

## Hearty Health WEEK 1 – SPRING 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 fruits	Premium Yoghurt (Refer HH extended ingredient list) Whole fruits	Tapioca, brown sugar, cinnamon, lemon juice, water Whole fruits, seasonal vegetables	Tapioca, brown sugar, cinnamon, lemon juice, water Whole fruits, seasonal vegetables
	<b>Lunch</b>	Onion, garlic, tomato, celery, capsicum, mushroom, spinach, carrot, peas, corn, water, maize cornflour, cheese, pasta (Refer HH extended ingredient list)	Onion, garlic, tomato, celery, capsicum, mushroom, spinach, carrot, peas, corn, water, maize cornflour, cheese, pasta (Refer HH extended ingredient list)	Onion, garlic, tomato, celery, capsicum, mushroom, spinach, carrot, peas, corn, water, maize cornflour, GF pasta (Refer HH extended ingredient list)	Chicken, corn, carrot and sweet potato. OR Rosti (Refer to HH extended ingredients list) corn, carrot and sweet potato.
	<b>Afternoon Tea</b>	Hummus dip, Roast carrot dip (Refer HH dips below) Sakata (Refer to HH extended ingredients list) Whole fruits	Hummus dip, Roast carrot dip (Refer HH dips below) Sakata (Refer to HH extended ingredients list) Whole fruits	Hummus dip, Roast carrot dip (Refer HH dips below) Quinoa cakes (Refer to HH extended ingredients list) Whole fruits	Carrot dip, (Refer HH dips below) seasonal vegetables Quinoa cakes (Refer HH extended ingredient list) Whole fruits
<b>TUESDAY</b>	<b>Morning Tea</b>	Banana, self-raising flour, df margarine, baking powder, sugar, oil, water Watermelon	Banana, self-raising flour, df margarine, baking powder, sugar, oil, water Watermelon	Whole fruits, seasonal vegetables, watermelon, rice cakes (Refer HH extended ingredient list)	Whole fruits, seasonal vegetables, watermelon, rice cakes (Refer HH extended ingredient list)
	<b>Lunch</b>	Beef sausage, onion, garlic, celery, carrot, peas, corn, tomato, potato, nuttelex, spinach, vegeta, gravox (Refer HH extended ingredient list), thyme, water	Tofu, onion, garlic, celery, carrot, peas, corn, tomato, potato, nuttelex, spinach, vegeta, corn flour, thyme, water	Beef sausage, onion, garlic, celery, carrot, peas, corn, tomato, potato, nuttelex, spinach, vegeta, gravox (Refer HH extended ingredient list), thyme, water	Fish, broccoli, cauliflower and rice OR GF pasta (Refer to HH extended ingredients list) tomato, broccoli, cauliflower and rice
	<b>Afternoon Tea</b>	Tomato, cheese, cucumber, rice cakes (Refer to HH extended ingredients list) Whole fruits	Tomato, cheese, cucumber, rice cakes (Refer to HH extended ingredients list) Whole fruits	Tomato, cucumber, quinoa cakes (Refer HH extended ingredient list) Whole fruits	Tomato, cucumber, quinoa cakes (Refer HH extended ingredient list) Whole fruits
<b>WEDNESDAY</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 GF Vanilla muffin (Refer HH extended ingredient list) Whole fruits, seasonal vegetables, rice cakes (Refer HH extended ingredient list)	HH GF Vanilla muffin (Refer HH extended ingredient list) Whole fruits, seasonal vegetables, rice cakes (Refer HH extended ingredient list)
	<b>Lunch</b>	Chicken, tomato, mushroom, lentil, zucchini, corn, peas, carrot, celery, maize flour, onion, garlic, rice, lemon, thyme, capsicum	Eggplant, lentil, tomato, mushroom, zucchini, corn, peas, carrot, celery, maize flour, onion, garlic, rice, lemon, thyme, capsicum	Chicken, tomato, mushroom, lentil, zucchini, corn, peas, carrot, celery, maize flour, onion, garlic, rice, capsicum, , lemon, thyme	Beef sausage (Refer to HH extended ingredient list) beans, pumpkin and potato. OR Sweet potato, potato, carrot, onion, beans, pumpkin Pumpkin dip, (Refer HH dips below) seasonal vegetables, quinoa cakes (Refer HH extended ingredient list) Watermelon
