

WEEK 1 MENU 2019 INGREDIENTS LIST

	Regular	Vegetarian	
MONDAY	Morning Tea	Premium yoghurt – pasteurized milk, cream, milk solids, culture, sugar	Premium yoghurt – pasteurized milk, cream, milk solids, culture, sugar
	Lunch	Vegetarian Nasi Goreng – Rice, Chinese cabbage, celery, carrot, corn, peas, onion, green beans, broccoli, garlic, ginger, soy sauce, turmeric, curry powder, seasoning, oil	Vegetarian Nasi Goreng – rice, Chinese cabbage, celery, carrot, corn, peas, onion, green beans, broccoli, garlic, ginger, soy sauce, turmeric, curry powder, seasoning, oil
	Afternoon Tea	Chickpea & roast garlic hummus - chickpeas, oil, water, garlic, lemon Roast pumpkin dip – pumpkin, oil, garlic, lemon	Chickpea & roast garlic hummus - chickpeas, oil, water, garlic, lemon Roast pumpkin dip – pumpkin, oil, garlic, lemon
TUESDAY	Morning Tea	Homemade muesli bar – oats, coconut, pumpkin seeds, sultanas, sunflower seeds, cornflakes, nuttelex, honey, golden syrup, rice malt, cophera, brown sugar	Homemade muesli bar – oats, coconut, pumpkin seeds, sultanas, sunflower seeds, cornflakes, nuttelex, honey, golden syrup, rice malt, cophera, brown sugar
	Lunch	Traditional beef Cottage Pie topped with mash and fresh vegetables – beef, peas, corn, carrot, celery, oil, onion, garlic, tomato, potato, nuttelex, gravox, (extended ingredients list)	Traditional vegetable cottage Pie topped with mash and fresh vegetables – sweet potato, chickpea, pumpkin, peas, corn, carrot, celery, oil, onion, garlic, tomato, potato, nuttelex, gravox, (extended ingredients list)
	Afternoon Tea	Freshly baked spinach & ricotta scrolls - plain flour, yeast, salt, sugar, nuttelex, spinach, ricotta, tasty cheese	Freshly baked spinach & ricotta scrolls - plain flour, yeast, salt, sugar, nuttelex, spinach, ricotta, tasty cheese
WEDNESDAY	Morning Tea	Freshly baked banana bread – banana, self-raisin flour, nuttelex, baking powder, sugar, cinnamon, nutmeg,	Freshly baked banana bread - banana, self-raisin flour, nuttelex, baking powder, sugar, cinnamon, nutmeg,
	Lunch	Chicken & sweet potato hot pot with steamed Jasmin rice – chicken, onion, capsicum, celery, zucchini, garlic, carrot, corn, mushroom, pea, sweet potato, maize, rice	Eggplant & sweet potato hot pot with steamed Jasmin rice - capsicum, onion, eggplant, celery, zucchini, garlic, carrot, corn, mushroom, pea, sweet potato, maize, rice
	Afternoon Tea	Cherry tomato, cucumber, tasty cheese & Turkish pita bread - (extended ingredients list)	Cherry tomato, cucumber, tasty cheese & Turkish pita bread - (extended ingredients list)
THURSDAY	Morning Tea	Baked beans – beans, water, tomato, sugar, salt, corn starch, flavoring, spices Wholemeal toast – flour, bran, wheat germ, yeast, salt, improver, oil, gluten, vinegar, water	Baked beans – beans, water, tomato, sugar, salt, corn starch, flavoring, spices Wholemeal toast – flour, bran, wheat germ, yeast, salt, improver, oil, gluten, vinegar, water
	Lunch	Penne pasta Alfredo with pumpkin, kale & spinach – onion, garlic, pumpkin, spinach, milk, corn, carrot, peas, maize, tasty cheese, seasoning, kale, spinach, durum wheat flour, water	Penne pasta Alfredo with pumpkin, kale & spinach - onion, garlic, pumpkin, spinach, milk, corn, carrot, peas, maize, tasty cheese, seasoning, kale, spinach, durum wheat flour, water
	Afternoon Tea	Mexican refried bean dip – red beans, white bean, lemon, garlic, oil, water, paprika, sour cream Corn chips & sour cream - (extended ingredients list)	Mexican refried bean dip – red beans, white bean, lemon, garlic, oil, water, paprika, sour cream Corn chips & sour cream - (extended ingredients list)
FRIDAY	Morning Tea	Premium yoghurt – pasteurized milk, cream, milk solids, culture, sugar	Premium yoghurt – pasteurized milk, cream, milk solids, culture, sugar
	Lunch	Chicken Gumbo with carrot & pumpkin mash – chicken, onion, celery, capsicum, corn, carrot, peas, tomato, seasoning, thyme, oregano, paprika, oil, maize, <u>Mash</u> - carrot, pumpkin, potato, seasoning	Tofu Gumbo with carrot & pumpkin mash – tofu, onion, celery, capsicum, corn, carrot, peas, tomato, seasoning, thyme, oregano, paprika, oil, maize, <u>Mash</u> - carrot, pumpkin, potato, seasoning
	Afternoon Tea	Freshly baked pumpkin scone – pumpkin, water, baking powder, self-raisin flour, nuttelex, sugar	Freshly baked pumpkin scone – pumpkin, water, baking powder, self-raisin flour, nuttelex, sugar

