

**Hearty Health  
WEEK 1 – WINTER MENU 2018 - INGREDIENTS**

		<b>Regular</b>	<b>Vegetarian</b>	<b>Dairy Gluten and Soy Free</b>	<b>Allergy Free</b>
<b>MONDAY</b>	<b>Morning Tea</b>	Premium Yoghurt (Refer HH extended ingredient list) Whole fruits	Premium Yoghurt (Refer HH extended ingredient list) Whole fruits	Peach, Pear, reconstituted peach & pear juice Whole fruits	Peach, Pear, reconstituted peach & pear juice Whole fruits
	<b>Lunch</b>	Beef mince, peas, corn, carrot celery, vegetable oil, onion, garlic, crushed tomato, potato, df margarine, gravox	Sweet Potato, pumpkin, oregano, onion, celery, carrot, corn, pea, garlic, potato d/f margarine	Beef mince, peas, corn, carrot celery, vegetable oil, onion, garlic, crushed tomato, potato, df margarine, gravox	Chicken, peas, corn, carrot and potato. OR Rosti (Refer to HH extended ingredients list) corn, peas, carrot and potato.
	<b>Afternoon Tea</b>	Roasted pumpkin dip, French onion dip (Refer HH dips below) Sakata (Refer to HH extended ingredients list) Whole fruits	Roasted pumpkin dip, French onion dip (Refer HH dips below) Sakata (Refer to HH extended ingredients list) Whole fruits	Roasted pumpkin dip, (Refer HH dips below) Sakata (Refer to HH extended ingredients list)  Whole fruits	Pumpkin dip, (Refer HH dips below), cucumber and celery. Whole fruits
<b>TUESDAY</b>	<b>Morning Tea</b>	Banana, self-raising flour, df margarine, sugar, oil, water Watermelon	Banana, self-raising flour, df margarine, sugar, oil, water Watermelon	HH Vanilla Muffin (Refer HH extended ingredient list) Watermelon	Apricot, apple, reconstituted apricot & apple juice Watermelon
	<b>Lunch</b>	Corn, peas, carrot, onion, celery, corn flour, oil, potato, sweet potato, basil, oregano, bay leave, spinach, silver beet. Baguette (Refer HH extensive ingredient list)	Corn, peas, carrot, onion, celery, corn flour, oil, potato, sweet potato, basil, oregano, bay leave, spinach, silver beet. Baguette (Refer HH extensive ingredient list)	Corn, peas, carrot, onion, celery, corn flour, oil, potato, sweet potato, basil, oregano, bay leave, spinach, silver beet. Gf pasta (Refer HH extended ingredient list)	Chicken, broccoli, cauliflower and rice OR Rosti (Refer to HH extended ingredients list) broccoli, cauliflower and rice
	<b>Afternoon Tea</b>	Tomato, cheese, wholemeal pita (Refer to HH extended ingredients list) Whole fruits	Tomato, cheese, wholemeal pita (Refer to HH extended ingredients list) Whole fruits	Tomato, cucumber and Sakata (Refer HH extended ingredient list) Whole fruits	Carrot dip (Refer HH extended ingredient list), cucumber and celery. Whole fruits
<b>WEDNESDAY</b>	<b>Morning Tea</b>	Premium yoghurt (Refer to HH extensive ingredients list) Whole fruits	Premium yoghurt (Refer to HH extensive ingredients list) Whole fruits	Peach, Apricot, juice Whole fruits	Peach, Apricot, reconstituted peach & apricot juice Whole fruits
	<b>Lunch</b>	Pizza base (Refer to HH extended ingredients list) pumpkin, tasty cheese, feta, spinach, pineapple, onion, garlic, crushed tomato, basil	Pizza base (Refer to HH extended ingredients list) pumpkin, tasty cheese, feta, spinach, pineapple, onion, garlic, crushed tomato, basil	Pumpkin, Spinach, Pineapple, garlic, onion, vegetable stock, peas, corn, carrot and rice	Chicken, peas, corn, carrot and potato. OR Rosti (Refer to HH extended ingredients list) corn, peas, carrot and potato.