	<b>Afternoon Tea</b>	Self raising flour, water, cheese, oil, vegeta, baking powder, pumpkin, feta Watermelon	Self raising flour, water, cheese, oil, vegeta, baking powder, pumpkin, feta Watermelon	Roast pumpkin dip (Refer to HH dips below) Seasonal vegetables, quinoa cakes (Refer to HH extended ingredients list)	Roast pumpkin dip (Refer to HH dips below) Seasonal vegetables, quinoa cakes (Refer to HH extended ingredients list)
<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	Whole fruits, seasonal vegetables, watermelon, rice cakes (Refer HH extended ingredient list)	Whole fruits, seasonal vegetables, watermelon, rice cakes (Refer HH extended ingredient list)
	<b>Lunch</b>	Pizza base (Refer to HH extended ingredients list) pumpkin, tasty cheese, zucchini, spinach, pineapple, onion, garlic, crushed tomato, basil	Pizza base (Refer to HH extended ingredients list) pumpkin, tasty cheese, zucchini, spinach, pineapple, onion, garlic, crushed tomato, basil	Rice, water, pumpkin, zucchini, spinach, pineapple, onion, garlic, crushed tomato, basil	Chicken, cabbage, corn, rice OR Capsicum, carrot, broccoli, cauliflower, onion, peas, spinach, cabbage, corn and rice
	<b>Afternoon Tea</b>	Sweet potato and rosemary dip (Refer to HH dips below) seasonal vegetables, sakata (Refer to HH extended ingredients list) Whole fruits	Sweet potato and rosemary dip (Refer to HH dips below) seasonal vegetables, sakata (Refer to HH extended ingredients list) Whole fruits	Sweet potato and rosemary dip (Refer to HH dips below) seasonal vegetables, quinoa cakes (Refer to HH extended ingredients list) Whole fruits	Baked beans, quinoa cakes (Refer HH extended ingredient list), Whole fruits
<b>FRIDAY</b>	<b>Morning Tea</b>	Premium Yoghurt (Refer HH extended ingredient list) Whole fruits	Premium Yoghurt (Refer HH extended ingredient list) Whole fruits	Rice, coconut milk, water, lemon grass, cinnamon, sugar, vanilla Whole fruits, seasonal vegetables, rice cakes (Refer HH extended ingredient list)	Rice, coconut milk, water, lemon grass, cinnamon, sugar, vanilla Whole fruits, seasonal vegetables, rice cakes (Refer HH extended ingredient list)
	<b>Lunch</b>	Beef, celery, onion, garlic, peas, ginger, curry powder, carrot, corn, cabbage, rice, turmeric, vegetable oil, salt, pepper, corn flour, rice Rice noodles (Refer to HH extended ingredient list)	Tofu, celery, onion, garlic, peas, ginger, curry powder, carrot, corn, cabbage, rice, turmeric, vegetable oil, salt, pepper, corn flour, rice Rice noodles (Refer to HH extended ingredient list)	Beef, celery, onion, garlic, peas, ginger, curry powder, carrot, corn, cabbage, rice, turmeric, vegetable oil, salt, pepper, corn flour, rice Rice noodles (Refer to HH extended ingredient list)	Beef, onion, cornflour, peas, corn, zucchini, cauliflower, carrot and potato. OR Gf pasta (Refer to HH extended ingredients list) tomato, zucchini, cauliflower, potato
	<b>Afternoon Tea</b>	Coconut, water, coconut cream, self-raising flour, df margarine, baking powder, sugar, vanilla essence Whole fruits	Coconut, water, coconut cream, self-raising flour, df margarine, baking powder, sugar, vanilla essence Whole fruits	HH Vanilla Muffin (Refer HH extended ingredient list) Whole fruits	Sweet potato dip, (Refer HH dips below) seasonal vegetables, rice cakes (Refer HH extended ingredient list) Whole fruits