WEEK 2 MENU 2019 INGREDIENTS LIST

	Regular	Vegetarian	
MONDAY	Morning Tea	Premium yoghurt – pasteurized milk, cream, milk solids, culture, sugar	Premium yoghurt – pasteurized milk, cream, milk solids, culture, sugar
	Lunch	Pumpkin Soup and Freshly Baked Bread Rolls- pumpkin, onion, garlic, potato, vegeta, water, maize. baked bread roll- wholemeal wheat flour, water, baker’s yeast, salt, soy flour, acidity regulator, vitamins, thiamin, folate	Pumpkin Soup and Freshly Baked Bread Rolls- pumpkin, onion, garlic, potato, vegeta, water, maize. baked bread roll- wholemeal wheat flour, water, baker’s yeast, salt, soy flour, acidity regulator, vitamins, thiamin, folate
	Afternoon Tea	French onion dip – onion, garlic, sour cream, oil, potato Moroccan spiced carrot dip – carrot, potato, oil, garlic, lemon, water, cumin, Moroccan spice	French onion dip – onion, garlic, sour cream, oil, potato Moroccan spiced carrot dip – carrot, potato, oil, garlic, lemon, water, cumin, Moroccan spice
TUESDAY	Morning Tea	Raisin bread – flour, cinnamon, mixed fruit, yeast, salt, improver, mélange 3, oil, gluten, vinegar, water, sugar	Raisin bread – flour, cinnamon, mixed fruit, yeast, salt, improver, mélange 3, oil, gluten, vinegar, water, sugar
	Lunch	Indian spiced mild lamb curry with coconut rice – lamb, curry powder, turmeric, onion, celery, garlic, weet potato, peas, corn, carrot, zucchini, capsicum, maize, coconut milk, rice	Indian spiced mild eggplant curry with coconut rice - eggplant, curry powder, turmeric, onion, celery, garlic, sweet potato, peas, corn, carrot, zucchini, capsicum, maize, coconut milk, rice
	Afternoon Tea	Apple & tapioca pudding – apple, tapioca, brown sugar, lemon juice, water, cinnamon	Apple & tapioca pudding – apple, tapioca, brown sugar, lemon juice, water, cinnamon
WEDNESDAY	Morning Tea	Homemade bliss bar – pitted dates, coconut, cocoa powder, honey, rice malt, oats, water, weetbix (extended ingredients list)	Homemade bliss bar – pitted dates, coconut, cocoa powder, honey, rice malt, oats, water, weetbix (extended ingredients list)
	Lunch	BBQ chicken pizza – chicken, basil, onion, tomato, spinach, capsicum, oregano, tasty cheese Bbq sauce (extended ingredient list) pizza base – wheat flour, thiamine, folic acid, water, vegetable shortening, yeast, salt, sugar	Vegetarian supreme pizza – pineapple, spinach, basil, onion, tomato, capsicum, oregano, tasty cheese Bbq sauce (extended ingredient list) pizza base – wheat flour, thiamine, folic acid, water, vegetable shortening, yeast, salt, sugar
	Afternoon Tea	Homestyle English muffin – plain flour, yeast, salt, sugar, nuttelex Homemade jam - (extended ingredients list)	Homestyle English muffin – plain flour, yeast, salt, sugar, nuttelex Homemade jam - (extended ingredients list)
THURSDAY	Morning Tea	Premium yoghurt – pasteurized milk, cream, milk solids, culture, sugar	Premium yoghurt – pasteurized milk, cream, milk solids, culture, sugar
	Lunch	Penne pasta peperonata with Italian style sausage and peppers – Beef sausages, tomato, onion, garlic, celery, basil, oregano, capsicum, mushroom, zucchini, spinach, peas, corn, carrot, seasoning, maize, durum wheat flour	Penne pasta peperonata with Italian style peppers – tomato, onion, garlic, celery, basil, oregano, capsicum, mushroom, zucchini, spinach, peas, corn, carrot, seasoning, maize, durum wheat flour
	Afternoon Tea	Tomato salsa – tomato, onion, mustard seed, brown sugar, vinegar, capsicum, coriander, basil, maize, water Corn chips & sour cream - (extended ingredients list)	Tomato salsa - tomato, onion, mustard seed, brown sugar, vinegar, capsicum, coriander, basil, maize, water Corn chips & sour cream - (extended ingredients list)
FRIDAY	Morning Tea	Freshly baked apple & cinnamon scone – apple, cinnamon, baking powder, sugar, vanilla, water, self-raisin flour, nuttelex	Freshly baked apple & cinnamon scone – apple, cinnamon, baking powder, sugar, vanilla, water, self-raisin flour, nuttelex
	Lunch	Paprika Baked Fish Fillets with Lemon Potatoes - basa fillet, paprika, vegeta, parsley. Lemon Potatoes- potato, lemon, vegeta, parsley, seasoning	Paprika Baked Tofu with Lemon Potatoes - Tofu, paprika, vegeta, parsley. Lemon Potatoes- potato, lemon, vegeta, parsley, seasoning
	Afternoon Tea	Homemade Garlic Bread - plain flour, yeast, salt, sugar, nuttelex, garlic, parsley	Homemade Garlic bread - plain flour, yeast, salt, sugar, nuttelex, garlic, parsley

