



COOKING FOR OVER 40 YEARS

**SPRING 2021 | SUMMER 2022**

## **MENU INGREDIENTS AND ALLERGENS**

### **K MEALS**

Mines Road, Ringwood East 3135

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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**.

WEEK 1 - Orders due December 10 (Delivery 17/12)

WEEK 2 - Orders due December 17 (Delivery **23/12**)

***Look out for Christmas menu item special this week***

WEEK 4 - Orders due January 6 (Delivery 07/01)

WEEK 5 - Orders due January 13 (Delivery 14/01)

WEEK 6 - Orders due January 14 (Delivery 21/01)

## PRICE LIST

Main course	\$13.50
2 courses	\$14.95
3 course	\$18.95
Soup & Desserts	\$4.00 (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 from 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 guide indicates 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 plastic lid 1 cm from edge to allow steam to escape.

Heat on high for 2-3 minutes, until hot.

Stand for 1 minute before serving

# SOUP

There are 10 soup choices available throughout the 6 week menu cycle.

## 1. CARROT, PUMPKIN AND LENTIL SOUP

Pumpkin, carrot, red lentil, spring onion, garlic, 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. CHICKEN, LEEK AND VEGETABLE SOUP

Soup mix (celery, swede, turnip, carrot) garlic, leek, chicken, 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). Milk (pasteurised and homogenised whole milk). CONTAINS: Milk Ø D FR

## 3. BEEF, BARLEY AND SUMMER VEGETABLE SOUP

Soup mix (celery, swede, turnip, carrot), garlic, parsley, spring onion, beef, barley, salt, pepper. Gluten free beef stock: Salt, sugar, maize, starch, beef fat (5.6%), antioxidant (306). Food acid (330) (contain soy), yeast extract, soy sauce powder (contains food acid 260), soy and wheat, flavours, Hydrolysed vegetable protein (contains soy and wheat), colour (150c), onion powder, flavour enhancer (635), spice, food acid (330) and herb. CONTAINS: Wheat (gluten free wheat), cereals, barley, soy Ø D FR

## 4. MOROCCAN LAMB, LENTIL & VEGETABLE SOUP

Soup mix (celery, swede, turnip, carrot), red lentils, spring onion, parsley, lamb, salt, pepper, crushed tomato, cumin powder, turmeric, garlic, fresh coriander. Vegetable booster: salt, dehydrated vegetables 15.5% (carrots, parsnip, potato, onion, celery, parsley). Flavour enhancers (monosodium glutamate, disodium inosinate), sugar, spices, maize starch color (riboflavin). CONTAINS: No allergens Ø D FR

## 5. BROCCOLI, BACON AND SPINACH SOUP

Broccoli, potato, spinach thyme, spring onion, salt, pepper, 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), sugar, spices, maize starch colour (riboflavin). Milk (pasteurised and homogenised whole milk). CONTAINS: Milk Ø D FR

## **SOUP** continued

### **6. CAULIFLOWER, LEEK AND HORSERADISH SOUP**

Cauliflower, potato, leek, 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). 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). CONTAINS: Milk, sulphites, soy Ø D FR

### **7. CHICKEN AND CORN CHOWDER**

Corn, potato, leek, celery, chives, chicken, 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). Salt and cracked pepper. CONTAINS: Milk. Ø D FR

### **8. MINISTRONE AND BACON SOUP**

Soup mix (celery, swede, turnip, carrot), cabbage, spring onion, parsley, basil. Bacon: Pork, water, salt, sugar, mineral salts (451) (450), antioxidant (316), preservative (250), natural wood smoke. 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 color (riboflavin). Salt, pepper and olive oil. CONTAINS: No allergens. Ø D FR

### **9. HEARTY BEEF AND BEAN SOUP**

Soup mix (Celery, swede, turnip, carrot), beef, spring onion, crushed tomato, five beans (beans 63%,red kidney beans, white kidney beans, butter beans, chick peas, borlotti beans, water, salt, antioxidant, ascorbic acid [E300]), 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. CONTAINS: No allergens Ø D FR

### **10. CREAMY CHICKPEA AND TOMATO SOUP**

Crushed tomato, parsley, spring onion, roast capsicum, garlic, chickpeas, 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). Milk (pasteurised and homogenised whole milk). CONTAINS: Milk Ø D FR