## Hearty Health WEEK 2 – SPRING MENU 2018 - INGREDIENTS

		Regular	Vegetarian	Dairy Gluten and Soy Free	Allergy Free
MONDAY	<b>Morning Tea</b>	Premium Yoghurt (Refer HH extended ingredient list) Whole fruit	Premium Yoghurt (Refer HH extended ingredient list) Whole fruit	Tapioca, brown sugar, cinnamon, lemon juice, water Whole fruits, seasonal vegetables	Tapioca, brown sugar, cinnamon, lemon juice, water Whole fruits, seasonal vegetables
	<b>Lunch</b>	Lamb, onion, garlic, celery, tomato, gravox, carrot, corn, peas, vegetable oil, potato, df margarine, salt, pepper	Sweet Potato, pumpkin, oregano, chick pea, onion, celery, carrot, corn, pea, garlic, potato d/f margarine, salt, pepper	Lamb, onion, garlic, celery, tomato, gravox, carrot, corn, peas, vegetable oil, potato, df margarine, salt, pepper Roast capsicum dip (Refer HH dips below) seasonal vegetables, quinoa cakes (Refer to HH extended ingredient list)	Chicken, corn, carrot and sweet potato. OR Rosti (Refer to HH extended ingredients list) corn, carrot and sweet potato.
	<b>Afternoon Tea</b>	Tzatziki dip, Roast capsicum dip (Refer HH dips below) sakata (Refer to HH extended ingredient list) Whole fruits	Tzatziki dip, Roast capsicum dip (Refer HH dips below) sakata (Refer to HH extended ingredient list) Whole fruits	Whole fruits	Carrot dip, (Refer HH dips below) seasonal vegetables Quinoa cakes (Refer HH extended ingredient list) Whole fruits
TUESDAY	<b>Morning Tea</b>	Dates, baking powder, sugar, vanilla essence, water, self-raising flour, df margarine Watermelon	Dates, baking powder, sugar, vanilla essence, water, self-raising flour, df margarine Watermelon	Whole fruits, seasonal vegetables, watermelon, rice cakes (Refer HH extended ingredient list)	Whole fruits, seasonal vegetables, watermelon, rice cakes (Refer HH extended ingredient list) Fish, broccoli, cauliflower and rice OR GF pasta (Refer to HH extended ingredients list)
	<b>Lunch</b>	Beef, onion, celery, mixed herbs, garlic, tomato paste, carrot, zucchini, peas, corn, vegetable oil tomato Pasta (Refer to HH extended ingredients list)	Beans, onion, celery, mixed herbs, garlic, tomato paste, carrot, zucchini, peas, corn, vegetable oil tomato Pasta (Refer to HH extended ingredients list)	Beef, onion, celery, mixed herbs, garlic, tomato taste, carrot, zucchini, peas, corn, vegetable oil tomato GF Pasta (Refer to HH extended ingredients list)	tomato, broccoli, cauliflower and rice
	<b>Afternoon Tea</b>	Self raising flour, water, cheese, oil, vegeta, baking powder, tomato, basil Whole fruit	Self raising flour, water, cheese, oil, vegeta, baking powder, tomato, basil Whole fruit	Tomato, cucumber, quinoa cakes (Refer HH extended ingredient list) Whole fruits	Tomato, cucumber, quinoa cakes (Refer HH extended ingredient list) Whole fruits
WEDNESDAY	<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 GF Vanilla muffin (Refer HH extended ingredient list) Whole fruits, seasonal vegetables, rice cakes (Refer HH extended ingredient list)	HH GF Vanilla muffin (Refer HH extended ingredient list) Whole fruits, seasonal vegetables, rice cakes (Refer HH extended ingredient list)