WEEK 3 MENU 2019 INGREDIENTS LIST

	Regular	Vegetarian	
MONDAY	Morning Tea	Premium yoghurt – pasteurized milk, cream, milk solids, culture, sugar	Premium yoghurt – pasteurized milk, cream, milk solids, culture, sugar
	Lunch	Homestyle Lamb Shepherd’s pie with fresh vegetables and Mash Potato – lamb, onion, garlic, celery, tomato, carrot, corn, peas, oil, potato, nuttelex, salt, pepper, gravox (extended ingredients list)	Homestyle Vegetable Shepherd’s pie with fresh vegetables and Mash Potato – pumpkin, chickpea, onion, garlic, celery, tomato, carrot, sweet potato, corn, peas, oil, potato, nuttelex, seasoning
	Afternoon Tea	Sweet potato hummus – sweet potato, potato, chickpeas, oil, water, garlic, lemon Roast capsicum dip – capsicum, whitebeans, oil, water, garlic, oregano	Sweet potato hummus – chickpeas, oil, water, garlic, lemon roast capsicum dip – capsicum, whitebeans, oil, water, garlic, oregano
TUESDAY	Morning Tea	Freshly baked orange & poppyseed loaf – orange, poppy seeds, self-raisin flour, nuttelex, baking powder, sugar, cinnamon, nutmeg,	Freshly baked orange & poppyseed loaf – orange, poppy seeds, self-raisin flour, nuttelex, baking powder, sugar, cinnamon, nutmeg,
	Lunch	Mediterranean vegetable casserole with macaroni – eggplant, zucchini, lentils, tomato, onion, garlic, celery, oregano, basil, capsicum, carrot, corn, peas, Moroccan spice (extended ingredients list), maize, macaroni – durum wheat flour, water	Mediterranean vegetable casserole with macaroni – eggplant, zucchini, lentils, tomato, onion, garlic, celery, oregano, basil, capsicum, carrot, corn, peas, Moroccan spice (extended ingredients list), maize, macaroni – durum wheat flour, water
	Afternoon Tea	Roast pumpkin & feta slice – self raisin flour, water, cheese, nuttelex, baking powder, pumpkin, feta (extended ingredients list)	Roast pumpkin & feta slice – self raisin flour, water, cheese, nuttelex, baking powder, pumpkin, feta (extended ingredients list)
WEDNESDAY	Morning Tea	Baked beans – beans, water, tomato, sugar, salt, corn starch, flavoring, spices Wholemeal toast – flour, bran, wheat germ, yeast, salt, improver, oil, gluten, vinegar, water	Baked beans – beans, water, tomato, sugar, salt, corn starch, flavoring, spices Wholemeal toast – flour, bran, wheat germ, yeast, salt, improver, oil, gluten, vinegar, water
