelon, pineapple	Baked Beans refer to Extended list (bakers flour, yeast, salt, sugar, water Rockmelon, pineapple	Baked Beans refer to Extended list, gf bread Rockmelon, pineapple	Baked Beans refer to Extended list, gf bread Rockmelon, pineapple
THURSDAY	**Morning Tea**	Pineapple, coconut, self-raising flour, df margarine, sugar, oil, water Watermelon	Pineapple, coconut, self-raising flour, df margarine, sugar, oil, water Watermelon	Pineapple, coconut, self-raising flour, df margarine, sugar, oil, water Watermelon	Coconut gluten free muffin, Refer to Hearty Health Extensive ingredients list Watermelon	Gluten free toast Watermelon
	Lunch	Mushroom, celery, carrot, onion, pea, garlic, basil, thyme, crushed tomato, cornflour, pasta(flour, water, oil)	Mushroom, celery, carrot, onion, pea, garlic, basil, thyme, crushed tomato, cornflour, pasta(flour, water, oil)	Mushroom, celery, carrot, onion, pea, garlic, basil, thyme, crushed tomato, cornflour, pasta(flour, water, oil)	Mushroom, celery, carrot, onion, pea, garlic, basil, thyme, crushed tomato, cornflour, gf pasta	Crushed tomato, celery, carrot, onion, pea, cornflour, gf pasta
	Afternoon Tea	Tomato, cheese, Wholemeal pita Whole fruits	Tomato, cheese, Wholemeal pita Whole fruits	Tomato, Wholemeal pita Whole fruits	Tomato, cheese, rice crackers(puffed rice, salt) Whole fruits	Tomato, cheese, rice crackers(puffed rice, salt) Whole fruits
FRIDAY	**Morning Tea**	Raisin bread, Refer to Hearty Health Extensive ingredients list Whole fruits	Raisin bread, Refer to Hearty Health Extensive ingredients list Whole fruits	Raisin bread, Refer to Hearty Health Extensive ingredients list Whole fruits	Coconut gluten free muffin, Refer to Hearty Health Extensive ingredients list Whole fruits	Gluten free toast Whole fruits
	Lunch	Mushroom, zucchini, pumpkin, pineapple, crushed tomato, garlic, basil, fetta, spinach, cheese, pizza base	Mushroom, zucchini, pumpkin, pineapple, crushed tomato, garlic, basil, fetta, spinach, cheese, pizza base	Mushroom, zucchini, pumpkin, pineapple, crushed tomato, garlic, basil, spinach, pizza base	Mushroom, zucchini, pumpkin, pineapple, crushed tomato, garlic, basil, fetta, spinach, cheese, gluten free bread	Mushroom, zucchini, pumpkin, pineapple, crushed tomato, garlic, basil, fetta, spinach, cheese, gluten free bread
	Afternoon Tea	Refer Hearty Health dips below rice crackers (puffed rice, salt) carrot, cucumber Whole fruits	Refer Hearty Health dips below rice crackers (puffed rice, salt) carrot, cucumber Whole fruits	Refer Hearty Health dips below rice crackers (puffed rice, salt) carrot, cucumber Whole fruits	Refer Hearty Health dips below rice crackers (puffed rice, salt) carrot, cucumber Whole fruits	Refer Hearty Health dips below rice crackers (puffed rice, salt) carrot, cucumber Whole fruits

