



COOKING FOR OVER 40 YEARS

WINTER

2nd May - 4th November 2022

MENU INGREDIENTS AND ALLERGENS

K MEALS

Mines Road, Ringwood East 3135

kmeals@maroondah.vic.gov.au

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For over 40 years the Karralyka Kitchen has been cooking delicious, nutritionally balanced meals. K Meals menus operate on a 6 week rotation.

PRICE LIST

Main course	\$14.00	
2 courses	\$15.50	
3 courses	\$19.50	
Soup & Desserts	\$4.50	(available with a main meal purchase)

Free collection from Karralyka

Free delivery within Maroondah

Delivery 10km outside of Maroondah \$10

Delivery 15km outside of Maroondah \$15

Delivery 20km outside of Maroondah \$20

Delivery over 20km outside of Maroondah price on application.

DIETARY REQUIREMENTS

The following dietary requirements can be catered for:

Food allergies and intolerances: Such as lactose or dairy free, fish and shellfish allergies, nut free and gluten free, fructose, and FODMAP* (Additional costs for FODMAP will apply).

Special dietary requirements: Diabetic, vegetarian, vegans

Food texturing: Vitamised, large dice, minced

Religious reasons: Halal

Pre-orders required for all meals with dietary requirements.

The following menu has been written to indicate some basic dietaries:

- Ø** Meals that can be made gluten free and are gluten free
- D** Meals that are suitable for diabetics
- FR** Meals that can be modified for fructose (no onion/garlic)
- X** Meals that can't be modified

FOOD HANDLING

Frozen Meal

- Please keep frozen food, frozen until required.
- Thaw frozen food in the refrigerator
- Note meals CANNOT be refrozen
- Meals can only be heated ONCE
- All frozen meals have a 3-month shelf life

COLLECTION & DELIVERY

Meals can be collected from Karralyka on collection day after 12 noon and before 3pm.

Please note deliveries cannot be left. If we attempt to deliver and have no response, your meal will be returned to Karralyka for collection.

COOKING

Food is prepared and cooked according to recipes to ensure consistency and quality of products.

The recipes are tested to ensure they can achieve a minimum core of 75 degrees for any food served to vulnerable persons.

This means our meats are cooked medium to well done to ensure they have reached the correct temperature.

We cook our vegetables al dente to ensure they retain as much nutritional value as possible.

HEATING INSTRUCTIONS

Times are approximate depending on oven type and size.

**DEFROST IN FRIDGE is suggested for optimum results.
Heating in OVEN is highly recommended.**

1. CONVENTIONAL OVEN

Do not remove clear film

Pre-heat oven to 180° C

Heat for 40 minutes until hot from Frozen or 20 minutes from defrosted.

2. MICROWAVE OVEN

SOUP HEATING INSTRUCTIONS from defrosted peel back plastic lid to 1cm from the edge to allow steam to escape. Microwave for 1 minute and stir before serving.

MAINS HEATING INSTRUCTIONS from defrosted peel back lid 1cm from edge to allow steam to escape. Heat on high for 2-3 minutes, until hot. Stand for 1 minute before serving.

SOUPS

Fresh soup is made daily at Karralyka. There are 10 choices available throughout the cycle. If you do not like the daily fresh choice, we can deliver a Heinz Long life soup for you; You can select from the following choices:

- Potato and Leek
- Tomato (Fructose free)
- Cream of Chicken (Fructose free)
- Pumpkin (Fructose free)
- Beef Stock Pot

*Please note the Heinz soup cannot be frozen but has a 2-year shelf life

1. SWEET POTATO, THYME AND PUMPKIN SOUP

Pumpkin, sweet potato, thyme, Milk (pasteurised and homogenised whole milk), salt and pepper.

Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley). Flavour enhancers (monosodium glutamate, disodium inosinate), sugar, spices, maize starch colour (riboflavin).

CONTAINS: Milk Ø D FR

2. MOROCCAN CHICKEN AND VEGETABLE SOUP

Soup mix (Celery, Swede, turnip, carrot), chicken, chickpeas, parsley, fresh coriander, cumin powder, coriander powder, turmeric, cinnamon.

Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley). Flavour enhancers (monosodium glutamate, disodium inosinate's), sugar, spices, maize starch colour (riboflavin). Salt and cracked pepper.

CONTAINS: No allergens Ø D FR

3. HEARTY LAMB, VEGETABLE AND BARLEY SOUP

Soup mix (Celery, Swede, turnip, carrot), lamb, barley, parsley, thyme, salt and cracked pepper.

Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley). Flavour enhancers (monosodium glutamate, disodium inosinate), sugar, spices, maize starch colour (riboflavin).

CONTAINS: Wheat, cereals (barley) Ø D FR

4. TOMATO, PESTO AND PARMESAN SOUP

Crushed tomato, pesto(basil, pine nuts, cheese [pasteurised milk, salt, cultures], olive oil, salt and pepper), celery, spring onion, parsley.

Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley). Flavour enhancers (monosodium glutamate, disodium inosinate), sugar, spices, maize starch colour (riboflavin). Milk (pasteurised and homogenised whole milk).

CONTAINS: Milk, nuts Ø D FR

5. WINTER GOULASH BEEF SOUP

Soup mix (Celery, Swede, turnip, carrot), garlic, paprika, caraway seed, crushed tomato, parsley, spring onion, salt and pepper, beef. Beef Booster: Iodized salt, sugar, corn starch, beef fat (5%)[beef fat, antioxidants (307b), food acid (330) (contain soy)], yeast extract powder, soy sauce powder (derived from wheat), colour (150c), hydrolyzed vegetable protein (derived from wheat)(contain soy), flavour, onion powder, flavour enhancer (635), spice, food acid(330) and herb.

CONTAINS: Soy, may contain milk, sesame Ø D FR

6. CREAMY MUSHROOM, THYME AND CELERY SOUP

Mushrooms, potato, celery, spring onion, thyme, Milk (pasteurised and homogenised whole milk).

Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley). Flavour enhancers (monosodium glutamate, disodium inosinate), sugar, spices, maize starch colour (riboflavin).

CONTAINS: Milk Ø D FR

7. CREAMY ITALIAN CHICKEN AND VEGETABLE SOUP

Soup mix (Celery, Swede, turnip, carrot), chicken, basil, oregano, parsley, Crushed tomato, Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley). Flavour enhancers (monosodium glutamate, disodium inosinate), sugar, spices, maize starch colour (riboflavin). Milk (pasteurised and homogenised

whole milk), salt and cracked pepper.

CONTAINS: Milk Ø D FR

8. BEAN, BACON AND VEGETABLE SOUP

Soup mix (Celery, Swede, turnip, carrot), thyme, parsley, spring onion, garlic, Bacon: Pork, water, salt, sugar, mineral salts (451) (450), antioxidant (316), preservative (250), natural wood smoke. Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley). Flavour enhancers (monosodium glutamate, disodium inosinate's), sugar, spices, maize starch colour (riboflavin). Five beans (kidney beans, butter beans, chickpea, borlotti beans), salt and cracked pepper.

CONTAINS: No allergens Ø D FR

9. HEARTY BEEF, CHICKPEA AND VEGETABLE SOUP

Soup mix (Celery, Swede, turnip, carrot), beef, parsley, spring onion, thyme, crushed tomato, chickpeas. Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley). Flavour enhancers (monosodium glutamate, disodium inosinate), sugar, spices, maize starch colour (riboflavin). Salt and pepper.

CONTAIN: No allergens Ø D FR

10. BROCCOLI, LEEK AND POTATO SOUP

Broccoli, leek, potato, celery, thyme, parsley, salt and cracked pepper.

Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley). Flavour enhancers (monosodium glutamate, disodium inosinate), sugar, spices, maize starch colour (riboflavin). Milk (pasteurised and homogenised whole milk).

CONTAINS: Milk Ø D FR

DESSERTS

Our nutritionist recommends we offer yoghurt once a week to ensure you get enough calcium in your diet. However if you don't like yoghurt, let us know and you may choose from the following,
Vanilla Bean Panna Cotta
Crème Caramel
Chocolate Crème Pudding.
Fruit cup.

1. FRUIT CUP

Fruit (58%) [peach, pear, pineapple, grape, cherry] (Colour - 127). Reconstituted pear juice(41%), antioxidant(300)
Food acid (330)

CONTAINS: No Allergens.

2. PASSIONFRUIT AND RASPBERRY YOGHURT

Milk, sugar, milk solids, passion fruit pulp (3.1%), raspberry puree (3.1%), thickeners (1442, 406, 440), water, carrot and safflower concentrate, natural colour (160a), acidity regulator (330, 331), natural flavour, live yoghurt cultures (including acidophilus bifidus and casei).

CONTAINS: Milk D

3. UPSIDE DOWN STICKY PEAR PUDDING WITH CUSTARD

Dates (pitted) (22%), pear, sugar, wheat flour, eggs, butter, walnuts, raising agent (sodium bicarbonate), glaze, canola oil.

CONTAINS: Wheat, eggs, milk, nuts. D F

CUSTARD: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar.

CONTAINS: Milk D

4. CHOCOLATE MUD CAKE WITH CUSTARD

Sugar, wheat flour, sour cream (milk solids), water, eggs, oil, cocoa, chocolate, cream, flavours, raising agents (calcium phosphate, sodium bicarbonate), canola oil, emulsifier (soy lecithin 322).

CONTAINS: Wheat, milk, egg, soy. D F

CUSTARD: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar.

CONTAINS: Milk D

5. BANANA AND BLUEBERRY CAKE WITH CUSTARD

Sugar, wheat flour, bananas (23%), water, milk, eggs, vegetable oil, raising agents (calcium phosphate, sodium bicarbonate). Banana, blueberries, canola oil, Neufchatel, icing sugar.

CONTAINS: Wheat, eggs, milk F

CUSTARD: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar.

CONTAINS: Milk D

6. VANILLA BEAN PANNA COTTA

Water, milk powder, cream(milk), sugar, gelatin, modified corn starch (1422), flavour, vegetable gum (415,412), vanilla bean, colour (171).

CONTAINS: Milk Ø D

7. WILDBERRY AND MANGO INFUSED YOGHURT

Milk, sugar, fruit 6.25% (mango puree (50%), strawberry puree (20%), raspberry puree (15%), blueberry puree (15%), milk solids, thickeners (1442, 1422, 406, 440), water, acidity regulator (330, 331), natural colour (160a), natural flavour, live yoghurt cultures (including acidophilus bifidus, casei).

CONTAINS: Milk D

8. FLOURLESS LEMON BUTTER CAKE WITH CUSTARD

Egg, sugar, gluten free flour (tapioca starch, rice flour, potato starch, modified tapioca starch, dextrose, thickener, (446, 464), emulsifier (471), cake margarine(animal fats and vegetable oils, water, salt, emulsifiers (soy bean lecithin,435), milk solids, acidity regulators (331,330), flavours, antioxidants {320,[32mg/kg], 310[10mg/kg]} and colour (160a), cream, lemon, Neufchatel cheese, juice (1.3%)(preservative (223), flavour, raising agent (calcium phosphate, sodium bicarbonate), flavour, canola oil, emulsifier (soy lecithin 322).

CONTAINS: Egg, soy, milk Ø D F

CUSTARD :Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar.

CONTAINS: Milk D

9. STICKY DATE WITH CUSTARD

Dates (pitted 22%), sugar, wheat flour, eggs, butter, walnuts, raising agent (sodium bicarbonate), glaze, canola oil.

CONTAINS: Wheat, egg, milk, nuts D F

CUSTARD: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar.