	Lunch	Healthy butter chicken with basmati rice – chicken, pumpkin, paprika, cumin, turmeric, coriander, ginger, garlic, onion, carrot, peas, corn, seasoning, maize tomato paste (extended ingredients list), Rice	Healthy butter eggplant with basmati rice – eggplant, pumpkin, paprika, cumin, turmeric, coriander, ginger, garlic, onion, carrot, peas, corn, seasoning, maize tomato paste (extended ingredients list), Rice
	Afternoon Tea	Cherry tomato, cucumber, cheese & Turkish pita bread - (extended ingredients list)	Cherry tomato, cucumber, cheese & Turkish pita bread - (extended ingredients list)
THURSDAY	Morning Tea	Premium yoghurt – pasteurized milk, cream, milk solids, culture, sugar	Premium yoghurt – pasteurized milk, cream, milk solids, culture, sugar
	Lunch	Beef Stroganoff with penne pasta & fresh spinach – Beef, mushroom, spinach, onion, garlic, thyme, seasoning, carrot, peas, corn, tomato, maize, paprika, cream, lemon juice, seeded mustard (extended ingredients list)	Vegetarian Stroganoff with penne pasta & fresh spinach – mushroom, spinach, onion, garlic, thyme, seasoning, carrot, peas, corn, tomato, maize, paprika, cream, cream, lemon juice, seeded mustard (extended ingredients list)
	Afternoon Tea	Creamy split pea & onion dip – onion, potato, oil, garlic, oregano, thyme, split peas, water, lemon, salt	Creamy split pea & onion dip – onion, potato, oil, garlic, oregano, thyme, split peas, potato, water, lemon, salt
FRIDAY	Morning Tea	Homemade muesli bar – oats, coconut, pumpkin seeds, sultanas, sunflower seeds, cornflakes, nuttelex, honey, golden syrup, rice malt, cophia, brown sugar	Homemade muesli bar – oats, coconut, pumpkin seeds, sultanas, sunflower seeds, cornflakes, nuttelex, honey, golden syrup, rice malt, cophia, brown sugar
	Lunch	Savoury beef with Bombay aloo potatoes – beef, onion, garlic, celery, tomato, carrot, mushroom, peas, corn, seasoning, gravox (extended ingredients list) potato, curry powder, cumin, garlic, paprika, turmeric	Savoury vegetable casserole with Bombay aloo potatoes – sweet potato, green beans, onion, garlic, celery, tomato, carrot, mushroom, peas, corn, seasoning, gravox (extended ingredients list) potato, curry powder, cumin, garlic, paprika, turmeric
	Afternoon Tea	Tomato & oregano pinwheels - plain flour, yeast, salt, sugar, nuttelex, tomato, oregano, parsley	Tomato & oregano pinwheels - plain flour, yeast, salt, sugar, nuttelex, tomato, oregano, parsley