	<b>Lunch</b>	Chick peas, pumpkin, potato, nuttelex, onion, garlic, carrot, peas, corn, celery, mixed herbs, tomato, spinach, mushroom, capsicum, vegeta, maize cornflour	Chick peas, pumpkin, potato, nuttelex, onion, garlic, carrot, peas, corn, celery, mixed herbs, tomato, spinach, mushroom, capsicum, vegeta, maize cornflour	Chick peas, pumpkin, potato, nuttelex, onion, garlic, carrot, peas, corn, celery, mixed herbs, tomato, spinach, mushroom, capsicum, vegeta, maize cornflour	Beef sausage (Refer to HH extended ingredient list) beans, pumpkin and potato. OR Sweet potato, potato, carrot, onion, beans, pumpkin
	<b>Afternoon Tea</b>	Coconut milk, water, cinnamon, rice, sugar, vanilla, lemon grass Watermelon	Coconut milk, water, cinnamon, rice, sugar, vanilla, lemon grass Watermelon	Coconut milk, water, cinnamon, rice, sugar, vanilla, lemon grass Watermelon	Pumpkin dip, (Refer HH dips below) seasonal, vegetables, quinoa cakes (Refer HH extended ingredient list) Watermelon
THURSDAY	<b>Morning Tea</b>	English muffin (Refer to HH extended ingredients list) Watermelon	English muffin (Refer to HH extended ingredients list) Watermelon	Whole fruits, seasonal vegetables, watermelon, rice cakes (Refer HH extended ingredient list)	Whole fruits, seasonal vegetables, watermelon, rice cakes (Refer HH extended ingredient list)
	<b>Lunch</b>	Bassa fillet, paprika, mixed herbs, salt, pepper peas, carrot, corn, onion, rice	Tofu, paprika, mixed herbs, salt, pepper peas, carrot, corn, onion, rice	Bassa fillet, paprika, mixed herbs, salt, pepper peas, carrot, corn, onion, rice	Chicken, cabbage, corn, rice OR Capsicum, carrot, broccoli, cauliflower, onion, peas, spinach, cabbage, corn and rice
	<b>Afternoon Tea</b>	Baked Beans, whole meal bread (Refer to HH extended ingredients list) Whole fruit	Baked Beans, whole meal bread (Refer to HH extended ingredients list) Whole fruit	Baked beans, quinoa cakes (Refer HH extended ingredient list), Whole fruits	Baked beans, quinoa cakes (Refer HH extended ingredient list), Whole fruits
FRIDAY	<b>Morning Tea</b>	Premium Yoghurt (Refer HH extended ingredient list) Whole fruit	Premium Yoghurt (Refer HH extensive ingredient list) Whole fruit	HH GF Vanilla muffin (Refer HH extended ingredient list) Whole fruits, seasonal vegetables, rice cakes (Refer HH extended ingredient list)	Rice, coconut milk, water, lemon grass, cinnamon, sugar, vanilla Whole fruits, seasonal vegetables, rice cakes (Refer HH extended ingredient list)
	<b>Lunch</b>	Crushed tomato, onion, garlic, basil, oregano, paprika, cumin, carrot, celery, pea, kidney bean, chick pea, corn, Pasta (Refer to HH Extended ingredients list)	Crushed tomato, onion, garlic, basil, oregano, paprika, cumin, carrot, celery, pea, kidney bean, chick pea, corn, Pasta (Refer to HH Extended ingredients list)	Crushed tomato, onion, garlic, basil, oregano, paprika, cumin, carrot, celery, pea, kidney bean, chick pea, corn, GF Pasta (Refer to HH Extended ingredients list)	Beef, onion, cornflour, peas, corn, zucchini, cauliflower, carrot and potato OR Gf pasta (Refer to HH extended ingredients list) tomato zucchini, cauliflower, potato
	<b>Afternoon Tea</b>	Sweet potato hummus dip (Refer HH dips below) seasonal vegetables, sakata (Refer HH extended ingredients list) Whole fruit	Sweet potato hummus dip (Refer HH dips below) seasonal vegetables, sakata (Refer HH extended ingredients list) Whole fruit	Sweet potato hummus dip (Refer HH dips below) seasonal vegetables, rice cakes (Refer HH extended ingredients list) Whole fruit	Sweet potato dip, (Refer HH dips below) seasonal vegetables, rice cakes (Refer HH extended ingredient list) Whole fruits