	<b>Afternoon Tea</b>	HH muesli bar (Refer to HH extended ingredients list) Water melon	HH muesli bar (Refer to HH extended ingredients list) Water melon	HH Vanilla Muffin (Refer HH extended ingredients list) Water melon	Pumpkin dip, (Refer HH dips below), cucumber and celery. Watermelon
<b>THURSDAY</b>	<b>Morning Tea</b>	English muffin, cheese (Refer to HH extended ingredients list) Watermelon	English muffin, cheese (Refer to HH extended ingredients list) Watermelon	HH Vanilla Muffin (Refer HH extended ingredients list) Watermelon	Apple, peach, reconstituted apple and peach juice Watermelon
	<b>Lunch</b>	Lamb, celery, onion, spinach, peas, carrot, corn, tomato, garlic, potato, sweet potato vegetable oil, zucchini, salt, pepper, coconut cream, corn flour, red lentils, rice	Tofu, celery, onion, spinach, peas, carrot, corn, tomato, garlic, potato, sweet potato vegetable oil, zucchini, salt, pepper, coconut cream, corn flour, red lentils, rice	Lamb, celery, onion, spinach, peas, carrot, corn, tomato, garlic, potato, sweet potato vegetable oil, zucchini, salt, pepper, coconut cream, corn flour, red lentils, rice	Chicken, broccoli, cauliflower and rice OR Rosti (Refer to HH extended ingredients list) broccoli, cauliflower and rice
	<b>Afternoon Tea</b>	Hummus dip (Refer HH dips below) cucumber, carrot Sakata (Refer to HH extended ingredient list) Whole fruits	Hummus dip (Refer HH dips below) cucumber, carrot Sakata (Refer to HH extended ingredient list) Whole fruits	Hummus dip (Refer HH dips below) cucumber, carrot Sakata (Refer to HH extended ingredient list) Whole fruits	Carrot dip (Refer HH extended ingredient list), cucumber and celery. Whole fruits
<b>FRIDAY</b>	<b>Morning Tea</b>	Raisin bread (Refer to HH extensive ingredients list) Whole fruits	Raisin bread (Refer to HH extensive ingredients list) Whole fruits	HH Vanilla Muffin (Refer HH extended ingredient list) Whole fruits	Apricot, pear, reconstituted apricot & pear juice Whole fruit
	<b>Lunch</b>	Mushroom, zucchini, capsicum, silverbeet, tomato, onion, celery, garlic, corn, carrot, peas, basil, corn flour, vegetable oil, salt, pepper, Pasta (Refer to HH extended ingredients list)	Mushroom, zucchini, capsicum, silverbeet, tomato, onion, celery, garlic, corn, carrot, peas, basil, corn flour, vegetable oil, salt, pepper, Pasta (Refer to HH extended ingredients list)	Mushroom, zucchini, capsicum, silverbeet, tomato, onion, celery, garlic, corn, carrot, peas, basil, corn flour, vegetable oil, salt, pepper, GF Pasta (Refer to HH extended ingredients list)	Chicken, peas, corn, carrot and potato. OR Rosti (Refer to HH extended ingredients list) corn, peas, carrot and potato.
	<b>Afternoon Tea</b>	Wholemeal bread, cheese (Refer to HH extended ingredients list) Whole fruits	Wholemeal bread, cheese (Refer to HH extended ingredients list) Whole fruits	Roasted pumpkin dip, (Refer HH dips below), cucumber, carrot and Sakata (Refer HH extended ingredient list) Whole fruits	Pumpkin dip, (Refer HH dips below), cucumber and celery Whole fruits