WEEK 4 MENU 2019 INGREDIENTS LIST

	Regular	Vegetarian	
MONDAY	Morning Tea	Premium yoghurt – pasteurized milk, cream, milk solids, culture, sugar	Premium yoghurt – pasteurized milk, cream, milk solids, culture, sugar
	Lunch	Beef chop suey with cabbage & turmeric rice – beef, white bean, celery, onion, garlic, ginger, curry powder, carrot, cabbage, zucchini, corn, peas, capsicum, maize, water, seasoning, rice, turmeric	White bean chop suey with cabbage & turmeric rice – white bean, celery, onion, garlic, ginger, curry powder, carrot, cabbage, zucchini, corn, peas, capsicum, maize, water, seasoning, rice, turmeric
	Afternoon Tea	Chickpea & roast garlic hummus dip - chickpeas, oil, water, garlic, lemon Egyptian beetroot dip – beetroot, garlic, yoghurt, cumin, coriander, cinnamon, lemon, oil, seasoning	Chickpea & roast garlic hummus dip - chickpeas, oil, water, garlic, lemon Egyptian beetroot dip – beetroot, garlic, yoghurt, cumin, coriander, cinnamon, lemon, oil, seasoning
TUESDAY	Morning Tea	Freshly baked pineapple & coconut scone – pineapple, coconut, water, baking powder, self-raisin flour, nuttelex, sugar	Freshly baked pineapple & coconut scone – pineapple, coconut, water, baking powder, self-raisin flour, nuttelex, sugar
	Lunch	Cauliflower Mac & cheese with roasted corn – cauliflower, corn, peas, carrot, milk, tasty cheese, maize, seasoning, vegeta, breadcrumbs, macaroni – durum wheat flour, water	Cauliflower Mac & cheese with roasted corn – cauliflower, corn, peas, carrot, milk, tasty cheese, maize, seasoning, vegeta, breadcrumbs. macaroni – durum wheat flour, water
	Afternoon Tea	Homemade Vegemite & cheese scrolls- plain flour, yeast, salt, sugar, nuttelex, vegemite (extended ingredients), tasty cheese (ingredients list)	Homemade Vegemite & cheese scrolls- plain flour, yeast, salt, sugar, nuttelex, vegemite (extended ingredients), tasty cheese (ingredients list)
WEDNESDAY	Morning Tea	Raisin bread – flour, cinnamon, mixed fruit, yeast, salt, improver, mélange 3, oil, gluten, vinegar, water, sugar	Raisin bread – flour, cinnamon, mixed fruit, yeast, salt, improver, mélange 3, oil, gluten, vinegar, water, sugar
	Lunch	Roast vegetable & chickpea pie – sweet potato, chickpeas, mixed herb, onion, celery, carrot, corn, peas, mushroom, capsicum, spinach, tomato, vegeta, maize, potato, nuttelex, seasoning	Roast vegetable & chickpea pie – sweet potato, chickpeas, mixed herb, onion, celery, carrot, corn, peas, mushroom, capsicum, spinach, tomato, vegeta, maize, potato, nuttelex, seasoning
	Afternoon Tea	Coconut rice pudding – coconut milk, water, cinnamon, rice, sugar, vanilla, lemongrass	Coconut rice pudding – coconut milk, water, cinnamon, rice, sugar, vanilla lemongrass
THURSDAY	Morning Tea	Homemade Bliss Bar – pitted dates, coconut, cocoa powder, honey, rice malt, oats, water, weetbix (extended ingredients list)	Homemade Bliss Bar – pitted dates, coconut, cocoa powder, honey, rice malt, oats, water, weetbix (extended ingredients list)
	Lunch	Caribbean herb crusted fish fillet with rice salad – basa fillet, bread crumb, thyme, parsley, seasoning, lemon, oregano, paprika –(salad) – rice, coriander, currants, sultanas	Caribbean herb crusted tofu with rice salad – tofu, bread crumb, thyme, parsley, seasoning, lemon, oregano, paprika – (salad) – rice, coriander, currants, sultanas
	Afternoon Tea	Sweet potato & rosemary dip – sweet potato, rosemary, potato, garlic, oil, lemon, Corn chips - (extended ingredients list)	Sweet potato & rosemary dip – sweet potato, rosemary, potato, garlic, oil, lemon Corn chips - (extended ingredients list)
FRIDAY	Morning Tea	Premium yoghurt – pasteurized milk, cream, milk solids, culture, sugar	Premium yoghurt – pasteurized milk, cream, milk solids, culture, sugar
	Lunch	Freshly baked homemade sausage rolls – sausage mince, garlic, onion, peas, corn, carrot, breadcrumb, potato, seasoning, puff pastry – wheat flour, water, margarine, food acid, flavor, antioxidant, colour, salt, preservatives	Freshly baked homemade vegetable rolls – sweet potato, pumpkin, garlic, onion, peas, corn, carrot, breadcrumb, potato, seasoning, puff pastry – wheat flour, water, margarine, food acid, flavor, antioxidant, colour, salt, preservatives
	Afternoon Tea	Homestyle English muffin – plain flour, yeast, salt, sugar, nuttelex Homemade jam - (extended ingredients list)	Homestyle English muffin – plain flour, yeast, salt, sugar, nuttelex Homemade jam - (extended ingredients list)