CONTAINS: Milk D

10. BANANA AND CHOCOLATE CAKE WITH CUSTARD

Wheat flour, bananas (23%), water, milk, eggs, vegetable oil, raising agents (calcium phosphate, sodium bicarbonate), canola oil.

CONTAINS: Wheat, eggs, milk D F

CUSTARD: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar.

CONTAINS: Milk D

11. CRÈME CARAMEL

Ingredients: water, milk powder, sugar, modified starch (1422, 1440), flavours, colours (titanium dioxide, caramel IV, sunset yellow, tartrazine, allura red), stabilizers (carrageen an, xanthan gum), salt, food acid (lactic).

Contain: Milk

12. CHOC CHERRY SLICE WITH CUSTARD

Coconut (34%), biscuit crumb (wheat flour, sugar, vegetable oil, wheat bran) , fructose syrup, salt, raising agent (calcium phosphate, sodium bicarbonate), emulsifier (soy lecithin), eggs, jam (raspberry, sugar), glaze cherries (10%)(cherries, sugar, preservative 211), flavour, colour, (129), chocolate (sugar, cocoa mass, vegetable oil, milk solids), canola oil, emulsifier (soy lecithin 322).

CONTAIN : Wheat, soy, egg, milk. D

CUSTARD: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar.

CONTAINS: Milk D

13. FLOURLESS COFFEE, CINNAMON AND MACADAMIA CAKE WITH COFFEE CUSTARD

Egg, almond meal (24%), sugar, butter, cream, macadamia nuts (4%), raising agents (calcium phosphate, sodium bicarbonate, flavour, cinnamon).

CONTAINS: eggs, milk, nuts, soy F

CUSTARD: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar, coffee.

CONTAINS: Milk D

14. CARROT CAKE WITH CUSTARD

Sugar, eggs, carrots (14%), vegetable oil, wheat flour, sultanas (5%), sour cream, raising agent (calcium phosphate, sodium bicarbonate), Neufchatel cheese, walnuts, flavour, butter, spices, Neufchatel, mixed fruit, nuts and seeds.

CONTAINS: Egg, wheat, milk, nuts. D F

CUSTARD: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar.

CONTAINS: Milk

CREAMY RICE PUDDING WITH CINNAMON

Water, sugar, milk powder, rice, cream (milk), modified starch (1422), natural flavour, cinnamon, salt.

CONTAINS: Milk D

15. APPLE AND CINNAMON CRUMBLE CAKE WITH CUSTARD

Apples (30%), egg, sugar, vegetable oil (antioxidant 319), wheat flour, almond meal, sultanas, sour cream (milk solids, culture), raising agents (450, 500), cinnamon (0.2%), glaze, canola oil.

CONTAINS: Egg, wheat, milk, nuts D F

CUSTARD: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar.

CONTAINS: Milk D

16. LEMON AND COCONUT CAKE WITH CUSTARD

Wheat flour, sugar, sour cream (milk solids), coconut, water, eggs, vegetable oil, Neufchatel cheese, lemon, canola oil, emulsifier (soy lecithin 322).

CONTAINS: Wheat, milk, eggs, soy D F

CUSTARD: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar.

CONTAINS: Milk D

17. FRUIT CAKE WITH CUSTARD

Mixed fruit (48%) (sultanas, currants, glace cherry [colour (127)], orange peel), wheat flour, sugar, butter, egg, milk, baking powder (calcium phosphate, sodium bicarbonate), flavour, glaze, canola oil.

CONTAIN: wheat, milk, egg D F

CUSTARD: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar.

CONTAINS: Milk D

18. GLUTEN FREE MACARON SLICE WITH CUSTARD

Sugar, gluten free flour(tapioca starch, rice flour, potato starch, modified tapioca starch, dextrose, thickener, (446, 464), emulsifier (471), cake margarine(animal fats and vegetable oils, water, salt, emulsifiers (soy bean lecithin,435), milk solids, acidity regulators (331,330), flavours, antioxidants {320,[32mg/kg], 310[10mg/kg]} and colour (160a), raspberry jam (8%)(sugar, apples, thickener [440], acidity regulator [330], flavour, preservative [202], colour [122, 124]), egg.

CONTAINS: Soy, egg ,milk Ø D F

CUSTARD: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar.

CONTAINS: Milk D

19. PASSION FRUIT CHEESECAKE WITH COULI

Cake : Neufchatel cheese (25%), thickened cream (halal gelatin, milk and milk products), biscuit crumb (18%) (wheat flour, sugar, vegetable oil, wheat bran, fructose syrup, salt, raising agent [calcium phosphate, sodium bicarbonate], emulsifier {soy lecithin}), white chocolate (13%), (sugar, milk solids, cocoa butter, emulsifier [soya lecithin, 476], flavours) , butter, sugar, gelatin, canola oil. Passion fruit coulis (passionfruit, sugar, water)

CONTAINS: Milk, wheat, soy, egg D F

20. PEAR, ALMOND AND PISTACHIO TART WITH CUSTARD

Butter (milk solids), sugar, flour, egg, almond meal, pistachios, pear, glaze (sugar, water).

CONTAINS: Milk, wheat, egg, nuts D F

CUSTARD: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar.

CONTAINS: Milk D

21. RHUBARB AND APPLE CRUMBLE SLICE WITH CUSTARD

Apples, rhubarb, wheat flour, sugar, sultanas(9%), cake margarine (animal fats and vegetable oils, water, salt, emulsifiers(soy bean lecithin, 435), Milk solids, acidity regulators(331, 330), flavours, antioxidants[320{32mg/kg}, 310{10mg/kg}] and colour (160a), egg, almond meal, cinnamon, canola oil, emulsifier (soy lecithin 322).

CONTAINS: Wheat, soy, eggs, milk, nuts. D F

CUSTARD: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar.

CONTAINS: Milk D

22. RASPBERRY CHEESECAKE WITH RASPBERRY COULI

Neufchatel cheese (25%), thickened cream (halal gelatin, milk and milk products), biscuit crumb (18%)(wheat flour, sugar, vegetable oil, wheat bran, fructose syrup, salt, raising agent [calcium phosphate, sodium bicarbonate], emulsifier {soy lecithin}), white chocolate (13%), (sugar, milk solids, cocoa butter, emulsifier [soya lecithin, 476], flavours) , butter, sugar, gelatin, canola oil. Raspberry coulis (raspberries, sugar, water)

CONTAINS: Milk, wheat, soy, egg D F

23. FLOURLESS JAFFA CAKE WITH CUSTARD

Egg, blanched almonds (24%), oranges (22%), sugar, raising agents (calcium phosphate, sodium bicarbonate), chocolate (sugar, vegetable fat, cocoa powder, emulsifiers {322 soy, 476, 492}, flavours, Cream (milk solids).

CONTAINS: Egg, nuts, soy, milk Ø D F

CUSTARD: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar.

CONTAINS: Milk D

24. CHOCOLATE CRÈME PUDDING

Ingredients: Water, sugar, milk powder, canola oil, modified starch (1422), cocoa powder, stabilizers (sodium alginate, xanthan gum), (caramel, titanium dioxide), salt.

CONTAINS: Milk

WEEK DAY		1 MONDAY	
A		B	
SOUP		1. SWEET POTATO, THYME & PUMPKIN	
C		D	
FRENCH MUSTARD AND HONEY ROAST CHICKEN WITH RICH GRAVY Chicken fillet, Dijon mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], honey, thyme, oil, salt and cracked pepper. Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481),anti-caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice. CONTAINS: Milk, soy Ø D Ę FR		SAVOURY VEAL AND SAGE RISSOLES WITH TOMATO BASIL SAUCE Rissole: Veal mince, sage, onion, salt and pepper. Sauce: Crushed tomato, basil, brown sugar, salt and cracked pepper. CONTAINS: No allergens Ø D Ę X	
GERMAN BRATWURST SAUSAGE WITH ONION GRAVY Sausage: Pork beef 80%, water, pepper, sweet sherry, premix continental (Rice flour, salt, mineral salt {451}, preservative {223}, spice, spice extracts {160}, herb extracts, vegetable powder). Gravy: Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481),anti-caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice. Onion, thyme, salt and cracked pepper. CONTAINS: Milk, soy Ø D Ę FR		SWEET POTATO, PANKO AND CHEESE HERB BAKE Sweet potato, tasty cheese (pasteurised milk, salt, cultures, enzyme), panko breadcrumbs (wheat flour, yeast, salt, palm oil, glucose, yeast food contain ammonium chloride, acidity regulator E516), salt and pepper. Cream (halal gelatin, milk and milk products), parsley and thyme. CONTAINS: Milk, wheat, Ø D Ę FR	
SIDES		DESSERT	
Rosemary Roasted chat potatoes (oil, salt, pepper, rosemary), Cross cut beans, carrots		PASSIONFRUIT AND RASPBERRY YOGHURT Yoghurt: Milk, sugar, milk solids, passion fruit pulp (3.1%), raspberry puree (3.1%), thickeners (1442, 406, 440), water, carrot and safflower concentrate, natural colour (160a), acidity regulator (330, 331), natural flavour, live yoghurt cultures (including acidophilus bifidus and casei). CONTAINS: Milk D	

WEEK DAY		1 TUESDAY			
A		B			
ROAST LAMB WITH MINTED GRAVY Lamb: Leg of lamb, salt and pepper Gravy: Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481),anti-caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice. Mint, salt and cracked pepper. CONTAINS: Milk , soy Ø D F FR		EYE OF RUMP MEDALLION STEAK WITH BLACK PEPPER AND GARLIC GRAVY Beef : Rump medallion, salt and pepper Gravy: Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481),anti-caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice. Garlic, salt and cracked pepper. CONTAINS: Milk, soy Ø D F FR			
SIDES		DESSERT			
Crushed potato with mustard and spring onion (Dijon mustard, water, mustard seed 18%, salt, sugar, food acid {acetic}, turmeric) and olive oil., meals (A), (B) and (C). Peas and pumpkin.		SOUP			
		2. MOROCCAN CHICKEN & VEGETABLE			
		C			
		D			
		KOREAN STYLE CHICKEN STIR FRY WITH RICE Stir fry : Diced chicken, celery, carrot, onion, bok choy, spring onion, capsicum, ginger, honey, gluten free soy(water, soybeans 20%, rice, salt, contains 3.2% alcohol from the natural brewing process), Chinese cooking wine (rice, wheat, salt, colour 150c), red chilli, sesame oil/seeds, salt and cracked pepper. Rice : Rice, turmeric, salt. CONTAINS: Soy, sesame, wheat D F X		SWEET POTATO, PANKO AND CHEESE HERB BAKE Sweet potato , tasty cheese (pasteurised milk, salt, cultures, enzyme), panko breadcrumbs (wheat flour, yeast, salt, palm oil, glucose, yeast food contain ammonium chloride, acidity regulator E516), salt and pepper. Cream (halal gelatin, milk and milk products), parsley and thyme. CONTAINS: Milk, wheat Ø D F FR	
		UPSIDE DOWN STICK PEAR PUDDING WITH CUSTARD Cake: Dates (pitted) (22%), pear, sugar, wheat flour, eggs, butter, walnuts, raising agent (sodium bicarbonate), glaze, canola oil. CONTAINS: Wheat, eggs, milk, nuts. D F CUSTARD: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar. CONTAINS: Milk D			