**Hearty Health**  
**WEEK 2 – WINTER MENU 2018 - INGREDIENTS**

		<b>Regular</b>	<b>Vegetarian</b>	<b>Dairy Gluten and Soy Free</b>	<b>Allergy Free</b>
<b>MONDAY</b>	<b>Morning Tea</b>	Premium Yoghurt (Refer HH extended ingredient list) Whole fruit	Premium Yoghurt (Refer HH extended ingredient list) Whole fruit	Apple, pear, reconstituted apple & pear juice Whole fruit	Apple, pear, reconstituted apple & pear juice Whole fruits
	<b>Lunch</b>	Cheese, sweet potato, potato, pumpkin, zucchini, mushroom, peas, carrot, corn, milk, corn flour, onion, garlic, tomato, Pasta sheets (Refer to HH extended ingredients list)	Cheese, sweet potato, potato, pumpkin, zucchini, mushroom, peas, carrot, corn, milk, corn flour, onion, garlic, tomato, Pasta sheets (Refer to HH extended ingredients list)	Sweet potato, potato, pumpkin, zucchini, mushroom, peas, carrot, corn, onion, garlic, tomato, Gf pasta (Refer to HH extended ingredients list)	Chicken, peas, corn, carrot and potato. OR Rosti (Refer to HH extended ingredients list) corn, peas, carrot and potato.
	<b>Afternoon Tea</b>	Beetroot dip, Roast carrot dip (Refer HH dips below) Sakata (Refer to HH extended ingredients list) Whole fruits	Beetroot dip, Roast Carrot dip (Refer HH dips below) Sakata (Refer to HH extended ingredients list) Whole fruits	Roast carrot dip (Refer HH dips below) Sakata (Refer to HH extended ingredients list) Whole fruits	Carrot dip (Refer HH dips below), celery and cucumber. Whole fruits
<b>TUESDAY</b>	<b>Morning Tea</b>	Orange zest, orange juice, poppy seeds, self-raising flour, sugar, oil, df margarine, sugar, vanilla essence Watermelon	Orange zest, orange juice, poppy seeds, self-raising flour, sugar, oil, df margarine, sugar, vanilla essence Watermelon	HH Vanilla Muffin (Refer HH extended ingredient list) Watermelon	Apricot, peach, reconstituted apricot & peach juice Watermelon
	<b>Lunch</b>	Beef, onion, celery, mixed herbs, garlic, tomato, carrot, zucchini, peas, corn, vegetable oil tomato Pasta (Refer to HH extended ingredients list)	Onion, celery, mixed herbs, garlic, tomato, carrot, zucchini, peas, corn, spinach, vegetable oil tomato Pasta (Refer to HH extended ingredients list)	Beef, onion, celery, mixed herbs, garlic, tomato, carrot, zucchini, peas, corn, vegetable oil tomato Gf Pasta (Refer to HH extended ingredients list)	Chicken, broccoli, cauliflower and rice OR Rosti (Refer to HH extended ingredients list) broccoli, cauliflower and rice
	<b>Afternoon Tea</b>	Tomato, cheese, Wholemeal pita (Refer to HH extended ingredients list) Whole fruits	Tomato, cheese, Wholemeal pita (Refer to HH extended ingredients list) Whole fruits	Tomato, cucumber and Sakata (Refer to HH extended ingredients list) Whole fruits	Pumpkin dip (Refer HH dips below), celery and cucumber Whole fruits
<b>WEDNESDAY</b>	<b>Morning Tea</b>	HH bliss bar (Refer to HH extended ingredients list) Whole fruits	HH bliss bar (refer to extended ingredients list) Whole fruits	HH Vanilla Muffin (Refer HH extended ingredient list) Whole fruits	Peach, pear, reconstituted peach & pear juice Whole fruit