WEEK DAY	1 MONDAY		SOUP		1. CARROT, PUMPKIN AND LENTIL
A	B	C	D		
<p><b>CORN BEEF WITH PARMESAN AND ROAST GARLIC SAUCE</b></p> <p>Corned beef: Brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolysed vegetable protein (maize), vegetable oil, humectants (422).</p> <p>Sauce: Cream (halal gelatin, milk and milk products), white wine (sulphites), garlic, parsley, salt and pepper, corn flour, parmesan (pasteurised milk, salt, cultures, enzyme).</p> <p><b>CONTAINS: Milk, sulphites.</b></p> <p>Ø D FR</p>	<p><b>SLOW COOKED BRAISED PORK STEAK WITH ONION AND SAGE GRAVY</b></p> <p>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, food acid (330), flavor enhancer (635), spice. Onions, sage, salt and pepper.</p> <p><b>CONTAINS: Milk, soy.</b></p> <p>Ø D FR</p>	<p><b>CHICKEN SAUSAGES WITH TOMATO RELISH</b></p> <p>Sausage: Chicken leg meat skin on, salt, pepper, ground oregano, lemon peel.</p> <p>Tomato Relish: Tomato (50%), sugar, onion, vinegar, concentrated tomato thickener (1422), salt, spices, garlic, acidity regulator (330) and firming agent (509).</p> <p><b>CONTAINS: No allergens.</b></p> <p>Ø D FR X</p>	<p><b>ROAST PUMPKIN, LEEK AND SPINACH RISOTTO</b></p> <p>Arborio rice, pumpkin, leek, spinach, garlic, white wine (sulphites), nutmeg, cream (halal gelatin, milk and milk products), lemon zest, parmesan (pasteurised milk, salt, cultures, enzyme) salt and cracked pepper.</p> <p><b>CONTAINS: Milk, sulphites.</b></p> <p>Ø D X</p>		
SIDES					
<p>Rosemary roasted chats (rosemary, olive oil, salt and pepper) Peas and carrots.</p>			<p><b>CHEESECAKE WITH RASPBERRY COULIS</b></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) <b>CONTAINS: Milk, wheat (gluten),soy, egg D</b></p>		

WEEK DAY		1 TUESDAY	
A		B	
SOUP		2. CHICKEN, LEEK & VEGETABLE	
C		D	
<b>ROAST PORK WITH CRANBERRY AND CHIVE GRAVY</b>  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. Cranberry sauce (sugar, water, cranberry {30%}, gelling agent {fruit pectin}, food acids {330, 331}, mineral salt {509}). Chives, salt and pepper. <b>CONTAINS: Milk, soy.</b>  Ø D FR		<b>TOMATO AND MINT LAMB STEW</b>  Stew: Lamb, carrots, onions, 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)], flavour, Hydrolysed vegetable protein (contains soy and wheat), colour (150c), onion powder, flavor enhancer (635), spice, food acid (330),tomato paste, thyme, parsley, mint, crushed tomato, salt and pepper. <b>CONTAINS: Soy, milk and wheat (gluten free wheat), may contain sesame.</b>  Ø D X	
<b>SAVOURY TURKEY AND SAGE RISSOLES WITH SPRING ONION GRAVY</b>  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. Spring onions cracked pepper and salt. <b>CONTAINS: Milk, soy.</b>  Ø D X		<b>SPRING VEGETABLE QUICHE</b>  Pastry: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin) , food acid (330), flavor , 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. <b>CONTAINS: Wheat (gluten free wheat), eggs, milk, soy.</b>  Ø D FR	
<b>SIDES</b>  Broccoli, cauliflower and mash potato - butter (pasteurised cream, water, salt, milk fat 80% minimum). Milk (pasteurised and homogenised whole milk), salt and pepper <b>CONTAINS: Milk</b>		<b>DESSERT</b>  <b>PASSIONFRUIT SPONGE CAKE</b>  Cake: Self raising flour (wheat flour), raising agents, sugar, vanilla, eggs, stabiliser, water emulsifier (471,475), humectants (1520), sugar, dextrose, acidity regulator (570), preservative (202, 211), colours (102, 110), 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, sour cream (milk solids, culture), passion fruit. <b>CONTAINS : Wheat, eggs, soy, milk D</b>	