WEEK DAY		1 WEDNESDAY		SOUP		3. HEARTY LAMB, VEGETABLE & BARLEY	
A		B		C		D	
CORN BEEF WITH WHITE WINE AND CHIVE CREAM SAUCE Corned beef : Brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolyzed vegetable protein (maize), vegetable oil, humectants (422). Sauce : Cream (halal gelatin, milk and milk products), white wine (sulphites), chives, Dijon mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], corn flour, salt and cracked pepper. CONTAINS: Milk, sulphites Ø D F FR		HONEY MUSTARD CHICKEN STEW Diced chicken, carrots, onion, celery, seeded mustard (water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric), honey, garlic, tarragon. Chicken booster (salt, sugar, maize starch, chicken fat (3.6%), onion powder, yeast extract, flavour, chicken powder (1%), flavour enhancer (635), colour (150), spice. Cream (halal gelatin, milk and milk products), salt and cracked pepper. CONTAINS: Milk may contain sesame, soy Ø D F X		BACON, SPINACH AND MUSHROOM QUICHE PASTRY: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavour, antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330). FILLING : Bacon [pork, water, salt, sugar, mineral salts (451), natural wood smoke], Cheese (pasteurised milk, salt, cultures, enzyme), eggs and cream (halal gelatin, milk and milk products), spinach, mushrooms, salt and cracked pepper. CONTAINS: Milk ,eggs , wheat , soy Ø D F FR		THAI YELLOW VEGETABLE CURRY WITH RICE Beans, zucchini, eggplant, fresh coriander, capsicum, asparagus, lemon grass, ginger, garlic, chilli, spring onion, coriander powder, cumin powder, turmeric, lime zest, coconut milk, palm sugar. Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley), Flavour enhancers (monosodium glutamate, disodium inosinate), sugar, spices, maize starch colour (riboflavin). Salt and pepper. Rice: Rice, salt CONTAIN: No allergens Ø D F	
SIDES				DESSERT			
Roast potato, Meals (A), (B) and (C). Butter beans and carrots				CHOCOLATE MUD CAKE WITH CUSTARD Cake: Sugar, wheat flour, sour cream (milk solids), water, eggs, oil, cocoa, chocolate, cream, flavours, raising agents (calcium phosphate, sodium bicarbonate), canola oil, emulsifier (soy lecithin 322). CONTAINS: Wheat, milk, egg, soy. D F CUSTARD: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar. CONTAINS: Milk D			

WEEK DAY	1 THURSDAY		SOUP	4. TOMATO, PESTO & PARMESAN
A	B	C	D	
<p>ROAST PORK WITH TARRAGON AND PEPPERCORN GRAVY</p> <p>PORK: pork loin, salt and pepper</p> <p>Gravy: Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti-caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice. Tarragon, green peppercorn, salt and cracked pepper.</p> <p>CONTAINS: Milk, soy</p> <p>Ø D F FR</p>	<p>SPICED RUBBED CHICKEN DRUMSTICKS WITH STOCK SAUCE</p> <p>Chicken drumsticks, paprika, cumin, coriander, garlic, cinnamon, olive oil, salt and cracked pepper.</p> <p>Sauce: Stock from roast chicken, parsley, corn flour, salt and pepper.</p> <p>CONTAINS: Milk</p> <p>Ø D F FR</p>	<p>NASI GORENG WITH CHINESE SAUSAGE (FRIED RICE)</p> <p>Rice: Rice, Chinese sausage (pork 85%, sugar, salt, soy sauce [soybeans, wheat flour, salt, alcohol), rose flavoured wine[sorghum, rose essence, sugar, salt], flavour enhancer {621}, preservatives[250], spices). Spring onions, bok choy, capsicum, carrot, celery, red chilli, garlic, ginger, eggs, sweet soy (palm sugar 76%, wheat, preservatives, E211, E223), salt and cracked pepper.</p> <p>CONTAINS: Soy, egg, wheat.</p> <p>D F X</p>	<p>VEGETARIAN FRIED RICE</p> <p>Rice : Rice, spring onion, eggs, carrots, celery, capsicum, bok choy, gluten free soy (water, soybeans (20 %), rice, salt contains 3.2 % alcohol from the natural brewing process), vegetable booster [(salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley), flavour enhancers (monosodium glutamate, disodium inosinate), sugar, spices, maize starch, colour (riboflavin)].</p> <p>CONTAINS: Eggs ,soy.</p> <p>Ø D F X</p>	
SIDES			DESSERT	
<p>Mash potato, butter (pasteurised cream, water, salt, milk fat 80% minimum), cream (halal gelatin, milk and milk products), salt and pepper (A) and (B) meals. Broccoli and corn.</p> <p>CONTAINS: MILK</p>			<p>BANANA AND BLUEBERRY CAKE WITH CUSTARD</p> <p>CAKE: Sugar, wheat flour, bananas (23%), water, milk, eggs, vegetable oil, raising agents (calcium phosphate, sodium bicarbonate). Banana, blueberries, canola oil, Neufchatel, icing sugar.</p> <p>CONTAINS: Wheat, eggs, milk F</p> <p>CUSTARD: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar. CONTAINS: Milk D</p>	

WEEK DAY		1 FRIDAY		SOUP		5. WINTER GOULASH BEEF SOUP	
A		B		C		D	
ROSEMARY AND CITRUS ROAST CHICKEN WITH STOCK GRAVY Chicken: Chicken fillet, lime, orange, lemon zest/juice, rosemary, garlic, oil, salt and cracked pepper. Stock gravy: Liquid stock from chicken, fresh parsley, salt, pepper and corn flour. CONTAINS: No allergens Ø D Ę FR		SAVOURY VEAL AND SAGE RISSOLES WITH TOMATO BASIL SAUCE Rissole: Veal mince, sage, onion, salt and pepper. Sauce: Crushed tomato, basil, brown sugar, salt and cracked pepper. CONTAINS: No allergens Ø D Ę X		MASALA LAMB CURRY WITH RICE Diced lamb, garam masala, black mustard seeds, turmeric, onions, garlic, red chilli, fresh coriander, coconut milk , Gluten free Beef stock powder : Salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), Food acid (330) (contain soy)], yeast extract, soy sauce powder(derived from wheat),colour (150c),hydrolyzed vegetable protein (contain soy),flavour, onion powder, flavour enhancer (635), spice, food acid (330). Rice : rice, turmeric, salt. CONTAINS: Soy, may contain milk, sesame Ø D Ę X		THAI YELLOW VEGETABLE CURRY WITH RICE Beans, zucchini, eggplant, fresh coriander, capsicum, asparagus, lemon grass, ginger, garlic, chilli, spring onion, coriander powder, cumin powder, turmeric, lime zest, coconut milk, palm sugar. Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley), Flavour enhancers (monosodium glutamate, disodium inosinate), sugar, spices, maize starch colour (riboflavin). Salt and pepper. Rice: Rice, salt CONTAINS: No allergens Ø D Ę	
SIDES				DESSERT			
Roast potato (A), (B), and (D) meals. Carrots and peas				VANILLA BEAN PANNA COTTA Water, milk powder, cream(milk), sugar, gelatin, modified corn starch (1422), flavour, vegetable gum (415,412), vanilla bean, colour (171). CONTAINS: Milk Ø D			

**WEEK
DAY**

**2
MONDAY**

A

**ORANGE AND NUTMEG ROAST
CHICKEN WITH RICH GRAVY**

Chicken : Chicken fillet, orange juice/
zest, garlic, nutmeg, allspice, olive
oil, salt and cracked pepper.

Gravy : Rich gravy mix :Maltodextrin
(from corn),modified starch (1420),
salt, sugar, beverage whitener,
[mineral salts (340, 451), emulsifiers
(471, 481),anti-caking agent (551),
antioxidant (307b)](contains milk and
soy), yeast extract, onion powder,
colour (150c), vegetable fat, flavour,
food acid (330), flavour enhancer
(635), spice.

CONTAINS: Milk, soy

Ø D Ę FR

B

**SLOW COOKED BRAISED BEEF
STEAKS WITH RED WINE AND
CRACKED PEPPER GRAVY**

Steak : Beef, salt pepper

Gravy : Rich gravy mix :Maltodextrin
(from corn),modified starch (1420),
salt, sugar, beverage whitener,
[mineral salts (340, 451), emulsifiers
(471, 481),anti-caking agent (551),
antioxidant (307b)](contains milk and
soy), yeast extract, onion powder,
colour (150c), vegetable fat, flavour,
food acid (330), flavour enhancer
(635), spice. Red wine (sulphites),
thyme, salt and cracked pepper.

CONTAINS: Milk, soy , sulphites

Ø D Ę FR

SOUP

6. CREAMY MUSHROOM, THYME & CELERY

C

**LAMB AND ROSEMARY SAUSAGE
WITH HOME STYLE TOMATO
SAUCE**

Sausage : Lamb (70%), water,
premix continental (Rice flour, salt,
mineral salt{451}, preservative{223},
spice, spice extracts{160}, herb
extracts, vegetable powder), lamb
and rosemary.

Sauce: Crushed tomato, red onion,
garlic, basil, brown sugar, parsley,
salt and pepper.

CONTAINS: Milk

Ø D Ę FR

D

**VEGETABLE COCONUT CURRY
WITH RICE**

Sweet potato, cauliflower, eggplant,
onion ginger, turmeric, mustard
seeds, green chilli, garamasala,
chickpeas. coconut milk, fresh
coriander, salt and pepper.

Rice: Rice, salt and turmeric

CONTAINS: No allergens

Ø D Ę FR

SIDES

Mustard roasted chat potato (Cream (halal gelatin, milk and milk products), Dijon
mustard (water, mustard seed, salt, sugar, food acid, acetic, turmeric). Cross cut
beans and carrots.

CONTAINS: Milk

DESSERT

WILDBERRY AND MANGO INFUSED YOGHURT

Yoghurt : Milk, sugar, fruit 6.25% (mango puree(50%), strawberry puree(20%),
raspberry puree(15%), blueberry puree(15%), milk solids, thickeners(1442,
1422, 406, 440), water, acidity regulator (330, 331), natural colour (160a), natural
flavour, live yoghurt cultures (including acidophilus bifidus, casei).

CONTAINS: Milk

D

WEEK DAY		2 TUESDAY					
A		B					
<p>CORN BEEF WITH PARMESAN AND PARSLEY CREAM SAUCE</p> <p>Corned beef : Brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolyzed vegetable protein (maize), vegetable oil, humectants (422).</p> <p>Sauce: Cream (halal gelatin, milk and milk products), parmesan cheese (pasteurised milk, salt, cultures, enzyme), parsley, garlic, salt, pepper and corn flour.</p> <p>CONTAINS: Milk</p> <p>Ø D Ę FR</p>		<p>JAMAICAN PORK STEW</p> <p>Diced pork, carrots, celery, onion, red chilli, brown sugar, soy sauce (water, soybeans (20%), rice, salt, contains (3.2% alcohol v/v) from the natural brewing process), orange juice/zest, oregano, thyme, allspice, cinnamon, nutmeg, garlic, salt and pepper.</p> <p>CONTAINS: Soy</p> <p>Ø D Ę X</p>					
SIDES		DESSERT					
<p>Pumpkin, peas. Crushed potato with mustard and spring onion(Dijon mustard, water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric) and olive oil.</p>		<p>7. CREAMY ITALIAN CHICKEN & VEGETABLE</p> <th colspan="2">C</th> <th colspan="2">D</th>		C		D	
		<p>BACON, LEEK AND SWEET POTATO QUICHE</p> <p>PASTRY: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin) , food acid (330), flavour, antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330).</p> <p>FILLING : Bacon (pork, water, salt, sugar, mineral salts (451)(450), antioxidant (316), preservative (250),natural wood smoke), Cheese (pasteurised milk, salt, cultures, enzyme), eggs and cream (halal gelatin, milk and milk products), salt , pepper, leek and sweet potato.</p> <p>CONTAINS: Milk, eggs, wheat , soy</p> <p>Ø D Ę FR</p>		<p>ZUCCHINI, ASPARAGUS AND HERB FRITTATA WITH TOMATO RELISH</p> <p>Cheese (pasteurised milk, salt, cultures, enzyme), eggs and cream (halal gelatin, milk and milk products),basil, zucchini, spring onion, asparagus, parsley, salt and pepper.</p> <p>Relish : Tomato Relish : Tomato 50%,sugar, onion, vinegar, concentrated tomato, thickener (1422), salt, spices, garlic, acidity regulator (330) and firming agent (509).</p> <p>CONTAINS: Milk, egg</p> <p>Ø D Ę</p>			
		<p>FLOURLESS LEMON BUTTER CAKE WITH CUSTARD</p> <p>Cake : Egg, sugar, gluten free flour (tapioca starch, rice flour, potato starch, modified tapioca starch, dextrose, thickener, (446, 464), emulsifier (471), cake margarine(animal fats and vegetable oils, water, salt, emulsifiers (soy bean lecithin,435), milk solids, acidity regulators (331,330), flavours, antioxidants {320,[32mg/kg], 310[10mg/kg]} and colour (160a), cream, lemon, Neufchatel cheese, juice (1.3%)(preservative (223), flavour, raising agent (calcium phosphate, sodium bicarbonate), flavour, canola oil, emulsifier (soy lecithin 322).</p> <p>CONTAINS: Egg, soy, milk Ø D</p> <p>(CUSTARD :Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar.</p> <p>CONTAINS: Milk</p> <p>D</p>					