## Hearty Health WEEK 3 – SPRING 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	Tapioca, brown sugar, cinnamon, lemon juice, water Whole fruits, seasonal vegetables	Tapioca, brown sugar, cinnamon, lemon juice, water Whole fruits, seasonal vegetables
	<b>Lunch</b>	Tuna, onion, garlic, corn, peas, carrot, spinach, milk, maize cornflour, cheese, pumpkin, pasta (Refer HH extended ingredient list)	Tofu, onion, garlic, corn, peas, carrot, spinach, milk, maize cornflour, cheese, pumpkin, pasta (Refer HH extended ingredient list)	Tuna, onion, garlic, corn, peas, carrot, spinach, tomato, pumpkin, GF pasta (Refer HH extended ingredient list)	Chicken, corn, carrot and sweet potato. OR Rosti (Refer to HH extended ingredients list) corn, carrot and sweet potato.
	<b>Afternoon Tea</b>	French onion dip, Roast pumpkin dip (Refer HH Dips below) Sakata (Refer to HH extended ingredients list) Whole fruits	French onion dip, Roast pumpkin dip (Refer HH Dips below) Sakata (Refer to HH extended ingredients list) Whole fruits	Roast pumpkin dip (Refer HH dips below) seasonal vegetables Quinoa cakes (Refer HH extended ingredient list) Whole fruits	Pumpkin dip, (Refer HH dips below) seasonal vegetables Quinoa cakes (Refer HH extended ingredient list) Whole fruits
<b>TUESDAY</b>	<b>Morning Tea</b>	Apple, baking powder, sugar, vanilla essence, self-raising flour, sugar, oil, df butter, water Watermelon	Apple, baking powder, sugar, vanilla essence, self-raising flour, sugar, oil, df butter, water Watermelon	Whole fruits, seasonal vegetables, watermelon, rice cakes (Refer HH extended ingredient list)	Whole fruits, seasonal vegetables, watermelon, rice cakes (Refer HH extended ingredient list)
	<b>Lunch</b>	Chicken, capsicum, celery, zucchini, garlic, carrot, corn, mushroom, pea, sweet potato, maize corn flour, rice	Capsicum, celery, zucchini, garlic, carrot, corn, mushroom, pea, sweet potato, maize corn flour, rice	Chicken, capsicum, celery, zucchini, garlic, carrot, corn, mushroom, pea, sweet potato, maize corn flour, rice	Fish, broccoli, cauliflower and rice OR GF pasta (Refer to HH extended ingredients list) tomato, broccoli, cauliflower and rice
	<b>Afternoon Tea</b>	Tomato, cheese, cucumber, rice cakes (Refer to HH extended ingredients list) Whole fruits	Tomato, cheese, cucumber, rice cakes (Refer to HH extended ingredients list) Whole fruits	Tomato, cucumber, quinoa cakes (Refer HH extended ingredient list) Whole fruits	Tomato, cucumber, quinoa cakes (Refer HH extended ingredient list) Whole fruits
<b>WEDNESDAY</b>	<b>Morning Tea</b>	HH muesli bar (Refer to HH extended ingredients list) Whole fruit	HH muesli bar (Refer to HH extended ingredients list) Whole fruit	HH GF Vanilla muffin (Refer HH extended ingredient list) Whole fruits, seasonal vegetables, rice cakes (Refer HH extended ingredient list)	HH GF Vanilla muffin (Refer HH extended ingredient list) Whole fruits, seasonal vegetables, rice cakes (Refer HH extended ingredient list)
	<b>Lunch</b>	Onion, garlic, celery, carrot, mushroom, soy sauce, tofu, broccoli, cabbage, cauliflower, beans, ginger, maize cornflour, capsicum, peas, corn, rice noodles (Refer HH extended ingredient list)	Onion, garlic, celery, carrot, mushroom, soy sauce, tofu, broccoli, cabbage, cauliflower, beans, ginger, maize cornflour, capsicum, peas, corn, rice noodles (Refer HH extended ingredient list)	Onion, garlic, celery, carrot, mushroom, broccoli, cabbage, cauliflower, beans, ginger, capsicum, maize cornflour, peas, corn, rice noodles (Refer HH extended ingredient list)	Beef sausage (Refer to HH extended ingredient list) beans, pumpkin and potato. OR Sweet potato, potato, carrot, onion, beans, pumpkin
	<b>Afternoon Tea</b>	Self raising flour, water, cheese, oil, vegeta, baking powder, zucchini Watermelon	Self raising flour, water, cheese, oil, vegeta, baking powder, zucchini Watermelon	Roast carrot dip (Refer HH dips below) seasonal vegetables, quinoa cakes (Refer HH extended ingredient list) Watermelon	Carrot dip, (Refer HH dips below) seasonal vegetables, quinoa cakes (Refer HH extended ingredient list) Watermelon
<b>THURSDAY</b>	<b>Morning Tea</b>	Pumpkin, water, baking powder, self-raising flour, df margarine, sugar Watermelon	Pumpkin, water, baking powder, self-raising flour, df margarine, sugar Watermelon	Whole fruits, seasonal vegetables, watermelon, rice cakes (Refer HH extended ingredient list)	Whole fruits, seasonal vegetables, watermelon, rice cakes (Refer HH extended ingredient list)
	<b>Lunch</b>	Beef, onion, carrot, peas, corn, potato, sweet potato, garlic, mixed herbs, tomato, maize cornflour	Onion, garlic, potato, pumpkin, sweet potato, peas, corn, nuttelex, mixed herbs, maize cornflour	Beef, onion, carrot, peas, corn, potato, sweet potato, garlic, mixed herbs, tomato, maize cornflour	Chicken, cabbage, corn, rice OR Capsicum, carrot, broccoli, cauliflower, onion, peas, spinach, cabbage, corn and rice
	<b>Afternoon Tea</b>	Tomato relish (Refer HH dip below) carrot, cucumber, sakata (Refer to HH extended ingredients list) Whole fruits	Tomato relish (Refer HH dip below) carrot, cucumber, sakata (Refer to HH extended ingredients list) Whole fruits	Tomato relish (Refer HH dip below) carrot, cucumber, quinoa cakes (Refer to HH extended ingredients list) Whole fruits	Baked beans, quinoa cakes (Refer HH extended ingredient list), 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	Rice, coconut milk, water, lemon grass, cinnamon, sugar, vanilla Whole fruits, seasonal vegetables, rice cakes (Refer HH extended ingredient list)	Rice, coconut milk, water, lemon grass, cinnamon, sugar, vanilla Whole fruits, seasonal vegetables, rice cakes (Refer HH extended ingredient list)
	<b>Lunch</b>	Pizza base (Refer to HH extended ingredients list) capsicum, tasty cheese, pineapple, onion, garlic, crushed tomato, basil	Pizza base (Refer to HH extended ingredients list) capsicum, tasty cheese, pineapple, onion, garlic, crushed tomato, basil	Rice, water, capsicum, mushroom, peas, corn, carrot, pineapple, onion, garlic, crushed tomato, basil	Beef, onion, cornflour, peas, corn, zucchini, cauliflower, carrot and potato. OR Gf pasta (Refer to HH extended ingredients list) tomato, zucchini, cauliflower, potato
	<b>Afternoon Tea</b>	Apricot, puff pastry. (Refer to HH extended ingredients list) Whole fruits	Apricot, puff pastry. (Refer to HH extended ingredients list) Whole fruits	HH Vanilla Muffin (Refer to HH extended ingredients list) Whole fruits	Sweet potato dip, (Refer HH dips below) seasonal vegetables, rice cakes (Refer HH extended ingredient list) Whole fruits