	<b>Lunch</b>	Sausage mince, garlic, onion, peas, carrot, corn, potato, salt, pepper, Puff pastry (Refer to HH extended ingredients list).	Sweet potato, garlic, pumpkin, onion, peas, carrot, corn, potato, salt, pepper Puff pastry (Refer to HH extended ingredients list)	Sausage mince, garlic, onion, peas, carrot, corn, potato, salt, pepper.	Chicken, peas, corn, carrot and potato. OR Rosti (Refer to HH extended ingredients list) corn, peas, carrot and potato.
	<b>Afternoon Tea</b>	Zucchini, carrot, self-raising flour, sugar, oil, df margarine, water Watermelon	Zucchini, carrot, self-raising flour, sugar, oil, df margarine, water Watermelon	Roast pumpkin dip (Refer HH dips below), carrot and cucumber Sakata (Refer to HH extended ingredient list) Watermelon	Carrot dip (Refer HH dips below), celery and cucumber Watermelon
<b>THURSDAY</b>	<b>Morning Tea</b>	Pineapple, coconut, water, self-raising flour, df margarine, sugar, vanilla essence Watermelon	Pineapple, coconut, water, self-raising flour, df margarine, sugar, vanilla essence Watermelon	HH Vanilla Muffin (Refer to HH extended ingredient list) Watermelon	Apricot, apple, reconstituted apricot & apple juice Watermelon
	<b>Lunch</b>	Tomato, mushroom, zucchini, onion, garlic, celery, carrot, corn, peas, basil, capsicum, corn flour, salt, pepper, vegetable oil, Pasta (Refer to HH extended ingredients list)	Tomato, mushroom, zucchini, onion, garlic, celery, carrot, corn, peas, basil, capsicum, corn flour, salt, pepper, vegetable oil, Pasta (Refer to HH extended ingredients list)	Tomato, mushroom, zucchini, onion, garlic, celery, carrot, corn, peas, basil, capsicum, corn flour, salt, pepper, vegetable oil, Gf Pasta (Refer to HH extended ingredients list)	Chicken, broccoli, cauliflower and rice OR Rosti (Refer to HH extended ingredients list) broccoli, cauliflower and rice
	<b>Afternoon Tea</b>	Tzatziki dip, Basil and white bean dip (Refer HH dips below) carrot, cucumber Sakata (Refer to HH extended ingredients list) Whole fruits	Tzatziki dip, Basil and white bean dip (Refer HH dips below) carrot, cucumber Sakata (Refer to HH extended ingredients list) Whole fruits	Basil and white bean dip (Refer HH dips below) carrot, cucumber Sakata (Refer to HH extended ingredients list) Whole fruits	Pumpkin dip (Refer HH dips below), carrot, celery and cucumber Whole fruits
<b>FRIDAY</b>	<b>Morning Tea</b>	Premium Yoghurt (Refer HH extended ingredient list) Whole fruit	Premium Yoghurt (Refer HH extensive ingredient list) Whole fruit	Peach, pear, reconstituted peach & pear juice Whole fruit	Peach, pear, reconstituted peach & pear juice Whole fruits
	<b>Lunch</b>	Chicken, capsicum, celery, zucchini, garlic, carrot, corn, mushroom, pea, sweet potato, maize corn flour, turmeric, rice	Tofu, capsicum, celery, zucchini, garlic, carrot, corn, mushroom, pea, sweet potato, maize corn flour, turmeric, rice	Chicken, capsicum, celery, zucchini, garlic, carrot, corn, mushroom, pea, sweet potato, maize corn flour, turmeric, rice	Chicken, peas, corn, carrot and potato. OR Rosti (Refer to HH extended ingredients list) corn, peas, carrot and potato.
	<b>Afternoon Tea</b>	Tomato, vegetable oil, onion, garlic, basil, cheese. Puff pastry (Refer to HH extended ingredient list) Whole fruit	Tomato, vegetable oil, onion, garlic, basil, cheese. Puff pastry (Refer to HH extended ingredient list) Whole fruit	HH Vanilla Muffin (Refer HH extended ingredient list) Whole fruit	Carrot dip (Refer HH dips below), celery and cucumber Whole fruits