WEEK DAY		2 WEDNESDAY		SOUP		8. BEAN, BACON & VEGETABLE	
A		B		C		D	
<p>AUSSIE B.B.Q CHICKEN WITH ONION GRAVY</p> <p>Chicken : Chicken fillet, paprika, thyme, rosemary, garlic, brown sugar, oil, salt and pepper.</p> <p>Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481),anti-caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice. Onions, thyme, salt and cracked pepper.</p> <p>CONTAINS: Soy, Milk</p> <p>Ø D F FR</p>		<p>AMERICAN BEEF STEW</p> <p>Diced beef, onions, red wine (contain sulphites), soy sauce (water, soybeans (20%), rice, salt, contains (3.2% alcohol v/v) from the natural brewing process), Worcestershire sauce (water, vinegar, molasses, rehydrated vegetables, salt, spices, natural flavour, colour[caramel IV, spice extract]), carrots, celery, crushed tomato, button mushrooms, garlic, thyme, salt and cracked pepper.</p> <p>CONTAINS: Soy, sulphites</p> <p>Ø D F X</p>		<p>LAMB ROGAN JOSH WITH RICE</p> <p>Lamb, onions, coriander, crushed tomato, Rogan josh paste (water, spices (24%), vegetable oil, tomato paste (8%), salt, lemon juice, onion powder, sugar, food acid (acetic), garlic puree.</p> <p>Rice: rice, salt, turmeric</p> <p>CONTAINS: No allergens.</p> <p>Ø D F</p>		<p>VEGETABLE COCONUT CURRY WITH RICE</p> <p>Sweet potato, cauliflower, eggplant, onion ginger, turmeric, mustard seeds, green chilli, garamasala, chickpeas. coconut milk, fresh coriander, salt and pepper.</p> <p>Rice: Rice, salt and turmeric</p> <p>CONTAINS: No allergens</p> <p>Ø D F FR</p>	
SIDES				DESSERT			
<p>Broccoli and Carrots. Roast potato, meals (A), (B).</p>				<p>DESSERT: STICKY DATE WITH CUSTARD</p> <p>Cake: Dates (pitted 22%), sugar, wheat flour, eggs, butter, walnuts, raising agent (sodium bicarbonate), glaze, canola oil.</p> <p>CONTAINS: Wheat, egg, milk, nuts D F</p> <p>CUSTARD: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar.</p> <p>CONTAINS: Milk D</p>			

WEEK DAY		2 THURSDAY	
A		B	
SOUP		9. HEARTY BEEF, CHICKPEA & VEGETABLE	
C		D	
ROAST BEEF WITH RED WINE AND ROSEMARY GRAVY Beef: Porterhouse, salt and pepper Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481),anti-caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice. Rosemary, red wine(sulphites), salt and cracked pepper. CONTAINS: Milk, soy, sulphites Ø D F FR		LEMONGRASS CHICKEN CURRY WITH RICE Chicken, coriander (fresh), chilli, ginger, turmeric, garlic, coriander powder, cumin powder, onion, lemongrass, coconut milk, Chicken booster (salt, sugar, maize starch, chicken fat (3.6%), onion powder, yeast extract, flavour, chicken powder (1%), flavour enhancer (635), colour (150), spice). Salt and pepper. Rice: Rice, salt and turmeric CONTAINS: May contain milk, sesame and soy Ø D F X	
TUNA, LEEK AND PARSLEY QUICHE Pastry : Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin) , food acid (330), flavour , antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330). Filling :Eggs, Cream (halal gelatin, milk and milk products), cheese (pasteurised milk, salt, cultures, enzyme), tuna, leek, parsley, salt and pepper. Contains :Milk, wheat , soy, eggs, fish Ø D F FR		CHICKPEA RISONI (PASTA) RISONI: Durum wheat semolina. Onion, red chilli, olive oil, thyme, garlic, tomato paste, Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley). Flavour enhancers (monosodium glutamate, disodium inosinate), sugar, spices, maize starch colour (riboflavin). Chickpeas, fresh tomato, basil, parmesan cheese (pasteurised milk, salt, cultures, enzyme), salt and cracked pepper. CONTAINS: Milk, wheat, may contain traces of egg and soy. D F X	
SIDES		DESSERT	
Potato mash, cream (halal gelatin, milk and milk products), Butter (pasteurised cream, water, salt, milk fat 80% minimum). (A), (C) and (D). Zucchini and corn. Contains : Milk,		BANANA AND CHOCOLATE CAKE WITH CUSTARD Cake : Wheat flour, bananas(23%), water, milk, eggs, vegetable oil, raising agents(calcium phosphate, sodium bicarbonate), canola oil. CONTAINS: Wheat, eggs, milk D F CUSTARD: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar. CONTAINS: Milk D	

WEEK DAY		2 FRIDAY		SOUP		10. BROCCOLI, LEEK & POTATO	
A		B		C		D	
<p>ROAST PORK WITH ZESTY HERB GRAVY</p> <p>PORK: pork loin, salt and pepper</p> <p>Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481),anti-caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice. Lemon zest, mint, oregano, salt and cracked pepper. CONTAINS: Milk, soy</p> <p>Ø D F FR</p>		<p>JAMAICAN PORK STEW</p> <p>Diced pork, carrots, celery, onion, red chilli, brown sugar, soy sauce (water, soybeans (20%), rice, salt, contains (3.2% alcohol v/v) from the natural brewing process), orange juice/zest, oregano, thyme, allspice, cinnamon, nutmeg, garlic, salt and pepper. Contains: Soy</p> <p>Ø D F X</p>		<p>SPANISH FRIED RICE WITH CHORIZO</p> <p>Chorizo [meat including pork (94%), salt, herbs and spices, dextrose (tapioca maize), emulsifier (451), maltodextrin (maize), antioxidants (316, 370b), sugar, spice extract, sodium nitrate (250), dehydrated vegetable, vegetable extract, natural casing smoked.] Cumin powder, paprika, red onion, garlic, capsicum, celery, tomato paste, peas, lime juice/zest, rice, parsley, olive oil, salt and pepper. Contain: No allergens</p> <p>Ø D F X</p>		<p>CHEESY CAULIFLOWER STEAK WITH CHEESE AND CHIVE CREAM SAUCE</p> <p>Cauliflower, panko breadcrumbs (wheat flour, yeast, salt, palm oil, glucose, yeast food contain ammonium chloride, acidity regulator E516), cheese (pasteurised milk, salt, cultures, enzyme), salt and pepper.</p> <p>Sauce : Cream (halal gelatin, milk and milk products), cheese (pasteurised milk, salt, cultures, enzyme), chives, salt and cracked pepper. CONTAINS: Wheat, milk</p> <p>Ø D F</p>	
SIDES				DESSERT			
<p>Potato wedges(potato (88%),canola oil, wheat flour, thickeners (1420, 1400, guar gum), corn starch, salt, rice flour, acidity regulators (450, sodium bicarbonate), vegetable oil, spice, natural colour (turmeric), (B) Meal. CONTAINS: wheat</p> <p>Roast potato: Meals (A) (D). Butter beans, diced carrots.</p>				<p>CRÈME CARAMEL</p> <p>Ingredients: water, milk powder, sugar, modified starch (1422, 1440), flavours, colours (titanium dioxide, caramel IV, sunset yellow, tartrazine, allura red), stabilizers (carrageen an, xanthan gum), salt, food acid (lactic). Contain: Milk</p>			

WEEK DAY		3 MONDAY		SOUP		1. SWEET POTATO, THYME & PUMPKIN	
A		B		C		D	
<p>ROAST PORK WITH HONEY AND MUSTARD GRAVY</p> <p>Pork : Pork loin, salt and pepper.</p> <p>Gravy: Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481),anti-caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice. Whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], honey, salt and cracked pepper. CONTAINS: Milk, soy</p> <p>Ø D Ę FR</p>		<p>PORK KRANSKY SAUSAGE WITH SEEDED MUSTARD CREAM SAUCE</p> <p>Sausage: Pork(88%), water, salt, tapioca starch, spices, mineral salt (450, 451, 452, 341), antioxidant (316), spice extract (carrier dextrose), sodium nitrite(250), humectants(1520), colour(124), flavour, smoked.</p> <p>Sauce : Cream (halal gelatin, milk and milk products), Whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], chives, corn flour, salt and cracked pepper. CONTAINS: Milk</p> <p>Ø D Ę FR X</p>		<p>SAVOURY BEEF AND SAGE RISSOLES WITH MUSTARD GRAVY</p> <p>Rissole : Beef mince, sage, onion, salt and pepper.</p> <p>Gravy: Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481),anti-caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice. Whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], parsley, salt and pepper. CONTAINS: Milk, soy</p> <p>Ø D Ę X</p>		<p>MUSHROOM NOODLE STIRFRY</p> <p>Hokkien noodles : Wheat flour (72%), water, vegetable oil, noodle improver, emulsifying salt (451, 450), thickener (415), preservative (202), lye water, baking powder, colour (101, 102).</p> <p>Spring onion, ginger, curry powder, soy sauce (water, soybeans (20%), rice, salt, contains (3.2% alcohol v/v) from the natural brewing process), carrots, celery, capsicum, bok Choy ,egg, button mushrooms, Swiss brown mushroom, shitake mushroom. CONTAINS: wheat, soy, egg</p> <p>D Ę X</p>	
SIDES				DESSERT			
<p>Roasted chats, butter beans and carrots.</p>				<p>PASSIONFRUIT AND RASPBERRY YOGHURT</p> <p>Yoghurt : Milk, sugar, milk solids, passion fruit pulp(3.1%), raspberry puree (3.1%), thickeners (1442, 406, 440), water, carrot and safflower concentrate, natural colour (160a), acidity regulator (330, 331), natural flavour, live yoghurt cultures (including acidophilus bifidus and casei). CONTAINS: Milk</p> <p>D</p>			