WEEK 5 MENU 2019 INGREDIENTS LIST

	Regular	Vegetarian	
MONDAY	Morning Tea	Premium yoghurt – pasteurized milk, cream, milk solids, culture, sugar	Premium yoghurt – pasteurized milk, cream, milk solids, culture, sugar
	Lunch	Spinach & ricotta cannelloni bake- durum, spinach, ricotta, herbs, tomato, onion, celery, garlic, basil, oregano, carrot, peas, corn, maize	Spinach & ricotta cannelloni bake- durum, spinach, ricotta, herbs, tomato, onion, celery, garlic, basil, oregano, carrot, peas, corn, maize
	Afternoon Tea	Sweet potato & rosemary dip - sweet potato, rosemary, potato, garlic, oil, lemon Tzatziki dip – cucumber, garlic, lemon, natural Greek yoghurt (extended ingredients list)	Sweet potato & rosemary dip - sweet potato, rosemary, potato, garlic, oil, lemon Tzatziki dip – cucumber, garlic, lemon, natural Greek yoghurt (extended ingredients list)
TUESDAY	Morning Tea	Baked beans – beans, water, tomato, sugar, salt, corn starch, flavoring, spices Wholemeal toast – flour, bran, wheat germ, yeast, salt, improver, oil, gluten, vinegar, water	Baked beans – beans, water, tomato, sugar, salt, corn starch, flavoring, spices Wholemeal toast – flour, bran, wheat germ, yeast, salt, improver, oil, gluten, vinegar, water
	Lunch	Asian stir fry Chicken and vegetables with rice noodles – Chicken, Cabbage, onion, garlic, ginger, mushroom, carrot, corn, peas, broccoli, cauliflower, zucchini, maize, soy sauce, rice noodles (extended ingredients list)	Asian stir fry vegetables with tofu & rice noodles – Cabbage, onion, garlic, ginger, mushroom, carrot, corn, peas, broccoli, cauliflower, zucchini, maize, tofu, soy sauce, rice noodles (extended ingredients list)
	Afternoon Tea	Fresh pikelets – self raising flour, sugar, bi carb, milk, nuttelex, vinegar, vanilla Homemade jam - (extended ingredients list)	Fresh pikelets – self raising flour, sugar, bi carb, milk, nuttelex, vinegar, vanilla Homemade jam - (extended ingredients list)
WEDNESDAY	Morning Tea	Freshly baked carrot & ginger loaf - carrot, ginger, self-raising flour, nuttelex, baking powder, sugar, cinnamon, nutmeg	Freshly baked carrot & ginger loaf - carrot, ginger, self-raising flour, nuttelex, baking powder, sugar, cinnamon, nutmeg
	Lunch	Tuscan braised lamb & lentils with steamed rice – lamb, lentil, onion, garlic, turmeric, paprika, celery, carrot, peas, corn, cumin, coriander, tomato, maize, seasoning, rice	Tuscan braised eggplant & lentils with steamed rice – eggplant, lentil, onion, garlic, turmeric, paprika, celery, carrot, peas, corn, cumin, coriander, tomato, maize, seasoning, rice
	Afternoon Tea	Cherry tomato, cucumber, cheese & Turkish pita bread - (extended ingredients list)	Cherry tomato, cucumber, cheese & Turkish pita bread - (extended ingredients list)
THURSDAY	Morning Tea	Premium yoghurt – pasteurized milk, cream, milk solids, culture, sugar	Premium yoghurt – pasteurized milk, cream, milk solids, culture, sugar
	Lunch	Traditional Penne Pasta Bolognese – beef, onion, celery, mixed herb, garlic, carrot, zucchini, peas, corn, tomato, tomato paste (extended ingredients list) pasta – durum wheat flour, water	Traditional tomato & basil sauce with penne pasta – onion, tomato, celery, garlic, basil, oregano, carrot, peas, corn, spinach, mushroom, zucchini (extended ingredients list) pasta – durum wheat flour, water
	Afternoon Tea	Margarita pizza scrolls - plain flour, yeast, salt, sugar, nuttelex, tomato, cheese, basil	Margarita pizza scrolls - plain flour, yeast, salt, sugar, nuttelex, tomato, cheese, basil
FRIDAY	Morning Tea	Homemade muesli bar – oats, coconut, pumpkin seeds, sultanas, sunflower seeds, cornflakes, nuttelex, honey, golden syrup, rice malt, cophera, brown sugar	Homemade muesli bar – oats, coconut, pumpkin seeds, sultanas, sunflower seeds, cornflakes, nuttelex, honey, golden syrup, rice malt, cophera, brown sugar
	Lunch	BBQ Chicken Meatloaf with Green Vegetables – chicken, celery, onion, garlic, peas, corn, carrot, thyme, oregano, paprika, seasoning, breadcrumbs, BBQ sauce, beans	BBQ Tofu & White bean loaf with green vegetables – tofu, white bean, celery, onion, garlic, peas, corn, carrot, thyme, oregano, paprika, seasoning, breadcrumbs, BBQ sauce, beans
	Afternoon Tea	Whitebean & basil dip – whitebeans, potato, basil, water, oil, garlic, lemon	Whitebean & basil dip – whitebeans, potato, basil, water, oil, garlic, lemon