Hearty Health
WEEK 4 – AUTUMN MENU 2018 - 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	Gluten free toast Whole fruits
	Lunch	Crushed tomato, onion, garlic, basil, mushroom, carrot, celery, pea, zucchini, Capsicum, spinach, pasta (wheat flour, salt, water), cheese, milk, gf corn flour	Crushed tomato, onion, garlic, basil, mushroom, carrot, celery, pea, zucchini, Capsicum, spinach, pasta (wheat flour, salt, water), cheese, milk, gf corn flour	Crushed tomato, onion, garlic, basil, mushroom, carrot, celery, pea, zucchini, Capsicum, spinach, pasta (wheat flour, salt, water), gf corn flour	Crushed tomato, onion, garlic, basil, mushroom, carrot, celery, pea, zucchini, Capsicum, spinach, gluten free pasta (wheat flour, salt, water), gf corn flour	corn, carrot, peas, crushed tomatoes, gluten free pasta (Rice Flour, Maize Flour)
	Afternoon Tea	Refer Hearty Health Dips Sheet attached Rice crackers (puffed rice, salt) Whole fruits	Refer Hearty Health Dips Sheet attached Rice crackers (puffed rice, salt) Whole fruits	Refer Hearty Health Dips Sheet attached Rice crackers (puffed rice, salt) Whole fruits	Refer Hearty Health Dips Sheet attached Rice crackers (puffed rice, salt) Whole fruits	Refer Hearty Health Dips Sheet attached Rice crackers (puffed rice, salt) Whole fruits
TUESDAY	**Morning Tea**	HH Bliss Bar (refer to extended ingredients list)	HH Bliss Bar (refer to extended ingredients list) Watermelon	HH Bliss Bar (refer to extended ingredients list) Watermelon	Coconut gluten free muffin, Refer to Hearty Health Extensive ingredients list Watermelon	Coconut gluten free muffin, Refer to Hearty Health Extensive ingredients list Watermelon
	Lunch	Beef, mushroom, cumin, crushed tomato, tomato paste, garlic, paprika, carrot, pea, corn, gravox, cornflour, pumpkin, rice, turmeric	Tofu, mushroom, cumin, crushed tomato, tomato paste, garlic, paprika, carrot, pea, corn, gravox, cornflour, pumpkin, rice, turmeric	Beef, mushroom, cumin, crushed tomato, tomato paste, garlic, paprika, carrot, pea, corn, gravox, cornflour, pumpkin, rice turmeric	Beef, mushroom, cumin, crushed tomato, tomato paste, garlic, paprika, carrot, pea, corn, gravox, cornflour, pumpkin rice turmeric	Beef, corn, carrot, pea, rice
	Afternoon Tea	Baked Beans refer to Extended list, self-raising flour, df margarine, water Whole fruit	Baked Beans refer to Extended list, self-raising flour, df margarine, water Whole fruit	Baked Beans refer to Extended list, self-raising flour, df margarine, water Whole fruit	Gluten free toast Whole fruit	Gluten free toast Whole fruit
WEDNESDAY	**Morning Tea**	Pear, self-raising flour, sugar, oil, df butter, water Whole fruits	Pear, self-raising flour, sugar, oil, df butter, water Whole fruits	Pear, self-raising flour, sugar, oil, df butter, water Whole fruits	Coconut gluten free muffin, Refer to Hearty Health Extensive ingredients list Whole fruits	Gluten free toast Whole fruits
	Lunch	Tuna, mushroom, tomato, onion, corn, carrot, pea, basil, garlic, pasta (flour, water, oil)	Tuna, mushroom, tomato, onion, corn, carrot, pea, basil, garlic, pasta (flour, water, oil)	Tuna, mushroom, tomato, onion, corn, carrot, pea, basil, garlic, pasta (flour, water, oil)	Tuna, mushroom, tomato, onion, corn, carrot, pea, basil, garlic, gf pasta	Tuna, onion, corn, carrot, pea, tomato, gf pasta
	Afternoon Tea	Tomato, cheese, Wholemeal pita Rockmelon	Tomato, cheese, Wholemeal pita Rockmelon	Tomato, Wholemeal pita Rockmelon	Tomato, cheese, rice crackers Rockmelon	Tomato, cheese, rice crackers Rockmelon
THURSDAY	**Morning Tea**	Bananas, nutmeg, water, self-raising flour, df margarine, sugar Watermelon	Bananas, nutmeg, water, self-raising flour, df margarine, sugar Watermelon	Bananas, nutmeg, water, self-raising flour, df margarine, sugar Watermelon	Coconut gluten free muffin, Refer to Hearty Health Extensive ingredients list Watermelon	Gluten free toast Watermelon
	Lunch	Chicken, tomato, mushroom, zucchini, corn, peas, carrot, celery, maize flour, onion, garlic, potato, df margarine	Tofu, potato, tomato, mushroom, zucchini, corn, peas, carrot, celery, maize flour, onion, garlic	Chicken, tomato, mushroom, zucchini, corn, peas, carrot, celery, maize flour, onion, garlic, potato, df margarine	Chicken, tomato, mushroom, zucchini, corn, peas, carrot, celery, maize flour, onion, garlic, potato, df margarine	Chicken, corn, peas, carrot, potato, df margarine
	Afternoon Tea	Refer Hearty Health dips below rice crackers (puffed rice, salt) carrot, cucumber Whole fruits	Refer Hearty Health dips below rice crackers (puffed rice, salt) carrot, cucumber Whole fruits	Refer Hearty Health dips below rice crackers (puffed rice, salt) carrot, cucumber Whole fruits	Refer Hearty Health dips below rice crackers (puffed rice, salt) carrot, cucumber Whole fruits	Refer Hearty Health dips below rice crackers (puffed rice, salt) carrot, cucumber Whole fruits
FRIDAY	**Morning Tea**	Premium Yoghurt Whole fruits	Premium Yoghurt Whole fruits	Soy Yoghurt Whole fruits	Premium Yoghurt Whole fruits	Gluten free toast Whole fruits
	Lunch	Sweet potato, lentils, potato, cardamom, turmeric, coriander, ginger, garlic, onion, garlic, celery, carrot, pea, crushed tomato, coconut milk, coconut cream, cornflour, salt, roti (flour, water, salt, df margarine, oil)	Sweet potato, lentils, potato, cardamom, turmeric, coriander, ginger, garlic, onion, garlic, celery, carrot, pea, crushed tomato, coconut milk, coconut cream, cornflour, salt, roti (flour, water, salt, df margarine, oil)	Sweet potato, lentils, potato, cardamom, turmeric, coriander, ginger, garlic, onion, garlic, celery, carrot, pea, crushed tomato, coconut milk, coconut cream, cornflour, salt, roti (flour, water, salt, df margarine, oil)	Sweet potato, lentils, potato, cardamom, turmeric, coriander, ginger, garlic, onion, garlic, celery, carrot, pea, crushed tomato, coconut milk, coconut cream, cornflour, salt, rice	Sweet potato, lentils, potato, celery, carrot, pea, crushed tomato, coconut milk, coconut cream, cornflour, salt, rice
	Afternoon Tea	HH muesli bar (refer to extended ingredients list) Whole fruits	HH muesli bar (refer to extended ingredients list) Whole fruits	HH muesli bar (refer to extended ingredients list) Whole fruits	Coconut gluten free muffin, Refer to Hearty Health Extensive ingredients list Whole fruits	Coconut gluten free muffin, Refer to Hearty Health Extensive ingredients list Whole fruits