WEEK DAY		3 TUESDAY	
A		B	
SOUP		2. MOROCCAN CHICKEN & VEGETABLE	
C		D	
<p>ROAST LAMB WITH GREEN PEPPERCORN GRAVY</p> <p>Lamb, herbs, salt and pepper</p> <p>Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481),anti-caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice. Green peppercorn, salt and cracked pepper.</p> <p>CONTAINS: Milk , soy</p> <p>Ø D F FR</p>		<p>LEMONGRASS AND GINGER BEEF STIRFRY WITH RICE</p> <p>Beef(rump strips), Lemongrass, ginger, red chilli, brown sugar, soy sauce (water, soybeans (20%), rice, salt, contains (3.2% alcohol v/v) from the natural brewing process), oil, corn flour, spring onion, capsicum, bok choy, onion, carrot.</p> <p>Rice: Rice, turmeric, salt.</p> <p>CONTAINS: Soy</p> <p>Ø D F X</p>	
<p>SPANISH CHORIZO QUICHE</p> <p>PASTRY: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin) , food acid (330), flavour , antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330).</p> <p>FILLING : Cheese (pasteurised milk, salt, cultures, enzyme), eggs and cream (halal gelatin, milk and milk products), salt and pepper, Chorizo [meat including pork (94%), salt, herbs and spices, dextrose (tapioca maize),emulsifier (451), maltodextrin (maize), antioxidants (316, 370b), sugar, spice extract, sodium nitrate (250), dehydrated vegetable, vegetable extract, natural casing. Capsicum, red onion, corn, oregano.</p> <p>CONTAINS: Milk, eggs, wheat , soy</p> <p>Ø D F FR</p>		<p>SWEET POTATO, FETA AND SPRING ONION QUICHE</p> <p>PASTRY: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin) , food acid (330), flavour antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330).</p> <p>FILLING : Cheese (pasteurised milk, salt, cultures, enzyme)feta cheese(pasteurised milk, salt, cultures, enzyme) , eggs and cream (halal gelatin, milk and milk products), sweet potato, spring onion, salt and pepper.</p> <p>CONTAINS: Milk, eggs, wheat , soy</p> <p>Ø D F FR</p>	
SIDES		DESSERT	
<p>Potato mash, Milk (pasteurised and homogenised whole milk). Butter (pasteurised cream, water, salt, milk fat 80% minimum). Meals (A), (C) and (D). Peas and cauliflower.</p> <p>CONTAINS: Milk</p>		<p>CHOC CHERRY SLICE WITH CUSTARD</p> <p>Coconut (34%), biscuit crumb (wheat flour, sugar, vegetable oil, wheat bran), fructose syrup, salt, raising agent (calcium phosphate, sodium bicarbonate), emulsifier (soy lecithin), eggs, jam (raspberry, sugar), glace cherries (10%) (cherries, sugar, preservative 211), flavour, colour, (129), chocolate (sugar, cocoa mass, vegetable oil, milk solids), canola oil, emulsifier (soy lecithin 322).</p> <p>Contain : Wheat, soy, egg, milk. D F</p> <p>CUSTARD: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar. CONTAINS: Milk</p> <p>D</p>	

WEEK DAY		3 WEDNESDAY		SOUP		3. HEARTY LAMB, VEGETABLE & BARLEY	
A		B		C		D	
GREEK STYLE ROAST CHICKEN WITH OREGANO GRAVY CHICKEN : Chicken fillet, honey, lemon juice/zest, garlic, oregano, olive oil, salt and cracked pepper. Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481),anti-caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice. Oregano, salt and cracked pepper. CONTAINS: Milk , soy Ø D Ḟ FR		PORK KRANSKY SAUSAGE WITH SEEDED MUSTARD CREAM SAUCE Sausage: Pork(88%), water, salt, tapioca starch, spices, mineral salt (450, 451, 452, 341), antioxidant (316), spice extract (carrier dextrose), sodium nitrite(250), humectants(1520), colour(124), flavour, smoked. Sauce : Cream (halal gelatin, milk and milk products), Whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], chives, corn flour, salt and cracked pepper. CONTAINS: Milk Ø D Ḟ FR X		INDIAN BEEF, CHICKPEA AND SPINACH CURRY WITH RICE Beef, korma paste(water, vegetable oil, spices 11%, desiccated coconut 9%, sugar, tomato paste 5%, salt, ginger, garlic puree, onion, maize flour, dried coriander leaf), chickpeas, spinach, crushed tomato, salt and pepper. RICE : Rice, salt and pepper. CONTAINS: No allergens Ø D Ḟ X		EGGPLANT PARMA Eggplant, Panko crumbs [wheat flour, yeast, salt, palm oil, glucose, food contains ammonium chloride, acidity regulator (E516)], Cheese (pasteurised milk, salt, cultures, enzyme), salt and pepper. Sauce: Crushed tomato, basil, brown sugar, salt and cracked pepper. CONTAINS: Wheat, milk Ø D Ḟ FR	
SIDES				DESSERT			
Roast potato, meals (A), (B) and (D). Broccoli and diced carrots.				FLOURLESS COFFEE, CINNAMON AND MACADAMIA CAKE WITH COFFEE CUSTARD CAKE: Egg, almond meal (24%), sugar, butter, cream, macadamia nuts (4%), raising agents (calcium phosphate, sodium bicarbonate, flavour, cinnamon). CONTAINS: eggs, milk, nuts, soy Ḟ CUSTARD: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar, coffee. CONTAINS: Milk D			

WEEK DAY		3 THURSDAY		SOUP		4. TOMATO, PESTO & PARMESAN	
A		B		C		D	
<p>ROAST TURKEY WITH CRANBERRY AND SAGE SAUCE Turkey : Turkey breast (minimum 80%),water, salt, thickener (1422 maize), dextrose, vegetable gum (407), mineral salts (451,452), preservative (223 sulphites), humectants (422), colour (150c maize). Sauce : Cranberry sauce (sugar, water, cranberry {30%}, gelling agent {fruit pectin}, food acids {330, 331}, mineral salt {509}). Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti-caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice. Fresh sage. CONTAINS: Milk, soy, sulphites Ø D FR</p>		<p>STICKY PORK STIRFRY WITH RICE Pork, sesame oil, honey, sweet soy (palm sugar 76%, wheat, preservatives, E211, E223), red chilli, ginger. Carrots, capsicum, onion ,celery, bok choy, spring onion, oil, salt and pepper. Rice : Rice, salt and pepper. CONTAINS: Soy, wheat, sesame seeds D X</p>		<p>CREAMY TOMATO TUNA BAKE WITH PANKO CRUMB Pasta : Durum wheat semolina. Cream (halal gelatin, milk and milk products),Cheese (pasteurised milk, salt, cultures, enzyme). Panko crumbs [wheat flour, yeast, salt, palm oil, glucose, food contains ammonium chloride, acidity regulator (E516)], tuna, red onion, capsicum, oregano, crushed tomato. CONTAINS: Milk, wheat, fish, may contain traces of egg and soy. D X</p>		<p>CHEESEY MACARONI WITH HERB CRUMB Pasta: Durum wheat semolina. Cream (halal gelatin, milk and milk products), Cheese (pasteurised milk, salt, cultures, enzyme), parsley, nutmeg, corn flour, salt and pepper. Panko crumbs [wheat flour, yeast, salt, palm oil, glucose, food contains ammonium chloride, acidity regulator (E516)], CONTAINS: Milk wheat, may contain traces of egg and soy. D FR X</p>	
SIDES				DESSERT			
<p>Baked cream chats (halal gelatin, milk and milk products), (A) (C)and (D) meals. Cross cut beans and pumpkin. CONTAINS: Milk</p>				<p>CARROT CAKE WITH CUSTARD Sugar, eggs, carrots (14%), vegetable oil, wheat flour, sultanas (5%), sour cream, raising agent (calcium phosphate, sodium bicarbonate), Neufchatel cheese, walnuts, flavour, butter, spices, Neufchatel, mixed fruit, nuts and seeds. CONTAINS: Egg, wheat, milk, nuts. D CUSTARD: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar. CONTAINS: Milk</p>			

WEEK DAY		3 FRIDAY		SOUP		5. WINTER GOULASH BEEF SOUP	
A		B		C		D	
ROAST BEEF WITH PEPPERCORN AND THYME GRAVY Beef: Porterhouse, salt and pepper Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti-caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavor, food acid (330), flavor enhancer (635), spice. Green peppercorn, thyme, salt and cracked pepper. CONTAINS: Milk, soy Ø D F		STICKY PORK STIRFRY WITH RICE Pork, sesame oil, honey, sweet soy (palm sugar 76%, wheat, preservatives, E211, E223), red chilli, ginger. Carrots, capsicum, onion ,celery, bok choy, spring onion, oil, salt and pepper. Rice : Rice, salt and pepper. CONTAINS: Soy, wheat, sesame seeds D F X		SINGAPORE CHICKEN NOODLES Hokkien noodles: Wheat flour (72%), water, vegetable oil, noodle improver, emulsifying salt (451, 450), thickener (415), preservative (202), lye water, baking powder, colour (101, 102). Chicken, garlic, eggs, spring onions, bok choy, capsicum, carrot, celery, curry powder, chilli, oil salt and pepper. Soy sauce (water, soybeans (20%), rice, salt, contains (3.2% alcohol v/v) from the natural brewing process), Chinese cooking wine (rice, wheat, salt, colour 150c). Contain : Wheat, Soy, eggs D F X		MUSHROOM NOODLE STIRFRY Hokkien noodles : Wheat flour (72%), water, vegetable oil, noodle improver, emulsifying salt (451, 450), thickener (415), preservative (202), lye water, baking powder, colour (101, 102). Spring onion, ginger, curry powder, soy sauce (water, soybeans (20%), rice, salt, contains (3.2% alcohol v/v) from the natural brewing process), carrots, celery, capsicum, bok Choy ,egg, button mushrooms, Swiss brown mushroom, shitake mushroom. Contains: wheat, soy, egg D F X	
SIDES				DESSERT			
Roast potato (A) and (B)meal. Carrots and peas.				CREAMY RICE PUDDING WITH CINNAMON Ingredients: Water, sugar, milk powder, rice, cream (milk), modified starch (1422), natural flavour, cinnamon, salt. CONTAINS: Milk D			

WEEK DAY		4 MONDAY	
A		B	
JAMAICAN JERK CHICKEN WITH RICH GRAVY Chicken fillet : Allspice, brown sugar, thyme, lime juice/zest, cayenne, oil, salt and pepper. Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481),anti-caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice. CONTAINS: Milk, soy Ø D Ĥ FR		SLOW COOKED BRAISED PORK STEAK WITH HERB GRAVY Pork : Pork steak, salt and pepper. Gravy Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481),anti-caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, parsley, thyme, salt and cracked pepper. CONTAINS: Milk, soy Ø D Ĥ FR	
SIDES		DESSERT	
Rosemary roasted chats - rosemary, olive oil, salt and pepper. Peas and carrots.		WILDBERRY AND MANGO INFUSED YOGHURT Yoghurt : Milk, sugar, fruit 6.25% (mango puree(50%), strawberry puree(20%), raspberry puree(15%), blueberry puree(15%), milk solids, thickeners(1442, 1422, 406, 440), water, acidity regulator (330, 331), natural colour (160a), natural flavour, live yoghurt cultures(including acidophilus bifidus, casei). CONTAINS: Milk D	

SOUP		6. CREAMY MUSHROOM, THYME & CELERY	
C		D	
CHICKEN SAUSAGES WITH HOME STYLE TOMATO SAUCE Sausage: Chicken leg meat, skin on, salt pepper, ground oregano, lemon peel. Tomato sauce: Crushed tomato, basil, oregano, brown sugar, red onion, salt and cracked pepper. CONTAINS: No allergens Ø D Ĥ FR X		AFRICAN CHICKPEA AND PUMPKIN COUS COUS Couscous(durum wheat semolina),pumpkin, garlic, cumin powder, coriander, cayenne, chickpeas, lemon zest, parsley, butter (pasteurised cream, water, salt, milk fat 80% minimum). Vegetable booster (salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery ,parsley).Flavour enhancers (monosodium glutamate, disodium inosinate), sugar, spices, maize starch colour (riboflavin). CONTAINS: Milk, wheat D Ĥ X	

**WEEK
DAY**

**4
TUESDAY**

A

**ROAST PORK WITH HONEY,
OREGANO AND CRACKED
PEPPER GRAVY**

PORK: pork loin, salt and pepper

Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481),anti-caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, honey, oregano, salt and cracked pepper.