## Hearty Health WEEK 3 – WINTER MENU 2018 - INGREDIENTS

		Regular	Vegetarian	Dairy Gluten and Soy Free	Allergy Free
<b>MONDAY</b>	<b>Morning Tea</b>	Premium Yoghurt (Refer HH extended ingredient list) Whole fruit	Premium Yoghurt (Refer HH extended ingredient list) Whole fruit	Apple, peach, reconstituted apple & peach juice Whole fruit	Apple, peach, reconstituted apple & peach juice Whole fruits
	<b>Lunch</b>	Lamb, onion, garlic, celery, tomato, gravox, carrot, corn, peas, vegetable oil, cumin, potato, df margarine	Sweet Potato, pumpkin, oregano, onion, celery, carrot, corn, pea, garlic, potato d/f margarine	Lamb, onion, garlic, celery, tomato, gravox, carrot, corn, peas, vegetable oil, cumin, potato, df margarine.	Chicken, peas, corn, carrot and potato. OR Rosti (Refer to HH extended ingredients list) corn, peas, carrot and potato.
	<b>Afternoon Tea</b>	Roast eggplant dip, Hummus dip (Refer HH Dips below) Sakata (Refer to HH extended ingredients list) Whole fruits	Roast eggplant dip, Hummus dip (Refer HH Dips below) Sakata (Refer to HH extended ingredients list) Whole fruits	Hummus dip (Refer HH Dips below) Sakata (Refer to HH extended ingredients list) Whole fruits	Pumpkin dip (Refer HH dips below), celery and cucumber  Whole fruits
<b>TUESDAY</b>	<b>Morning Tea</b>	Apple, cinnamon, sugar, vanilla essence, water, self-raising flour, df margarine Watermelon	Apple, cinnamon, sugar, vanilla essence, water, self-raising flour, df margarine Watermelon	HH Vanilla Muffin (Refer HH extended ingredient list) Watermelon	Pear, apricot, reconstituted pear & apricot juice Watermelon
	<b>Lunch</b>	Chicken, corn, peas, spinach, carrot, zucchini, onion, garlic, celery, apricots, vegetable oil, salt, pepper, maize corn flour, rice	Tofu, corn, peas, carrot, spinach, zucchini, onion, garlic, celery, apricots, vegetable oil, salt, pepper, maize corn flour, rice	Chicken, corn, peas, spinach, carrot, zucchini, onion, garlic, celery, apricots, vegetable oil, salt, pepper, maize corn flour, rice	Chicken, broccoli, cauliflower and rice OR Rosti (Refer to HH extended ingredients list) broccoli, cauliflower and rice
	<b>Afternoon Tea</b>	Ricotta, spinach, salt, pepper Puff pastry. (Refer to HH extended ingredients list) Whole fruits	Ricotta, spinach, salt, pepper Puff pastry. (Refer to HH extended ingredients list) Whole fruits	Roast carrot dip (Refer HH dips below), celery, cucumber and Sakata (Refer HH extended ingredients list) Whole fruits	Carrot dip (Refer HH dips below), celery and cucumber Whole fruits
<b>WEDNESDAY</b>	<b>Morning Tea</b>	Premium Yoghurt (Refer HH extended ingredient list) Whole fruit	Premium Yoghurt (Refer HH extended ingredient list) Whole fruit	Apricot, pear, reconstituted apricot & pear juice Whole fruit	Apricot, pear, reconstituted apricot & pear juice Whole fruits
	<b>Lunch</b>	Mushrooms, tomato, onion, garlic, celery, corn, peas, carrot, zucchini, spinach, basil, thyme, vegetable oil, corn flour Pasta (Refer to HH Extended ingredients list)	Mushrooms, tomato, onion, garlic, celery, corn, peas, carrot, zucchini, spinach, basil, thyme, vegetable oil, salt, pepper, corn flour Pasta (Refer to HH Extended ingredients list)	Mushrooms, tomato, onion, garlic, celery, corn, peas, carrot, zucchini, spinach, basil, thyme, vegetable oil, salt, pepper, corn flour Gf pasta (Refer to HH extended ingredients list)	Chicken, peas, corn, carrot and potato. OR Rosti (Refer to HH extended ingredients list) corn, peas, carrot and potato.