WEEK DAY		1 WEDNESDAY	
A		B	
TURMERIC, LIME AND HONEY BAKED CHICKEN WITH STOCK GRAVY		NORTHERN ITALIAN BEEF STEW	
<p>Chicken fillet: Lime juice/zest, honey, turmeric, oil, garlic, salt and cracked pepper. Gravy : Stock from chicken, parsley, corn flour, salt and pepper. <b>CONTAINS: No allergens</b></p> <p>Ø D FR</p>		<p>Beef, carrots, onion, celery, crushed tomato, red wine (sulphites), garlic, basil, thyme, marjoram, sage, 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, Hydrolysed vegetable protein (contains soy and wheat), colour (150c), onion powder, flavour enhancer (635), spice, food acid (330), <b>CONTAINS : Soy, Wheat (gluten free wheat), sulphites, may contain milk, sesame</b></p> <p>Ø D X</p>	
SIDES		DESSERT	
<p>Roast potato (salt, pepper and oil), Cross cut beans and carrots.</p>		<p><b>BANANA AND CHOCOLATE CAKE</b></p> <p>Cake : Wheat flour, bananas(23%), water, milk, eggs, vegetable oil, raising agents (calcium phosphate, sodium bicarbonate), canola oil. <b>CONTAINS: Wheat, eggs, milk D</b></p>	

**SOUP**

3. BEEF, BARLEY & SUMMER VEGETABLE

**C**

**D**

**CHERRY TOMATO, BACON AND SPINACH QUICHE**

**SUMMER VEGETABLE GRATIN WITH PARMESAN AND PANKO CRUMB**

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).

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 contains ammonium chloride, acidity regulator E516), Cream (halal gelatin, milk and milk products), cheese (pasteurised milk, salt, cultures, enzyme).

Filling : Eggs, Cream (halal gelatin, milk and milk products), cheese (pasteurised milk, salt, cultures, enzyme) ,cherry tomato, spinach, bacon (pork, water, salt, sugar, mineral salts (451)(450), antioxidant (316), preservative (250),natural wood smoke), salt and pepper.

**CONTAINS : Milk, wheat (gluten free wheat)**

**CONTAINS : Wheat (gluten free wheat) eggs, milk, soy**

**D X**

Ø D FR



WEEK DAY		1 THURSDAY			
A		B			
<b>ROAST BEEF WITH DIJON AND CAPER GRAVY</b>  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. Dijon mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], Capers (water, wine, vinegar, salt), salt and cracked pepper. <b>CONTAINS: Milk, soy, sulphites</b>  Ø D X FR		<b>PERI PERI CHICKEN DRUMSTICKS WITH STOCK GRAVY</b>  Chicken drumsticks, Oil, chilli, garlic, lime juice/zest, paprika, oregano, salt and pepper.  Gravy : Stock from chicken, parsley, corn flour, salt and cracked pepper. <b>CONTAINS : Milk</b>  Ø D FR			
SIDES		DESSERT			
Mustard potato: Milk (pasteurised and homogenized whole milk). Whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric]. Cabbage and corn. <b>CONTAINS: Milk</b>		<b>4. MOROCCAN LAMB, LENTIL &amp; VEGETABLE</b>  <b>C</b> <b>CINNAMON AND MINT LAMB STEW</b>  Lamb, cinnamon, turmeric, all spice, carrot, onion, celery, parsnip, swede, garlic, parsley, mint, tomato paste, salt and 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, Hydrolysed vegetable protein (contains soy and wheat), colour (150c), onion powder, flavor enhancer (635), spice, food acid (330), <b>CONTAINS: Soy, milk, wheat (gluten free wheat) may contain sesame</b>  Ø D X		<b>D</b> <b>MUSHROOM, SPINACH AND FETA STUFFED CAPSICUM</b>  Capsicum, tomato, mushroom, spinach, red onion, feta cheese (pasteurised milk, salt, cultures, enzyme), salt and pepper. <b>CONTAINS: Milk</b>  Ø D FR	
<b>LEMON AND LIME DRIZZLE CAKE</b>  Cake: Wheat flour(self raising), sugar, icing sugar, sour cream (milk solids), coconut, water, eggs, vegetable oil, Neufchatel cheese, vanilla, canola oil, emulsifier (soy lecithin 322), lemon flavour. <b>CONTAINS: Wheat, milk, eggs, soy D</b>					