CONTAINS: Milk, soy

Ø D F FR

B

NORTH AFRICAN LAMB STEW

Stew : Lamb, carrots, onions, celery, garlic, cumin, cinnamon, paprika, turmeric, fresh coriander, allspice, cayenne, crushed tomato, parsley, chickpeas, salt and pepper.

CONTAINS: Milk

Ø D F X

SOUP

7. CREAMY ITALIAN CHICKEN & VEGETABLE

C

**SAVOURY TURKEY AND SAGE
RISSOLES WITH CRANBERRY
GRAVY**

Rissole : Turkey mince, sage, onion, salt and pepper.

Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481),anti-caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice. Cranberry sauce(Sugar, water, cranberry 30%, gelling agent (fruit pectin), food acids {330,331}, mineral salt {509}).

CONTAINS: Milk, soy

Ø D F X

D

**SPINACH, ASPARAGUS AND
MUSHROOM QUICHE**

Pastry : Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin) , food acid (330), flavour , antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330).

Filling :Eggs, Cream (halal gelatin, milk and milk products), cheese (pasteurised milk, salt, cultures, enzyme), mushrooms, asparagus, spinach, spring onions, salt and cracked pepper.

CONTAINS: Wheat, eggs, milk, soy

Ø D F FR

SIDES

Mash potato, butter (pasteurised cream ,water, salt, milk fat 80% minimum) , Milk (pasteurised and homogenised whole milk), salt and pepper. Broccoli and Cauliflower.

Contain: Milk

DESSERT

APPLE AND CINNAMON CRUMBLE CAKE WITH CUSTARD

Apples (30%), egg, sugar, vegetable oil (antioxidant 319), wheat flour, almond meal, sultanas, sour cream (milk solids, culture), raising agents (450, 500), cinnamon (0.2%), glaze, canola oil.

CONTAINS: Egg, wheat, milk, nuts D F

CUSTARD: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar. **CONTAINS: Milk D**

WEEK DAY		4 WEDNESDAY	
A		B	
SOUP		8. BEAN, BACON AN VEGETABLE	
C		D	
<p>CORIANDER, LIME AND CUMIN ROAST CHICKEN WITH STOCK GRAVY</p> <p>Chicken fillet: Lime juice/zest, Coriander, cumin, cayenne, honey, oil, salt and cracked pepper,</p> <p>Gravy: Stock from chicken, fresh coriander, corn flour, salt and pepper.</p> <p>CONTAINS: No allergens</p> <p>Ø D F FR</p>		<p>SPANISH STYLE BEEF STEW</p> <p>Beef, carrots, onion, celery, paprika, cumin, crushed tomato, green olives, garlic, parsley, red wine, salt and cracked pepper. Gluten free beef stock : Salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), Food acid (330) (contain soy)], yeast extract, soy sauce powder[contains food acid (260) (contains soy and wheat)], flavours, Hydrolyzed vegetable protein (contains soy and wheat), colour (150c), onion powder, flavour enhancer (635), spice, food acid (330),</p> <p>CONTAINS: Soy, sulphites, may contain milk, sesame</p> <p>Ø D F X</p>	
<p>BACON, KALE AND SPINACH QUICHE</p> <p>Pastry : Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin) , food acid (330), flavour , antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330).</p> <p>Filling : Eggs, Cream (halal gelatin, milk and milk products), cheese (pasteurised milk, salt, cultures, enzyme),kale, spinach, Bacon (pork, water, salt, sugar, mineral salts (451) (450), antioxidant (316), preservative (250),natural wood smoke), salt and pepper.</p> <p>CONTAINS: Wheat, eggs, milk, soy</p> <p>Ø D F FR</p>		<p>ZUCCHINI AND RICOTTA GRATIN WITH PARMESAN AND PANKO CRUMB</p> <p>Zucchini, roma tomato, red onion, capsicum, basil, ricotta cheese (pasteurised milk, salt, cultures, enzyme), panko breadcrumbs (wheat flour, yeast, salt, palm oil, glucose, yeast food contain ammonium chloride, acidity regulator E516), Cream (halal gelatin, milk and milk products), cheese (pasteurised milk, salt, cultures, enzyme).</p> <p>CONTAINS: Milk, wheat</p> <p>D F X</p>	
SIDES		DESSERT	
<p>Roast potato (salt, pepper and oil),Cross cut beans and carrots.</p>		<p>LEMON AND COCONUT CAKE WITH CUSTARD</p> <p>Wheat flour, sugar, sour cream (milk solids), coconut, water, eggs, vegetable oil, Neufchatel cheese, lemon, canola oil, emulsifier (soy lecithin 322).</p> <p>CONTAINS: Wheat, milk, eggs, soy D F</p> <p>CUSTARD: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar. CONTAINS: Milk D</p>	

**WEEK
DAY**

**4
THURSDAY**

SOUP

9. HEARTY BEEF, CHICKPEA & VEGETABLE

A

B

C

D

**ROAST BEEF WITH FRENCH
ONION GRAVY**

Beef: Porterhouse, salt and pepper
Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481),anti-caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice. Dijon mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], onions, thyme, salt and cracked pepper.
CONTAINS: Milk, soy

Ø D F FR

**LEMON AND GARLIC CHICKEN
DRUMSTICKS WITH STOCK
GRAVY**

Chicken drumsticks, Olive oil, lemon juice/zest, garlic, oregano, thyme, paprika , salt and pepper.
Gravy : Stock from chicken, parsley, corn flour, salt and cracked pepper.
CONTAINS: Milk

Ø D F FR

IRISH LAMB STEW

Stew : Lamb, carrots, onions, celery, parsnip, potato. Gluten free beef stock : Salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), Food acid (330) (contain soy)], yeast extract, soy sauce powder[contains food acid (260) (contains soy and wheat)], flavours, Hydrolyzed vegetable protein (contains soy and wheat), colour (150c), onion powder, flavour enhancer (635), spice, food acid (330),tomato paste, thyme, parsley.
CONTAINS: Soy, milk

Ø D F X

**PUMPKIN, SPINACH AND FETTA
STUFFED CAPSICUM**

Pumpkin, spinach, red onion, thyme, capsicum, feta cheese (pasteurised milk, salt, cultures, enzyme), tasty cheese (pasteurised milk, salt, cultures, enzyme), salt and pepper.
CONTAINS: Milk

Ø D F FR

SIDES

DESSERT

Mustard potato: cream (pasteurised and homogenised whole milk), Whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], Cabbage and pumpkin.
CONTAINS: Milk

FRUIT CAKE WITH CUSTARD

Mixed fruit (48%) (sultanas, currants, glace cherry [colour (127)], orange peel), wheat flour, sugar, butter, egg, milk, baking powder (calcium phosphate, sodium bicarbonate), flavour, glaze, canola oil. **Contain: wheat, milk, egg D F**
CUSTARD: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar. **CONTAINS: Milk D**

WEEK DAY		4 FRIDAY		SOUP		10. BROCCOLI, LEEK & POTATO	
A		B		C		D	
<p>CORN BEEF WITH HORSERADISH AND CHIVE GRAVY Corned beef : Brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolyzed vegetable protein (maize), vegetable oil, humectants (422). Gravy: Horseradish (horseradish (46%) (contain sulphites), water, mustard seed, sugar, salt, food acid (acetic), vegetable oil, mustard extract, vegetable gum (xanthan(contains soy)), preservatives (sodium metabisulphate). Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481),anti-caking agent (551), antioxidant (307b)] (contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, chives, salt and cracked pepper. CONTAINS: Milk, sulphites , soy Ø D Ę FR</p>		<p>SLOW COOKED BRAISED PORK STEAK WITH HERB GRAVY Pork : Pork steak, salt and pepper. Gravy Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481),anti-caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, parsley, thyme, salt and cracked pepper. CONTAINS: Milk, soy Ø D Ę FR</p>		<p>ROAST PUMPKIN, LEEK AND BACON RISSOTO WITH PARMESAN Arborio rice, Bacon (pork, water, salt, sugar, mineral salts (451)(450), antioxidant (316), preservative (250),natural wood smoke), pumpkin, leek, thyme, garlic, Cream (halal gelatin, milk and milk products), parmesan (pasteurised milk, salt, cultures, enzyme), salt and cracked pepper. CONTAINS: Milk Ø D Ę X</p>		<p>COCONUT DHAL WITH RICE Red lentils, ginger, turmeric, lemongrass, mustard seeds, green chilli, garamasala, coconut milk, fresh coriander, salt and pepper. Rice: turmeric, salt, rice. CONTAINS: No allergens Ø D Ę FR</p>	
SIDES				DESSERT			
<p>Crushed potato with mustard and spring onion (Dijon mustard, water, mustard seed 18%, salt, sugar, food acid {acetic}, turmeric) and olive oil, (A), (B) and (C) meals. Broccoli and diced carrots.</p>				<p>CHOCOLATE CRÈME PUDDING Water, sugar, milk powder, canola oil, modified starch (1422), cocoa powder, stabilizers (sodium alginate, xanthan gum), (caramel, titanium dioxide), salt. CONTAINS: Milk</p>			

WEEK DAY		5 MONDAY		SOUP		1. SWEET POTATO, THYME & PUMPKIN	
A		B		C		D	
<p>TUSCAN ROAST CHICKEN WITH HERB GRAVY</p> <p>Chicken : Chicken breast fillet, Tuscan seasoning(salt, pepper, herbs, garlic) oil.</p> <p>Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481),anti-caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice. Oregano, parsley, thyme, salt and cracked pepper</p> <p>CONTAINS: Milk, soy</p> <p>Ø D Ě FR</p>		<p>HAM STEAK WITH CREAMY GREEN PEPPERCORN GRAVY</p> <p>Ham steak :Pork[sow stall free](86%), water, salt, acidity regulator (325), mineral salts (451, 508, 450, 452), thickeners (1412, 451), vegetable gums (407a, 412), sugar, dextrose, pork collagen, antioxidant (316), preservative (250), yeast extract, canola oil, colour (120), herb extract. Gravy: Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481),anti-caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice. Cream (halal gelatin, milk and milk products), green peppercorns, salt and cracked pepper.</p> <p>CONTAINS: Milk, soy Ø D Ě FR</p>		<p>ITALIAN PORK AND FENNEL SAUSAGE WITH TOMATO AND BASIL SAUCE</p> <p>Sausage : Pork, premix continental (Rice flour, salt, mineral salt{451}, preservative{223}, spice, spice extracts{160}, herb extracts, vegetable powder), water, pepper, garlic, beef, sweet sherry, fennel.</p> <p>Sauce : Tomatoes, basil, water, garlic, brown sugar, onion, oil, salt and cracked pepper.</p> <p>CONTAINS: No allergens</p> <p>Ø D Ě X</p>		<p>THREE CHEESE ROAST PUMPKIN AND HERB BAKE</p> <p>Bake: Roast pumpkin ,Ricotta (pasteurised milk, salt, cultures, enzyme),Parmesan(pasteurised milk, salt, cultures, enzyme),Tasty Cheese (pasteurised milk, salt, cultures, enzyme), thyme , salt, pepper, parsley and cream (halal gelatin, milk and milk products).Corn flour.</p> <p>Contains: Milk</p> <p>Ø D Ě FR</p>	
SIDES				DESSERT			
<p>Thyme roasted chat potato (oil, salt, pepper, thyme). Peas and carrots.</p>				<p>WILDBERRY AND MANGO INFUSED YOGHURT</p> <p>Yoghurt: Milk, sugar, fruit 6.25% (mango puree (50%), strawberry puree (20%), raspberry puree (15%), blueberry puree (15%), milk solids, thickeners (1442, 1422, 406, 440), water, acidity regulator (330, 331), natural colour (160a), natural flavour, live yoghurt cultures (including acidophilus bifidus, casei).</p> <p>CONTAINS: Milk D</p>			

**WEEK
DAY**

**5
TUESDAY**

A

**ROAST BEEF WITH RED WINE
AND BALSAMIC GRAVY**

Beef : Porterhouse, salt and pepper

Gravy : Rich gravy mix: Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti-caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice. Balsamic vinegar, thyme, red wine salt and cracked pepper.