	<b>Afternoon Tea</b>	Baked Beans, baguette (Refer to HH extended ingredients list) Watermelon	Baked Beans, baguette (Refer to HH extended ingredients list) Watermelon	HH Vanilla Muffin (Refer HH extended ingredient list) Watermelon	Carrot dip (Refer HH dips below), celery, cucumber Watermelon
<b>THURSDAY</b>	<b>Morning Tea</b>	HH muesli bar (Refer to HH extended ingredients list) Watermelon	HH muesli bar (Refer to HH extended ingredients list) Watermelon	HH Vanilla Muffin (Refer to HH extended ingredients list) Watermelon	Apple, peach, reconstituted apple & peach juice Watermelon
	<b>Lunch</b>	Beef, celery, onion, garlic, peas, ginger, curry powder, carrot, corn, cabbage, rice, vegetable oil, salt, pepper, corn flour, rice Rice noodles (Refer to HH extended ingredient list)	Tofu, celery, ginger, curry powder, onion, garlic, peas, carrot, corn, cabbage, rice, vegetable oil, salt, pepper, corn flour, rice Rice noodles (Refer to HH extended ingredient list)	Beef, celery, ginger, curry powder, onion, garlic, peas, carrot, corn, cabbage, rice, vegetable oil, salt, pepper, corn flour, rice Rice noodles (Refer to HH extended ingredient list)	Chicken, broccoli, cauliflower and rice OR Rosti (Refer to HH extended ingredients list) broccoli, cauliflower and rice
	<b>Afternoon Tea</b>	Tomato, cheese, Wholemeal pita (Refer to HH extended ingredients list) Whole fruits	Tomato, cheese, Wholemeal pita (Refer to HH extended ingredients list) Whole fruits	Tomato, cucumber and Sakata (Refer HH extended ingredients list) Whole fruits	Carrot dip (Refer HH dips below), celery, cucumber  Whole fruits
<b>FRIDAY</b>	<b>Morning Tea</b>	Raisin bread (Refer to HH extended ingredients list) Whole fruits	Raisin bread (Refer to HH extended ingredients list) Whole fruits	HH Vanilla Muffin (Refer to HH extended ingredients list) Whole fruits	Pear, apricot, reconstituted pear & apricot juice Whole fruits
	<b>Lunch</b>	Corn, peas, carrot, tomato, onion, celery, garlic, zucchini, red kidney beans, oregano, basil, parsley, bay leaves Pasta (Refer to HH extended ingredients list) Baguette (Refer to HH extended ingredients list)	Corn, peas, carrot, tomato, onion, celery, garlic, zucchini, red kidney beans, oregano, basil, parsley, bay leaves Pasta (Refer to HH extended ingredients list) Baguette (Refer to HH extended ingredients list)	Corn, peas, carrot, tomato, onion, celery, garlic, zucchini, red kidney beans, oregano, basil, parsley, bay leaves Gf Pasta (Refer to HH extended ingredients list)	Chicken, peas, corn, carrot and potato. OR Rosti (Refer to HH extended ingredients list) corn, peas, carrot and potato.
	<b>Afternoon Tea</b>	Corn relish dip (Refer HH dips below) carrot, cucumber Sakata (Refer to HH extended ingredients list) Whole fruits	Corn relish dip (Refer HH dips below) carrot, cucumber Sakata (Refer to HH extended ingredients list) Whole fruits	Hummus dip (Refer HH dips below) carrot, cucumber Sakata (Refer to HH extended ingredients list) Whole fruits	Pumpkin dip (Refer HH dips below), celery, carrot and cucumber Whole fruits