## Hearty Health WEEK 4 – SPRING 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	Tapioca, brown sugar, cinnamon, lemon juice, water Whole fruits, seasonal vegetables	Tapioca, brown sugar, cinnamon, lemon juice, water Whole fruits, seasonal vegetables
	<b>Lunch</b>	Beef mince, peas, corn, carrot celery, vegetable oil, onion, garlic, crushed tomato, potato, df margarine, gravox	Sweet Potato, chick pea, 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, corn, carrot and sweet potato. OR Rosti (Refer to HH extended ingredients list) corn, carrot and sweet potato.
	<b>Afternoon Tea</b>	Beetroot dip, Hummus dip (Refer HH dips below) Sakata (Refer to HH ingredients list) Whole fruits	Beetroot dip, Hummus dip (Refer HH dips below) Sakata (Refer to HH ingredients list) Whole fruits	Beetroot dip, Hummus dip (Refer HH dips below) Sakata (Refer to HH ingredients list) Whole fruits	Carrot dip, (Refer HH dips below) seasonal vegetables Quinoa cakes (Refer HH extended ingredient list) Whole fruits
<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	Whole fruits, seasonal vegetables, watermelon, rice cakes (Refer HH extended ingredient list)	Whole fruits, seasonal vegetables, watermelon, rice cakes (Refer HH extended ingredient list)
	<b>Lunch</b>	Lamb, curry powder, celery, onion, garlic, sweet potato, peas, corn, water, coconut milk, ginger, spinach, eggplant, maize cornflour, turmeric, zucchini, capsicum, rice	Curry powder, onion, celery, garlic, sweet potato, peas, corn, water, coconut milk, ginger, spinach, eggplant, maize cornflour, turmeric, zucchini, capsicum, rice	Lamb, curry powder, celery, onion, garlic, sweet potato, peas, corn, water, coconut milk, ginger, spinach, eggplant, maize cornflour, turmeric, zucchini, capsicum, rice	Fish, broccoli, cauliflower and rice OR GF pasta (Refer to HH extended ingredients list) tomato, broccoli, cauliflower and rice
	<b>Afternoon Tea</b>	Wholemeal bread, nuttelex (Refer HH extended ingredient list) cheese Whole fruit	Wholemeal bread (Refer HH extended ingredient list) cheese Whole fruit	Tomato, cucumber, quinoa cakes (Refer HH extended ingredient list) Whole fruits	Tomato, cucumber, quinoa cakes (Refer HH extended ingredient list) Whole fruits
<b>WEDNESDAY</b>	<b>Morning Tea</b>	Sultana, water, self-raising flour, df margarine, baking powder, sugar, vanilla essence Whole fruit	Sultana, water, self-raising flour, df margarine, baking powder, sugar, vanilla essence Whole fruit	HH GF muesli bar (Refer HH extended ingredient list) Whole fruits, seasonal vegetables, rice cakes (Refer HH extended ingredient list)	HH GF Vanilla muffin (Refer HH extended ingredient list) Whole fruits, seasonal vegetables, rice cakes (Refer HH extended ingredient list)
	<b>Lunch</b>	Mushroom, zucchini, capsicum, spinach, eggplant, tomato, onion, celery, garlic, corn, carrot, peas, basil, vegetable oil, salt, pepper, corn flour. Pasta (Refer to HH extended ingredient list) Baked Beans, whole meal bread (Refer to HH extended ingredients list) Watermelon	Mushroom, zucchini, capsicum, spinach, eggplant, tomato, onion, celery, garlic, corn, carrot, peas, basil, vegetable oil, salt, pepper, corn flour. Pasta (Refer to HH extended ingredient list) Baked Beans, whole meal bread (Refer to HH extended ingredients list) Watermelon	Mushroom, zucchini, capsicum, eggplant, spinach, tomato, onion, celery, garlic, corn, carrot, peas, basil, vegetable oil, salt, pepper, corn flour. GF Pasta (Refer to HH extended ingredient list)	Beef sausage (Refer to HH extended ingredient list) beans, pumpkin and potato. OR Sweet potato, potato, carrot, onion, beans, pumpkin Pumpkin dip, (Refer HH dips below) seasonal vegetables, quinoa cakes (Refer HH extended ingredient list) Watermelon