CONTAINS: Milk, soy, sulphites

Ø D F FR

B

**CINNAMON AND CUMIN MID
LOIN LAMB CHOPS WITH MINTED
GRAVY**

Lamb: lamb loin chops, cinnamon, cumin, olive oil, brown sugar, salt and cracked pepper.

Gravy: Rich gravy mix :Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti-caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, mint, salt and cracked pepper.

CONTAINS: Milk, soy

Ø D F FR

SOUP

2. MOROCCAN CHICKEN & VEGETABLE

C

**THAI STYLE CHICKEN NOODLE
STIR FRY**

Hokkien noodles : Wheat flour (72%), water, vegetable oil, noodle improver, emulsifying salt (451, 450), thickener (415), preservative (202), lye water, baking powder, colour (101, 102).

Chicken: Diced chicken, Thai basil, coriander, lemongrass, ginger, garlic, spring onions, Sweet chilli (sugar, water, chilli, salt, thickener{1442, 415}, acidity regulator{260}, preservative {202}). Lime juice/zest, bok choy, capsicum, celery, onion, egg, cashews, salt and pepper.

CONTAINS: Wheat, egg, nuts

D F X

D

**SUNDRIED TOMATO, LEEK, BASIL
AND FETA QUICHE**

Pastry : Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavour, antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330).

Filling : Eggs, cream (halal gelatin, milk and milk products), Feta (pasteurised milk, salt, cultures, enzyme), sundried tomato, basil, leek, tasty cheese (pasteurised milk, salt, cultures, enzyme), salt and pepper.

CONTAINS: Milk, eggs, wheat, soy

Ø D F FR

SIDES

Broccoli and pumpkin. Mash potato, butter (pasteurised cream, water, salt, milk fat 80% minimum), cream (halal gelatin, milk and milk products), salt and pepper. Meals (A), (B) and (D).

CONTAINS: Milk

DESSERT

GLUTEN FREE MACAROON SLICE WITH CUSTARD

Slice : Sugar, gluten free flour(tapioca starch, rice flour, potato starch, modified tapioca starch, dextrose, thickener, (446, 464), emulsifier (471), cake margarine(animal fats and vegetable oils, water, salt, emulsifiers (soy bean lecithin,435), milk solids, acidity regulators (331,330), flavours, antioxidants {320,[32mg/kg], 310[10mg/kg]) and colour (160a), raspberry jam (8%)(sugar, apples, thickener [440], acidity regulator [330], flavour, preservative [202], colour [122, 124]), egg.

CONTAINS: Soy, egg, milk Ø D F

CUSTARD :Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar. **CONTAINS: Milk** D

WEEK DAY		5 WEDNESDAY		SOUP		3. HEARTY LAMB, VEGETABLE & BARLEY	
A		B		C		D	
ROAST PORK WITH APPLE AND CINNAMON SAUCE AND GRAVY PORK: pork loin, salt and pepper SAUCE: Apples, cinnamon and water. Gravy: Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481),anti-caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice. Salt and cracked pepper. CONTAINS: Milk, soy Ø D Ě FR		GRILLED PEPPER STEAK WITH CREAMY MUSHROOM AND CHIVE GRAVY Steaks: Eye of rump medallion steaks, oil, salt and cracked pepper Gravy: Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481),anti-caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice. Cream (halal gelatin, milk and milk products), mushrooms, chives, Salt and cracked pepper. CONTAINS: Milk, soy Ø D Ě FR		LEMON THYME AND TOMATO CHICKEN STEW Stew: Diced chicken, crushed tomato, garlic, white wine (contain sulphites), celery, carrots, onions, parsley, lemon thyme, Chicken booster (salt, sugar, maize starch, chicken fat (3.6%), onion powder, yeast extract, flavour, chicken powder (1%), flavour enhancer (635), colour (150), spice. Cream (5%) (halal gelatin, milk and milk products). CONTAINS: Milk, sulphites may contain sesame, soy. Ø D Ě		THREE CHEESE ROAST PUMPKIN AND HERB BAKE Bake: Roast pumpkin ,Ricotta (pasteurised milk, salt, cultures, enzyme),Parmesan(pasteurised milk, salt, cultures, enzyme),Tasty Cheese (pasteurised milk, salt, cultures, enzyme), thyme , salt, pepper, parsley and cream (halal gelatin, milk and milk products).Corn flour. CONTAINS: Milk Ø D Ě FR	
SIDES				DESSERT			
Cross cut beans, diced carrots, Roast potato (Salt, pepper and oil).				PASSION FRUIT CHEESECAKE WITH COULI Cake : Neufchatel cheese (25%), thickened cream (halal gelatin, milk and milk products), biscuit crumb (18%)(wheat flour, sugar, vegetable oil, wheat bran, fructose syrup, salt, raising agent [calcium phosphate, sodium bicarbonate], emulsifier {soy lecithin}), white chocolate (13%), (sugar, milk solids, cocoa butter, emulsifier [soya lecithin, 476], flavours) , butter, sugar, gelatin, canola oil. Passion fruit coulis (passionfruit, sugar, water) CONTAINS: Milk, wheat, soy, egg D Ě			

WEEK DAY		5 THURSDAY	
A		B	
CORN BEEF WITH CREAMY MUSHROOM AND SAGE GRAVY Corned beef : Brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolyzed vegetable protein (maize), vegetable oil, humectants (422). Gravy: Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481),anti-caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice. Cream (halal gelatin, milk and milk products), sage, mushrooms, salt and cracked pepper. CONTAINS: Milk, soy Ø D Ď FR		HONEY AND MUSTARD CHICKEN DRUMSTICKS WITH STOCK SAUCE Chicken drumsticks: Chicken, seeded mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], honey, garlic, paprika, spring onion, oil, salt and cracked pepper. Stock gravy : Liquid stock from chicken, parsley, salt and pepper, corn flour. CONTAINS: No allergens Ø D Ď FR	
SIDES		DESSERT	
Cabbage and corn. Roast potato with paprika and nutmeg(A), (B) meals.		PEAR, ALMOND AND PISTACHIO TART WITH CUSTARD Tart: Butter (milk solids), sugar, flour, egg, almond meal, pistachios, pear, glaze (sugar, water). CONTAINS: Milk, wheat, egg, nuts D Ď CUSTARD: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar. CONTAINS: Milk D	

SOUP		4. TOMATO, PESTO & PARMESAN	
C		D	
PORK VINDALOO CURRY AND RICE Diced pork, vindaloo paste(vegetable oil, coriander, water, salt, tamarind[5.5%], cumin, turmeric, chilli, maize flour, ginger powder, garlic powder, spices, food acids[acetic, citric, lactic]), onions, fresh coriander, crushed tomato, salt and pepper. Rice : Rice, turmeric and salt. CONTAINS: No allergens. Ø D Ď X		CHICKPEA MASALA WITH YELLOW RICE Chickpeas, onions, garlic, ginger, tomato paste, butter(pasteurised cream, water, salt, milk fat 80% minimum), coriander powder, garam masala, turmeric, green chilli, fresh coriander, water, salt and pepper. Rice : Rice, turmeric and salt. CONTAINS: Milk Ø D Ď X	

WEEK DAY		5 FRIDAY		SOUP		5. WINTER GOULASH BEEF	
A		B		C		D	
ITALIAN BASIL PESTO ROAST CHICKEN WITH CREAM SAUCE Chicken : Chicken breast fillet, pesto(basil, pine nuts, cheese [pasteurised milk, salt, cultures], olive oil, salt and cracked pepper. Sauce : Cream (halal gelatin, milk and milk products), fresh basil, parmesan cheese (pasteurised milk, salt, cultures, enzyme), salt, pepper and corn flour. CONTAINS: Milk, nuts Ø D Ę FR		CINNAMON AND CUMIN MID LOIN LAMB CHOPS WITH MINTED GRAVY Lamb: lamb loin chops, cinnamon, cumin, olive oil, brown sugar, salt and cracked pepper. Gravy: Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481),anti-caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, mint, salt and cracked pepper. CONTAINS: Milk, soy Ø D Ę FR		SWEET PAPRIKA, BALSAMIC AND MUSHROOM BEEF STEW Beef, onion, garlic, paprika, tomato paste, crushed tomato, balsamic vinegar, thyme, parsley, rosemary, button mushrooms, celery, carrots. Gluten free beef stock powder : Salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), Food acid (330) (contain soy)], yeast extract, soy sauce powder(derived from wheat),colour (150c),hydrolyzed vegetable protein (contain soy),flavour, onion powder, flavour enhancer (635), spice, food acid (330), and herb. Salt and pepper CONTAIN: Soy, milk, may contain sesame Ø D Ę X		SWEET POTATO EGGPLANT AND CHICKPEA CASSEROLE Eggplant, sweet potato, onion, garlic, paprika, cumin powder, coriander (fresh), crushed tomato, chickpeas, parsley, salt, pepper and oil. CONTAINS: Milk Ø D Ę	
SIDES				DESSERT			
Creamy Roast potato, cream (halal gelatin, milk and milk products). Carrot, cauliflower, broccoli medley. CONTAINS: Milk				VANILLA BEAN PANNA COTTA Ingredients: Water, milk powder, cream (milk), sugar, gelatin, modified corn starch (1442), flavour, vegetable gum (415, 412), vanilla bean, colour (171). CONTAINS: Milk Ø D			

**WEEK
DAY**

**6
MONDAY**

A

**CORN BEEF WITH CREAMY
SEEDED MUSTARD AND
PARSLEY SAUCE**

Corned beef: Brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolyzed vegetable protein (maize), vegetable oil, humectants (422).

Sauce: Cream (halal gelatin, milk and milk products), Whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], parsley, corn flour, salt and cracked pepper.

CONTAINS: Milk

Ø D Æ FR

B

**GERMAN STYLE CHICKEN
DRUMSTICKS WITH STOCK
SAUCE**

Chicken drumsticks: Chicken, paprika, oil, cayenne, curry powder, rosemary, tomato paste, honey, salt and cracked pepper.

Sauce: Stock from chicken, parsley, water, corn flour, salt and cracked pepper.

CONTAINS : No allergens

Ø D FR

SOUP

6. CREAMY MUSHROOM, THYME & CELERY

C

**SAVOURY CHICKEN AND SAGE
RISSOLES WITH HERB GRAVY**

Rissoles : Chicken mince, sage, onion, salt and pepper.

Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481),anti-caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, parsley, oregano, sage, salt and cracked pepper.