WEEK 6 MENU 2019 INGREDIENTS LIST

	Regular	Vegetarian	
MONDAY	Morning Tea	Premium yoghurt – pasteurized milk, cream, milk solids, culture, sugar	Premium yoghurt – pasteurized milk, cream, milk solids, culture, sugar
	Lunch	Braised beef & White bean cassoulet with pilaf rice – beef, tomato, whitebean, mushroom, zucchini, carrot, onion, garlic, celery, peas, corn, thyme, oregano, bay leaf, parsley, seasoning gravox (extended ingredients list) <u>Pilaf</u> - rice, garlic, onion, water, vegeta	Braised tomato & White bean cassoulet with pilaf rice – tomato, whitebean, mushroom, zucchini, carrot, onion, garlic, celery, peas, corn, thyme, oregano, bay leaf, parsley, seasoning, gravox (extended ingredients list) <u>Pilaf</u> - rice, garlic, onion, water, vegeta
	Afternoon Tea	Chickpea & roast garlic hummus dip - chickpeas, oil, water, garlic, lemon Moroccan spiced carrot dip - carrot, oil, garlic, lemon, water, cumin, Moroccan spice	Chickpea & roast garlic hummus dip - chickpeas, oil, water, garlic, lemon Moroccan spiced carrot dip - carrot, oil, garlic, lemon, water, cumin, Moroccan spice
TUESDAY	Morning Tea	Homemade bliss bar – pitted dates, coconut, cocoa powder, honey, rice malt, oats, water, weetbix (extended ingredients list)	Homemade bliss bar – pitted dates, coconut, cocoa powder, honey, rice malt, oats, water, weetbix (extended ingredients list)
	Lunch	Tomato, eggplant, zucchini & spinach pasta bake – tomato, zucchini, eggplant, spinach, onion, celery, garlic, carrot, corn, peas, maize, tasty cheese (extended ingredients list) pasta – durum wheat flour, water	Tomato, eggplant, zucchini & spinach pasta bake – tomato, zucchini, eggplant, spinach, onion, celery, garlic, carrot, corn, peas, maize, tasty cheese (extended ingredients list) pasta – durum wheat flour, water
	Afternoon Tea	Homestyle English muffin – plain flour, yeast, salt, sugar, nuttelex Homemade jam - (extended ingredients list)	Homestyle English muffin – plain flour, yeast, salt, sugar, nuttelex Homemade jam - (extended ingredients list)
WEDNESDAY	Morning Tea	Freshly baked apricot glazed pinwheels - plain flour, yeast, salt, sugar, nuttelex, milk, apricot	Freshly baked apricot glazed pinwheels - plain flour, yeast, salt, sugar, nuttelex, milk, apricot
	Lunch	Herb crusted baked fish with rice salad - basa fillet, bread crumb, parsley, seasoning, lemon, Salad_ rice, coriander, currants, sultanas	Herb crusted baked tofu with rice salad – tofu, bread crumb, parsley, seasoning, lemon, Salad – rice, coriander, currants, sultanas
	Afternoon Tea	Cornflake, oats & sultana biscuit – cornflakes, oats, sultanas, nuttelex, sugar, vanilla, self-raising flour, oat milk	Cornflake, oats & sultana biscuit – cornflakes, oats, sultanas, nuttelex, sugar, vanilla, self-raising flour, oatmilk
THURSDAY	Morning Tea	Homestyle Beetroot scones – beetroot, water, baking powder, self-raisin flour, nuttelex, sugar	Homestyle Beetroot scones – beetroot, water, baking powder, self-raisin flour, nuttelex, sugar
	Lunch	Rigatoni Pasta with Bolognese sauce – beef, onion, celery, mixed herb, garlic, carrot, zucchini, peas, corn, tomato, tomato paste (extended ingredients list) pasta – durum wheat flour, water	Rigatoni Pasta with tomato & basil sauce – onion, tomato, celery, garlic, basil, oregano, carrot, peas, corn, spinach, mushroom, zucchini (extended ingredients list) pasta – durum wheat flour, water