## Hearty Health WEEK 4 – WINTER MENU 2018 - INGREDIENTS

		Regular	Vegetarian	Dairy Gluten and Soy Free	Allergy Free
<b>MONDAY</b>	<b>Morning Tea</b>	Premium Yoghurt (Refer HH extended ingredient list) Whole fruit	Premium Yoghurt (Refer HH extended ingredient list) Whole fruit	Apple, peach, reconstituted apple, peach juice Whole fruit	Apple, peach, reconstituted apple, peach juice Whole fruits
	<b>Lunch</b>	Beef, onion, garlic, celery, mixed herbs, garlic, tomato, carrot, zucchini, peas, corn, vegetable oil tomato, milk, cornflour, cheese Pasta sheet (Refer to HH extended ingredients list)	Tofu, onion, garlic, celery, mixed herbs, garlic, tomato, carrot, zucchini, peas, corn, vegetable oil tomato, milk, cornflour, cheese Pasta sheet (Refer to HH extended ingredients list)	Beef, onion, garlic, celery, mixed herbs, garlic, tomato, carrot, zucchini, peas, corn, vegetable oil tomato, Gf Pasta (Refer to HH extended ingredients list)	Chicken, peas, corn, carrot and potato. OR Rosti (Refer to HH extended ingredients list) corn, peas, carrot and potato.
	<b>Afternoon Tea</b>	Roast carrot dip, Hummus dip (Refer HH dips below) Sakata (Refer to HH ingredients list) Whole fruits	Roast carrot dip, Hummus dip (Refer HH dips below) Sakata (Refer to HH ingredients list) Whole fruits	Hummus dip (Refer HH dips below) Sakata (Refer to HH ingredients list) Whole fruits	Carrot dip (Refer HH dips below), celery and cucumber  Whole fruit
<b>TUESDAY</b>	<b>Morning Tea</b>	HH Bliss Bar (Refer to HH extended ingredients list) Watermelon	HH Bliss Bar (Refer to HH extended ingredients list) Watermelon	HH Vanilla Muffin (Refer HH extended ingredients list) Watermelon	Pear, apple, juice Watermelon
	<b>Lunch</b>	Mushroom, zucchini, capsicum, spinach, eggplant, spinach, tomato, onion, celery, garlic, corn, carrot, peas, basil, vegetable oil, salt, pepper, corn flour. Pasta (Refer to HH extended ingredient list)	Mushroom, zucchini, capsicum, spinach, eggplant, tomato, onion, celery, garlic, corn, spinach, carrot, peas, basil, vegetable oil, salt, pepper, corn flour. Pasta (Refer to HH extended ingredient list)	Mushroom, zucchini, capsicum, spinach, eggplant, tomato, onion, celery, garlic, spinach, corn, carrot, peas, basil, vegetable oil, salt, pepper, corn flour. Gf Pasta (Refer to HH extended ingredient list)	Chicken, broccoli, cauliflower and rice OR Rosti (Refer to HH extended ingredients list) broccoli, cauliflower and rice
	<b>Afternoon Tea</b>	Vegemite, cheese Puff pastry (Refer to HH extended ingredients list) Whole fruit	Vegemite, cheese Puff pastry (Refer to HH extended ingredients list) Whole fruit	Roast carrot dip (Refer HH dips below), celery, cucumber and Sakata (Refer HH extended ingredients list) Whole fruit	Pumpkin dip (Refer HH dips below), celery and cucumber Whole fruits
<b>WEDNESDAY</b>	<b>Morning Tea</b>	Apricot, sugar, vanilla essence, self-raising flour, sugar, oil, df butter, water Whole fruits	Apricot, sugar, vanilla essence, self-raising flour, sugar, oil, df butter, water Whole fruits	Apricot, pear, reconstituted apricot & pear juice Whole fruits	Apricot, pear, reconstituted apricot & pear juice Whole fruits
	<b>Lunch</b>	Beef, celery, onion, garlic, zucchini, mushrooms, white beans, red kidney bean, peas, carrot, corn, tomato, cumin, paprika, gravox, vegetable oil	Tofu, celery, onion, garlic, zucchini, mushrooms, white beans, red kidney bean, peas, carrot, corn, tomato, cumin, paprika, vegetable oil	Beef, celery, onion, garlic, zucchini, mushrooms, white beans, red kidney bean, peas, carrot, corn, tomato, cumin, paprika, gravox, vegetable oil	Chicken, peas, corn, carrot and potato. OR Rosti (Refer to HH extended ingredients list) corn, peas, carrot and potato.
	<b>Afternoon Tea</b>	Tomato, cheese, wholemeal pita (Refer to HH extended ingredient list) Watermelon	Tomato, cheese, wholemeal pita (Refer to HH extended ingredient list) Watermelon	Tomato, cucumber and Sakata (Refer to HH extended ingredient list) Watermelon	Carrot dip (Refer HH dips below), celery and cucumber  Watermelon
<b>THURSDAY</b>	<b>Morning Tea</b>	Pumpkin, water, self-raising flour, df margarine, sugar Watermelon	Pumpkin, water, self-raising flour, df margarine, sugar Watermelon	HH Vanilla Muffin (Refer HH extended ingredients list) Watermelon	Apple, pear, reconstituted apple & pear juice Watermelon
	<b>Lunch</b>	Onion, silver beet, garlic, sweet potato, pumpkin, potato, peas, corn, carrot, salt, pepper Puff pastry. (Refer to HH extended ingredients list)	Onion, silver beet, garlic, sweet potato, pumpkin, potato, peas, corn, carrot, salt, pepper Puff pastry. (Refer to HH extended ingredients list)	Onion, silver beet, garlic, sweet potato, pumpkin, potato, peas, corn, carrot, salt, pepper. Gf pasta (Refer to HH extended ingredients list)	Chicken, broccoli, cauliflower and rice OR Rosti (Refer to HH extended ingredients list) broccoli, cauliflower and rice
	<b>Afternoon Tea</b>	Tomato relish (Refer HH dips below) carrot, cucumber Sakata (Refer to HH extended ingredients list)  Whole fruits	Tomato relish (Refer HH dips below) carrot, cucumber Sakata (Refer to HH extended ingredients list)  Whole fruits	Tomato relish (Refer HH dips below) carrot, cucumber Sakata (Refer to HH extended ingredients list)  Whole fruits	Pumpkin dip (Refer HH dips below), celery, cucumber  Whole fruits
<b>FRIDAY</b>	<b>Morning Tea</b>	Premium Yoghurt (Refer HH extended ingredient list) Whole fruit	Premium Yoghurt (Refer HH extended ingredient list) Whole fruit	Apple, peach, reconstituted apple & peach juice Whole fruit	Apple, peach, reconstituted apple & peach juice Whole fruits
	<b>Lunch</b>	Bassa fillet, bread crumbs, mixed herbs, peas, carrot, corn, onion, rice	Tofu, bread crumbs, mixed herbs, peas, carrot, corn, onion, rice	Bassa fillet, mixed herbs, peas, carrot, corn, onion, rice	Chicken, peas, corn, carrot and potato. OR Rosti (Refer to HH extended ingredients list) corn, peas, carrot and potato.
	<b>Afternoon Tea</b>	Baked Beans, baguette (Refer to Hearty Health Extensive ingredients list)  Whole fruit	Baked Beans, baguette (Refer to Hearty Health Extensive ingredients list)  Whole fruit	HH Vanilla Muffin (Refer HH extended ingredients list)  Whole fruit	Carrot Dip (Refer HH dips below), celery and cucumber  Whole fruits