WEEK DAY		1 FRIDAY	
A		E	
<b>LEMON PEPPER ROAST CHICKEN WITH CREAM SAUCE</b>  Chicken fillet: Lemon juice/zest, turmeric, olive oil, salt and cracked pepper. Sauce: Cream (halal gelatin, milk and milk products), lemon juice/zest, turmeric, parsley, corn flour, salt and cracked pepper. <b>CONTAINS: Milk.</b>  Ø D FR		<b>ROAST BEEF WITH DIJON AND CAPER GRAVY</b>  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. Dijon mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], Capers (water, wine, vinegar, salt), salt and cracked pepper. <b>CONTAINS: Milk, soy, sulphites</b>  Ø D X FR  <b>SIDES</b> Mustard potato: Milk (pasteurised and homogenized whole milk). Whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric]. Cabbage and corn. <b>CONTAINS: Milk</b>	
SOUP		5. BROCCOLI, BACON & SPINACH	
C		D	
<b>BACON, MUSHROOM AND SPINACH RISOTTO WITH PARMESAN</b>  Arborio rice, Bacon (pork, water, salt, sugar, mineral salts (451)(450), antioxidant (316), preservative (250), natural wood smoke), mushroom, spinach, onion, garlic, cream (halal gelatin, milk and milk products), parmesan (pasteurised milk, salt, cultures, enzyme), salt and cracked pepper. <b>CONTAINS: Milk</b>  Ø D X		<b>ROASTED EGGPLANT AND COCONUT DHAL WITH RICE</b>  Red lentils, eggplant, ginger, turmeric, mustard seeds, green chilli, Garam masala, coconut milk, fresh coriander, salt and pepper. Rice: turmeric, salt, rice. <b>CONTAINS: No allergens.</b>  Ø D 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, (A) and (C) meals. Broccoli and diced carrots.		<b>CHOCOLATE CRÈME PUDDING</b> Water, sugar, milk powder, canola oil, modified starch (1422), cocoa powder, stabilisers (sodium alginate, xanthan gum), (caramel, titanium dioxide), salt. <b>CONTAINS: Milk</b>	

**WEEK  
DAY**

**2  
MONDAY**

**A**

**E**

**SOUP**

**6. CAULIFLOWER, LEEK & HORSERADISH**

**C**

**F**

**ROAST PORK WITH TARRAGON AND MUSTARD 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. Whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], tarragon, salt and cracked pepper.

**CONTAINS: Milk, soy**

**Ø D FR**

**LEMON PEPPER ROAST CHICKEN WITH CREAM SAUCE**

Chicken fillet: Lemon juice/zest, turmeric, olive oil, salt and cracked pepper.  
Sauce: Cream (halal gelatin, milk and milk products), lemon juice/zest, turmeric, parsley, corn flour, salt and cracked pepper.

**CONTAINS: Milk.**

**Ø D FR**

**SIDES**

Crushed potato with mustard and spring onion (Dijon mustard, water, mustard seed 18%, salt, sugar, food acid {acetic}, turmeric) and olive oil. Broccoli and diced carrots.

**ITALIAN PORK SAUSAGE WITH TOMATO GRAVY**

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.  
CONTAINS: No allergens.

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. Crushed tomato, salt and pepper.

**CONTAINS: Milk, soy**

**Ø D X**

**ROASTED EGGPLANT AND COCONUT DHAL WITH RICE**

Red lentils, eggplant, ginger, turmeric, mustard seeds, green chilli, Garam masala, coconut milk, fresh coriander, salt and pepper. Rice: turmeric, salt, rice.

**CONTAINS: No allergens.**

**Ø D FR**

**SIDES**

Roasted chats, butter beans and carrots.