CONTAINS: Milk, soy

Ø D Æ X

D

**WHITE WINE, SAGE AND
MUSHROOM RISSOTO**

Arborio rice, white wine(sulphites),olive oil, garlic, sage, mushrooms, Cream (halal gelatin, milk and milk products, parmesan cheese (pasteurised milk, salt, cultures, enzyme), lemon juice/zest, corn flour, salt and pepper.

CONTAINS: Sulphites, milk

Ø D FR X

SIDES

Cross cut beans, carrots and Roasted chat potato(oil, salt and pepper)

DESSERT

WILDBERRY AND MANGO INFUSED YOGHURT

Yoghurt: Milk, sugar, fruit 6.25% (mango puree (50%), strawberry puree (20%), raspberry puree (15%), blueberry puree (15%), milk solids, thickeners (1442, 1422, 406, 440), water, acidity regulator (330, 331), natural colour (160a), natural flavour, live yoghurt cultures (including acidophilus bifidus, casei).

CONTAINS: Milk

D

WEEK DAY		6 TUESDAY		SOUP		7. CREAMY ITALIAN CHICKEN & VEGETABLE	
A		B		C		D	
ROAST LAMB WITH BUTTER, SAGE AND ONION GRAVY Lamb, herbs, salt and pepper Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481),anti-caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, Butter(pasteurised cream, water, salt, milk fat 80% minimum), sage, onion, salt and cracked pepper. CONTAINS: Milk, soy Ø D F FR		BEEF, RED WINE AND ROSEMARY STEW Beef, carrots, rosemary, thyme, parsley, garlic, onion, celery, crushed tomato, red wine(sulphites).Gluten free beef stock powder : Salt, sugar, maize, starch, beef fat (5.6%), [beef fat, antioxidant (306), Food acid (330) (contain soy)], yeast extract, soy sauce powder(derived from wheat),colour (150c),hydrolyzed vegetable protein (contain soy),flavour, onion powder, flavour enhancer (635), spice, food acid (330), and herb. Salt and pepper. CONTAIN: Sulphites, Soy, Milk, may contain sesame Ø D F X		SMOKED CHICKEN, ASPARAGUS AND PARMESAN QUICHE Smoked chicken (chicken 95%, water, salt, mineral salts [451,452], sugar, antioxidants [316], hydrolyzed maize protein, flavour enhancer [635], sodium nitrate [250], vegetable oil, natural smoke). Eggs, Cream (halal gelatin, milk and milk products), cheese (pasteurised milk, salt, culture), asparagus. Pastry: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavour, antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330). CONTAINS: Milk, eggs, wheat, soy Ø D F FR		PUMPKIN, THYME AND FETA QUICHE Tasty cheese (pasteurised milk, salt, cultures, enzyme), pumpkin, thyme, eggs, cream (halal gelatin, milk and milk products), salt and pepper. Feta cheese (pasteurised milk, salt, cultures, enzyme). Pastry : Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin) , food acid (330), flavour , antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330). CONTAINS :Milk, eggs, wheat , soy Ø D F FR	
SIDES				DESSERT			
Mash potato, butter (pasteurised cream ,water, salt, milk fat 80% minimum), cream (halal gelatin, milk and milk products), salt and pepper. Peas and diced carrots. Contain: Milk				RHUBARB AND APPLE CRUMBLE SLICE WITH CUSTARD Cake: Apples, rhubarb, wheat flour, sugar, sultanas(9%), cake margarine (animal fats and vegetable oils, water, salt, emulsifiers(soy bean lecithin, 435), Milk solids, acidity regulators(331, 330), flavours, antioxidants[320{32mg/kg}, 310{10mg/kg}] and colour (160a), egg, almond meal, cinnamon, canola oil, emulsifier (soy lecithin 322). CONTAINS: Wheat, soy, eggs, milk, nuts. D F CUSTARD: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar. CONTAINS: Milk			

WEEK DAY		6 WEDNESDAY	
A		B	
ROAST PORK WITH THYME AND MUSHROOM GRAVY		GERMAN STYLE CHICKEN DRUMSTICKS WITH STOCK SAUCE	
<p>PORK: pork loin, salt and pepper</p> <p>Gravy: Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481),anti-caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice, thyme, mushrooms, salt and cracked pepper. CONTAINS: Milk, soy</p> <p>Ø D Ę FR</p>		<p>Chicken drumsticks: Chicken, paprika, oil, cayenne, curry powder, rosemary, tomato paste, honey, salt and cracked pepper.</p> <p>Sauce: Stock from chicken, parsley, water, corn flour, salt and cracked pepper. CONTAINS: No allergens</p> <p>Ø D Ę FR</p>	
SIDES		SOUP	
<p>Rosemary and thyme roast potato, Broccoli and cauliflower.</p>		C	
		8. BEAN, BACON AN VEGETABLE	
		D	
		CAUIFLOWER GRATIN WITH PARMESAN AND PANKO	
		<p>Lamb, onion, celery, carrot, garlic, tomato paste, parsley, oregano, crushed tomato, red wine (sulphites), nutmeg, salt and pepper. Gluten free Beef booster [salt, sugar, maize, starch, beef fat 5.6% , antioxidant (306), food acid (330) (contains soy) , yeast extract, soy sauce powder (contains food acid (260) (contains soy and wheat flavours (contain soy), hydrolyzed vegetable protein, colour (150c), onion powder, flavour enhancer (635), spice, food acid (330) and herbs]. CONTAINS: Soy, sulphites, may contain milk, sesame</p> <p>Ø D Ę X</p>	
		DESSERT	
		RASPBERRY CHEESECAKE WITH RASPBERRY COULI	
		<p>Gratin: Cauliflower, Parmesan (pasteurised milk, salt, cultures, enzyme), Tasty Cheese (pasteurised milk, salt, cultures, enzyme), thyme, salt, pepper, and cream (halal gelatin, milk and milk products). Panko bread crumbs (wheat flour, yeast, salt, palm oil, glucose, ammonium chloride, acidity regulator E516), CONTAINS: Milk, wheat</p> <p>Ø D Ę FR</p>	
		<p>Cake : Neufchatel cheese (25%), thickened cream (halal gelatin, milk and milk products), biscuit crumb (18%)(wheat flour, sugar, vegetable oil, wheat bran, fructose syrup, salt, raising agent [calcium phosphate, sodium bicarbonate], emulsifier {soy lecithin}), white chocolate (13%), (sugar, milk solids, cocoa butter, emulsifier [soya lecithin, 476], flavours) , butter, sugar, gelatin, canola oil. Raspberry coulis (raspberries, sugar, water) CONTAINS: Milk, wheat, soy, egg D Ę</p>	

**WEEK
DAY**

6

THURSDAY

A

B

SOUP

9. HEARTY BEEF, CHICKPEA & VEGETABLE

C

D

**ROAST BEEF WITH CREAMY
DIJON AND CHIVE GRAVY**

Beef: Porterhouse, salt and pepper
Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481),anti-caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice. Dijon mustard (water, mustard seed 18%, salt, sugar, food acid{acetic}, turmeric), chives, salt, cracked pepper and cream (halal gelatin, milk and milk products),
CONTAINS: Milk, soy

Ø D F FR

**HONEY HOISIN CHICKEN AND
VEGETABLE STIRFRY WITH RICE**

Stir fry : Diced chicken, celery, carrots, spring onion, capsicum, bok choy, onion, honey, Hoisin sauce : Sugar, water, fermented soybean paste(water, salt, soybeans, wheat flour), salt, sweet potato powder, colours(150a, 129), modified corn starch(1422), sesame paste, dehydrated garlic, spices, salted chilli peppers(chilli peppers, salt), acidity regulator(260).
Rice: Rice, salt and turmeric
CONTAINS: Soy, sesame, wheat

D F X

**SMOKED CHICKEN, ASPARAGUS
AND PARMESAN QUICHE**

Smoked chicken (chicken 95%, water, salt, mineral salts [451,452], sugar, antioxidants [316], hydrolyzed maize protein, flavour enhancer [635], sodium nitrate [250], vegetable oil, natural smoke).
Eggs, Cream (halal gelatin, milk and milk products), cheese (pasteurised milk, salt, culture), asparagus. Pastry: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavour, antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330).
CONTAINS: Milk, eggs, wheat, soy

Ø D F FR

**CRISPY CHIA AND PANKO TOFU
WITH SWEET CHILLI AND RICE**

Tofu (soy beans, salt), panko bread crumbs (wheat flour, yeast, salt, palm oil, glucose, ammonium chloride, acidity regulator E516), egg, flour, chia, salt and pepper.
Sweet chilli sauce: (sugar, water, chilli, salt, garlic, thickener [1422, 415], acidity regulator [260], preservative [202]).
Rice: Rice, turmeric and salt.
CONTAINS: Soy, wheat, egg

D F FR

SIDES

Mustard cream baked potato, cream (halal gelatin, milk and milk products), Whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric,] (A) and (C) meal, pumpkin and corn. Rice (B) and (D) meal
CONTAINS: Milk

DESSERT

FLOURLESS JAFFA CAKE WITH CUSTARD

Cake: Egg, blanched almonds (24%), oranges (22%), sugar, raising agents (calcium phosphate, sodium bicarbonate), chocolate (sugar, vegetable fat, cocoa powder, emulsifiers {322 soy, 476, 492}, flavours, Cream (milk solids).
CONTAINS: Egg, nuts, soy, milk Ø D F
CUSTARD: Water, corn flour (maize), flavour salt, colours (102, 110), whole milk powder and sugar. **CONTAINS: Milk** D

WEEK DAY		6 FRIDAY		SOUP		10. BROCCOLI, LEEK & POTATO	
A		B		C		D	
THAI ROAST CHICKEN WITH YELLOW RICE Chicken : Breast chicken fillet, lemon grass, basil, coriander, turmeric, red chilli, lime juice/zest, brown sugar, salt and cracked pepper. Sauce : Stock from chicken fresh coriander, corn flour, coconut milk, salt and cracked pepper. Rice : Rice, turmeric and salt. CONTAINS: No allergens Ø D Ę FR		GERMAN STYLE CHICKEN DRUMSTICKS WITH STOCK SAUCE Chicken drumsticks: Chicken, paprika, oil, cayenne, curry powder, rosemary, tomato paste, honey, salt and cracked pepper. Sauce: Stock from chicken, parsley, water, corn flour, salt and cracked pepper. CONTAINS: No allergens Ø D Ę FR		HONEY AND LEMON PORK FILLET STEAK WITH RICH GRAVY Pork: Pork scotch fillet steak, Honey, olive oil, lemon juice/zest, thyme, salt and pepper. Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481),anti-caking agent (551), antioxidant (307b)](contains milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), flavour enhancer (635), spice. CONTAINS: Milk, soy Ø D Ę FR		ZUCCHINI PIZZA BOAT WITH TOMATO AND BASIL SAUCE Zucchini, tomato paste, tomato, red onion, oregano, basil, olives, salt, pepper and Cheese (pasteurised milk, salt, cultures, enzyme). Sauce: crushed tomato, basil, salt, pepper, and brown sugar. CONTAINS: Milk Ø D Ę FR	
SIDES				DESSERT			
Roast potato, meals (C) and (D). Rice (A) meal. Carrot, cauliflower and broccoli. Potato wedges (potato (88%), canola oil, wheat flour, thickeners (1420, 1400, guar gum), corn starch, salt, rice flour, acidity regulators (450, sodium bicarbonate), vegetable oil, spice, natural colour (turmeric). (B) meal. CONTAINS: wheat				CHOCOLATE CRÈME PUDDING Ingredients: Water, sugar, milk powder, canola oil, modified starch (1422), cocoa powder, stabilizers (sodium alginate, xanthan gum), (caramel, titanium dioxide), salt. CONTAINS: Milk			