Homemade Hearty Health dips:
Roasted eggplant - eggplant, sour cream, garlic
Beetroot - beetroot, sour cream, garlic
White bean and basil – whitebeans, basil, lemon juice, garlic, salt (dairy free)
Chickpea roast pumpkin - chickpea, pumpkin, oil, garlic, lemon juice, salt (dairy free)
Hommus - chickpea, oil, garlic, lemon juice, salt (dairy free)
Corn and Avocado – corn, avocado, natural yoghurt, oil, garlic, lemon juice, salt
Roasted pumpkin - pumpkin, oil, garlic, lemon juice, salt (dairy free)
Tomato relish - tomato, onion, mustard seed, brown sugar, brown vinegar, maize corn flour, basil
Tzatziki – natural Greek yoghurt, cucumber, garlic, lemon juice
French onion- onion, garlic, oil, sour cream, salt, pepper
Potato & Garlic- Potato, garlic, lemon juice, oil, salt, pepper, white vinegar
Ranch Dip- Sour Cream, egg free mayonnaise, dill, parsley, chives, garlic, onion powder, lemon juice, salt, pepper
Corn relish- Sour Cream, creamed corn, vinegar, capsicum chives, salt, pepper

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) **Contains Soy and Gluten**

Rice Malt – Organic Brown Rice

Golden Syrup – Cane Sugar, Water

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.