**Homemade Hearty Health dips:**

**Allergen dip** – Pumpkin dip – pumpkin

**Allergen dip** – Carrot dip – carrot

**Roasted eggplant** - eggplant, potato, sour cream, garlic

**Beetroot** - beetroot, potato, sour cream, garlic

**White bean and basil** – white beans, basil, lemon juice, garlic, salt (dairy free)

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

**Roast carrot** – carrot, oil, garlic, lemon juice, salt (dairy free)

**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

**Corn relish-** creamed corn, onion, celery, onion, 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 –Laurent** –wheat flour (wheat flour, thiamine, folic acid), water, bran, gluten, wheat germ, iodised salt, yeast, butter, improver (antioxidant 300) **(NSW only)**

**Rice Malt** – Organic Brown Rice

**Golden Syrup** – Cane Sugar, Water

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

**Nuttelex** - all from vegetable sources, vegetable oils 65% (olive 21%), water, salt emulsifiers (471, sunflower lecithin) flavour, vitamins A,D,E.

**Premium Yoghurt** – pasteurised milk, cream, milk solids and culture, sugar & culture

**Cornflour** – from maize, contains sulphites

**Natural 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 **(NSW only)**

**Raisin Bread** – Wholemeal wheat flour, salt, yeast, water, sultanas **(VIC only)**

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

**Puff Pastry** –pampas- wheat flour, water, margarine [vegetable oils, water, salt, emulsifiers (471, soy lecithin), food acid (330), flavour, antioxidant (307b), colour (160a)], salt, preservatives (202,281), food acid (330)

**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

**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**

**Pasta sheets**- durum wheat flour, water

**Gf Pasta** – rice flour, maize flour

**Penne pasta** – durum wheat flour, water

**Sliced cheese** – Pasteurised milk, salt, cultures, enzyme (rennet)

**Grated cheese** – Pasteurised milk, salt, cultures, Enzyme (rennet), anti-caking agent (460), preservatives (200)

**Feta cheese** - Pasteurised milk, salt, lactic cultures, non-animal (microbial) rennet

**Baguette** – Wheat flour, mixed grains (kibbled), oats, barely, water, linseed, sunflower seeds, yeast, soy, salt, wheat, acidity regulator (262), thiamine, folate.

**English muffin**- (plain flour, dried yeast, salt, sugar, nuttelex)

**Vanilla muffin** – Nuttelex, sugar, golden syrup, gf self raisin flour, vanilla essence, coconut milk

**Rosti** – Pumpkin, carrot, potato, sweet potato

**Ricotta cheese** – paesanella- whey (from milk) pasteurised cows milk, salt, food acid

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

**Gluten free self raisin flour** – **Tummy friendly** - maize starch, tapioca, rice flour, glucono delta lactone, sodium bicarbonate, vegetable gum, guar gum

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

**Wholemeal baguette** - wheat flour, Water, yeast, Vinegar, Gluten, Canola Oil, Salt, Soy, niacin, vitamin E, Thaimin, Folic Acid (VIC only)