	Afternoon Tea	Tomato salsa - tomato, onion, mustard seed, brown sugar, vinegar, capsicum, coriander, basil, maize, water Corn chips & sour cream - (extended ingredients list)	Tomato salsa - tomato, onion, mustard seed, brown sugar, vinegar, capsicum, coriander, basil, maize, water Corn chips & sour cream - (extended ingredients list)
FRIDAY	Morning Tea	Premium yoghurt – pasteurized milk, cream, milk solids, culture, sugar	Premium yoghurt – pasteurized milk, cream, milk solids, culture, sugar
	Lunch	Traditional chicken cacciatore – chicken, tomato, capsicum, rosemary, thyme, oregano, paprika, garlic, onion, celery, carrot, peas, corn, olives, lentils, mushroom, zucchini, maize	Traditional Chickpea Cacciatore- chickpeas, tomato, capsicum, rosemary, thyme, oregano, paprika, garlic, onion, celery, carrot, peas, corn, olives, lentils, mushroom, zucchini, maize
	Afternoon Tea	Rosemary roast potatoes – potato, oil, salt, pepper, rosemary, garlic Coconut rice pudding - coconut milk, water, cinnamon, rice, sugar, vanilla, lemongrass	Rosemary roast potatoes – potato, oil, salt, pepper, rosemary, garlic Coconut rice pudding - coconut milk, water, cinnamon, rice, sugar, vanilla, lemongrass

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 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.

Baked Beans- Navy Beans, Tomato Puree, Water, Sugar, Salt, Natural Flavour.

BBQ Sauce – concentrated tomatoes, apple puree, sugar, maize, salt, food acids, colour, natural flavor

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

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

Coconut milk – coconut, water, milk protein

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

Corn Chips – Corn flour, vegetable oil, water, salt

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

Cornflour – from maize, contains sulphites

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

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

Fresh Baked Bread Rolls- whole meal wheat flour, water, bakers' yeast, salt, soy flour, acidity regulator, vitamins, thiamin, folate

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

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

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

Golden Syrup – Cane Sugar, Water

Hearty Health Jam- plums, apricots, citrus fruits, water, sugar, maize corn flour

Moroccan spice- cumin, ginger, salt, pepper, cinnamon, coriander, cayenne pepper, allspice, cloves

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

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

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

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

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)

Rice cakes – brown rice

Rice Malt – Organic Brown Rice

Ricotta cheese – paesanella- whey (from milk) pasteurised cow's milk, salt, food acid

Sakatas – Rice, vegetable oil, salt, sesame seeds

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

Sour cream – cream, halal gelatin, milk fat, sour cream culture

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

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

Tofu – soy bean, calcium sulphate, water

Tomato paste – concentrated tomato, salt

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

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

Weet Bix – wholegrain wheat (97%), raw sugar, salt, barley malt extract, vitamins (niacin, thiamine, riboflavin, folate)