**CHEESECAKE WITH RASPBERRY COULIS**

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) **CONTAINS: Milk, wheat (gluten),soy, egg D**

WEEK DAY		2 TUESDAY	
A		B	
SOUP		7. CHICKEN & CORN CHOWDER	
C		D	
<b>ROAST LAMB WITH MINTED GRAVY</b> 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. Mint, salt and cracked pepper. <b>CONTAINS: Milk, soy.</b>  Ø D FR		<b>MONGOLIAN BEEF STIRFRY WITH RICE</b> Beef (rump strips), Mongolian sauce ( water, sugar, soy sauce [17%] water, soybeans, rice, salt), sherry, thickeners (1422, 415), onion, chillies (1.6%), vegetable oil, food acids(acetic, lactic), garlic, yeast extract, colour(150d), salt, natural flavour), oil, corn flour, spring onion, capsicum, bok choy, onion, carrot. Rice: Rice, turmeric, salt. <b>CONTAINS: Soy, may contain milk, sesame, nuts</b>  Ø D X	
<b>MEXICAN CHORIZO AND CAPSICUM QUICHE</b>  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 : 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. <b>CONTAINS: Milk, eggs, wheat (gluten free wheat), soy</b> Ø D FR		<b>SWEET POTATO, FETA AND BASIL QUICHE</b>  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 : Cheese (pasteurised milk, salt, cultures, enzyme) feta cheese (pasteurised milk, salt, cultures, enzyme), eggs and cream (halal gelatin, milk and milk products), sweet potato, basil, salt and pepper. <b>CONTAINS: Milk, eggs, wheat (gluten free wheat), soy.</b>  Ø D FR	
<b>SIDES</b>		<b>DESSERT</b>	
Potato mash, Milk (pasteurised and homogenized whole milk). Butter (pasteurised cream, water, salt, milk fat 80% minimum). Meals (A), (C) and (D). Peas and cauliflower. <b>CONTAINS: Milk.</b>		<b>HUMMINGBIRD CAKE</b>  Cake: Sugar, wheat flour, bananas, water, milk, eggs, vegetable oil, raising agents (calcium phosphate, sodium bicarbonate), canola oil, coconut, pineapple, Neufchatel cheese, icing sugar, sour cream, water, flavours, chocolate (emulsifier, soy lecithin 322). <b>CONTAINS: Milk, wheat (gluten free wheat) ,soy, egg D</b>	

WEEK DAY		2 WEDNESDAY	
A		B	
SOUP		8. MINISTRONE & BACON	
C		D	
<b>SMOKY B.B.Q CHICKEN WITH OREGANO GRAVY</b>  CHICKEN : Chicken fillet, paprika, thyme, lemon zest/juice, tomato paste, brown sugar, oil, 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. Oregano, salt and cracked pepper. <b>CONTAINS : Milk , soy</b>  Ø D FR		<b>PORK KRANSKY SAUSAGE WITH MUSTARD AND CHIVE CREAM SAUCE</b>  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. <b>CONTAINS: Milk.</b>  Ø D FR X	
<b>INDIAN MADRAS BEEF CURRY WITH RICE</b>  Beef, Madras paste: (water, spices[26%], vegetable oil, salt, food acids[acetic, citric, lactic], tamarind, maize flour, garlic powder), onions, fresh coriander.  RICE : Rice, salt and pepper. <b>CONTAINS: No allergens.</b>  Ø D X		<b>PANKO AND PARMESAN BAKED EGGPLANT WITH TOMATO AND BASIL SAUCE</b>  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. <b>Contains : Wheat, milk</b>  Ø D FR	
SIDES		DESSERT	
Roast potato, meals (A), (B) and (D). Broccoli and diced carrots.		<b>CHEESECAKE WITH PASSIONFRUIT COULIS</b> 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], flavors) , butter, sugar, gelatin, canola oil. <b>CONTAINS: Milk, wheat (gluten free wheat),soy ,egg</b> Passionfruit coulis: Passionfruit pulp (41%), water, sugar, passionfruit concentrate (8.81%, vegetable gum (415), preservative (202). <b>CONTAINS: No allergens. D</b>	