	<b>Afternoon Tea</b>			Roast pumpkin dip (Refer HH dips below), celery, cucumber and Sakata (Refer HH extended ingredients list) Watermelon	
<b>THURSDAY</b>	<b>Morning Tea</b>	Premium Yoghurt (Refer HH extended ingredient list) Watermelon	Premium Yoghurt (Refer HH extended ingredient list) Watermelon	Whole fruits, seasonal vegetables, watermelon, rice cakes (Refer HH extended ingredient list)	Whole fruits, seasonal vegetables, watermelon, rice cakes (Refer HH extended ingredient list)
	<b>Lunch</b>	Sausage mince, garlic, onion, peas, carrot, corn, potato, salt, pepper, vegeta, Puff pastry (Refer to HH extended ingredients list).	Sweet potato, garlic, pumpkin, onion, peas, carrot, corn, potato, salt, pepper, vegeta, Puff pastry (Refer to HH extended ingredients list)	Beef, onion, carrot, potato, peas, corn, garlic, mixed herbs, tomato	Chicken, cabbage, corn, rice OR Capsicum, carrot, broccoli, cauliflower, onion, peas, spinach, cabbage, corn and rice
	<b>Afternoon Tea</b>	Sweet potato and rosemary dip (Refer HH dips below) carrot, cucumber, sakata (Refer to HH extended ingredients list) Whole fruits	Sweet potato and rosemary dip (Refer HH dips below) carrot, cucumber, sakata (Refer to HH extended ingredients list) Whole fruits	Sweet potato and rosemary dip (Refer HH dips below) carrot, cucumber, quinoa cakes (Refer to HH extended ingredients list) Whole fruits	Baked beans, quinoa cakes (Refer HH extended ingredient list), Whole fruits
<b>FRIDAY</b>	<b>Morning Tea</b>	Orange, lemon, baking powder, orange juice, self-raising flour, sugar, oil, df margarine, sugar, vanilla essence Whole fruit	Orange, lemon, baking powder, orange juice, self-raising flour, sugar, oil, df margarine, sugar, vanilla essence Whole fruit	Rice, coconut milk, water, lemon grass, cinnamon, sugar, vanilla Whole fruits, seasonal vegetables, rice cakes (Refer HH extended ingredient list)	Rice, coconut milk, water, lemon grass, cinnamon, sugar, vanilla Whole fruits, seasonal vegetables, rice cakes (Refer HH extended ingredient list)
	<b>Lunch</b>	Onion, garlic, celery, carrot, zucchini, cauliflower, mushroom, soy sauce, broccoli, cabbage, ginger, capsicum, peas, corn, rice noodles	Onion, garlic, celery, carrot, zucchini, cauliflower, mushroom, soy sauce, broccoli, cabbage, ginger, capsicum, peas, corn, rice noodles	Onion, garlic, celery, carrot, zucchini, cauliflower, mushroom, broccoli, cabbage, ginger, capsicum, peas, corn, rice noodles	Beef, onion, cornflour, peas, corn, zucchini, cauliflower, carrot and potato. OR Gf pasta (Refer to HH extended ingredients list) tomato zucchini, cauliflower, potato. Carrot dip, (Refer HH dips below) seasonal vegetables, rice cakes (Refer HH extended ingredient list)
	<b>Afternoon Tea</b>	Self raising flour, water, cheese, oil, vegeta, baking powder, spinach Whole fruit	Self raising flour, water, cheese, oil, vegeta, baking powder, spinach Whole fruit	Roast carrot dip (Refer HH dips below) seasonal vegetables, rice cakes (Refer HH extended ingredients list) Whole fruit	Whole fruits