Soy Yoghurt – – Soy Milk(certified organic non-GMO Soybeans, Water), Tapioca starch, vegetable gum(guar gum), Mineral salt(calcium chloride), preservative(potassium sorbate), live cultures9Incl. L.Acidophulus and Bifidobacterium). Suitable for Vegans

Cornflour – from maize, contains sulphites

Premium Yoghurt – Pasteurised whole milk, milk solids, fruit juice concentrate, natural vanilla flavour (0.25%), live cultures (Lactobacillus Acidophilus, Bifid bacterium & Lactobacillus Casei >300,000,000 probiotic count per serve)

Greek Yoghurt – Pasteurised whole milk, cream, live cultures (Lactobacillus Acidophilus, Bifid bacterium & Lactobacillus Casei >300,000,000 probiotic count per serve)

Raisin Bread – Flour, water, raisins, yeast, sugar, wheat gluten, canola oil, iodised salt, vinegar, cinnamon, emulsifiers, soy flour, thiamine, folic acid **Soy Free**

Gluten Free Coconut Muffin - Coconut, sugar, golden syrup, coconut milk, gluten free self-rising flour, bi carb soda, baking powder, coconut desiccate, vanilla essence **Soy Free**

Gluten free Bread – Massey Ave Bakery - potato flour, tapioca flour, rice flour, raising agents, (e575, e500, canola oil, salt, sugar, vegetable gum, (e464, e412, e414) **Soy Free**

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 **Soy Free**

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 Gravox - thickener (1422), corn flour, salt, sugar, colour(150C), vegetable oil, spices, flavour. **Gluten, Soy and Dairy Free**

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

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

Wholemeal bread - wheat flour, Water, yeast, Vinegar, Gluten, Canola Oil, Salt, Soy, niacin, vitamin E, Thaimin, Folic Acid

Copha – Hydrogenated Coconut Oil (99%), Soybean Lecithin

Cornflakes – Corn (88%), Sugar, Salt, Vitamins (Thiamin, Riboflavin, Nican, Folate), Minerals(Iron).

Baked Beans- Navy Beans, Tomato Puree, Water, Sugar, Salt, Natural Flavour. **May contain traces of Soy**

Pizza Base- Wheat Flour [(59%), Thiamine, Folic Acid], water, vegetable shortening [Antioxidant (320)], Yeast, Iodised Salt, Sugar, Preservative (282)

Chocolate Birthday Cake- Coco powder, brown sugar, plain flour, vegetable oil, salt, white vinegar, water, vanilla essence, bi carb soda

Gluten Free Birthday Cake- Dairy free margarine, caster sugar, golden syrup, coconut milk, rice milk, Gluten free flour, bi carb soda, baking powder, vanilla essence

Choc icing- Coco powder, icing sugar, coconut milk, dairy free margarine

Sprinkles- Sugar, tapioca starch, glazing agent (903), colours (102, 110, 122, 123, 124, 133)

HH muesli bar - Oats, coconut, pumpkin seeds, sultanas, sunflower seeds, corn flakes, d/f margarine, honey, golden syrup, rice malt syrup, copha, brown sugar

HH bliss bar- Weetbix (wholegrain wheat, raw sugar, barley malt extract), pitted dates, sunflower seeds, coconut, coco powder, honey, rice malt, oats, water

Sakatas – Rice, vegetable oil, salt, sesame seeds

Wholemeal Pita Bread – Wholemeal flour, water, yeast, salt. **Dairy and Soy free**