**Homemade Hearty Health dips:**

**Allergen dip** – Pumpkin dip – pumpkin

**Allergen dip** – Carrot dip – carrot

**Allergen dip** – Sweet potato dip – sweet potato

**Beetroot** - beetroot, potato, white beans, vegeta, garlic, lemon juice, oil (dairy free, gluten free, soy free)

**Sweet potato Hummus** – chick peas, potato, sweet potato, garlic, oil, lemon juice, vegeta (dairy free, gluten free, soy free)

**Hummus** - chickpea, oil, garlic, lemon juice, vegeta (dairy free, gluten free, soy free)

**Roast carrot** – carrot, oil, garlic, lemon juice, vegeta (dairy free, gluten free, soy free)

**Roasted pumpkin** - pumpkin, oil, garlic, lemon juice, vegeta (dairy free, gluten free, soy free)

**Tomato relish** - tomato, onion, mustard seed, brown sugar, brown vinegar, vegeta, maize corn flour, basil (dairy free, gluten free, soy free)

**Tzatziki** – natural Greek yoghurt, cucumber, garlic, vegeta, lemon juice (gluten free)

**French onion-** onion, garlic, oil, sour cream, potato, vegeta (gluten free)

**Roast capsicum** – capsicum, white bean, oil, garlic, lemon, vegeta, oregano (dairy free, gluten free, soy free)

**Sweet potato and rosemary** - sweet potato, potato, rosemary, garlic, oil, vegeta, lemon (dairy free, gluten free, soy free)

**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.*

**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** –Borgs- 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 **(NSW only)**

**Wholemeal bread** – wholemeal wheat flour, salt, yeast, water **(VIC only)**

**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.

**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

**Vegeta** – salt, dehydrated vegetables 15.5% (carrot, parsnip, potato, onion, celery, parsley leaves) flavour enhancers (monosodium glutamate, disodium inosinate) sugar, spices, maize starch, colour

**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

**Quinoa rice cake** – wholegrain brown rice, milled corn, wholegrain quinoa, wholegrain buckwheat

**Brown rice cakes**- brown rice

**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

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

**Vanilla muffin** – Nuttalex, 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

**Rice noodles** – rice flour, water

**Paprika** – onion, garlic, salt, sugar, parsley, paprika, oil