WEEK DAY		2 THURSDAY		SOUP		9. HEARTY BEEF & BEAN	
A		B		C		D	
<b>ROAST TURKEY WITH CRANBERRY AND THYME SAUCE</b> 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: 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 thyme. <b>CONTAINS: Milk, soy, sulphites.</b> Ø D FR		<b>HOISIN PORK STIRFRY WITH RICE</b> Pork: 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). Carrots, capsicum, onion, celery, bok choy, spring onion, oil, salt and pepper. Rice: Rice, salt and pepper. <b>CONTAINS: Soy, wheat, sesame seeds</b> D X		<b>TUNA LEEK AND SPINACH PASTA BAKE WITH PANKO CRUMB</b> Pasta: Durum wheat semolina. CONTAINS: Wheat, may contain traces of egg and soy. Cream (halal gelatin, milk and milk products). Cheese (pasteurised milk, salt, cultures, enzyme), leek, spinach, nutmeg, corn flour, salt and pepper. Panko crumbs: wheat flour, yeast, salt, palm oil, glucose, food contains ammonium chloride, acidity regulator (E516), tuna <b>CONTAINS: Milk, wheat, fish, may contain traces of egg and soy.</b> D X		<b>MUSHROOM, SPINACH AND PARSLEY PASTA BAKE</b> Pasta : Durum wheat semolina. CONTAINS: Wheat, may contain traces of egg and soy. Cream (halal gelatin, milk and milk products). Cheese (pasteurised milk, salt, cultures, enzyme). Mushroom, spinach, parsley, nutmeg, corn flour, salt and pepper. Panko crumbs: wheat flour, yeast, salt, palm oil, glucose, food contains ammonium chloride, acidity regulator (E516). <b>CONTAINS: Milk, wheat, may contain traces of egg and soy.</b> D FR	
SIDES				DESSERT			
Baked cream chats (halal gelatin, milk and milk products), (A) (C)and (D) meals. Cross cut beans and corn. <b>CONTAINS: Milk</b>				<b>GLUTEN FREE FUDGE BROWNIE AND RASPBERRIES</b> Cake: Compound chocolate (sugar, vegetable fat, cocoa powder, emulsifier(322 soy, 476, 492), flavours), 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), egg, sour cream(milk solids, culture), flavour, canola oil, emulsifier(soy lecithin 322)( calcium phosphate, sodium bicarbonate), raspberries. <b>CONTAINS: Soy, milk, egg.</b> Ø D			

WEEK DAY		2 FRIDAY		SOUP		10. CREAMY CHICKPEA & TOMATO	
A		E		C		D	
<b>CORN BEEF WITH PARMESAN AND ROAST GARLIC SAUCE</b> Corned beef (beef, brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolysed vegetable protein (maize), vegetable oil, humectants (422).  CONTAINS: No allergens Sauce: cream ( halal gelatin, milk and milk products), roast garlic, white wine (sulphites),parmesan Cheese ( pasteurised milk, salt, cultures, enzyme), parsley, corn flour, salt and cracked pepper. <b>CONTAINS: milk, sulphites</b>  Ø D FR		<b>ROAST TURKEY WITH CRANBERRY AND THYME SAUCE</b> 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: 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 thyme. <b>CONTAINS: Milk, soy, sulphites.</b> Ø D FR  <b>SIDES</b> Baked cream chats (halal gelatin, milk and milk products). Cross cut beans and corn. <b>CONTAINS: Milk</b>		<b>INDONESIAN CHICKEN NOODLE STIRFRY</b>  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). Sweet soy, palm sugar, water, salt, soybeans (2.1%), wheat, preservatives (E211, E223). Chicken, garlic, eggs, spring onions, bok choy, capsicum, carrot, celery, lime juice, chilli, salt and pepper. Soy sauce: water, soybeans (20%), rice, salt, contains (3.2% alcohol v/v) from the natural brewing process, <b>Contain: Wheat (gluten free wheat) soy, eggs.</b>  D X		<b>MUSHROOM NOODLE STIRFRY</b>  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.  <b>CONTAINS: wheat (gluten free wheat), soy, egg.</b>  D X	
SIDES				DESSERT			
Roast potato (A) meal. Carrots and peas.				<b>CREAMY RICE PUDDING WITH CINNAMON</b>  Ingredients: Water, sugar, milk powder, rice, cream (milk), modified starch (1422), natural flavor, cinnamon, salt. <b>CONTAINS: Milk</b>  D			

WEEK DAY		3 MONDAY		SOUP		1. CARROT, PUMPKIN & LENTIL	
A		B		C		D	
<b>GREEK STYLE ROAST CHICKEN FILLET WITH ZESTY OREGANO GRAVY</b>  Chicken: Chicken breast fillet, honey, lemon zest/juice, garlic, oregano, salt, pepper and oil. Sauce: 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), flavor enhancer (635), spice. Oregano, salt and cracked pepper <b>CONTAINS: Milk, soy</b>  Ø D FR		<b>HAM STEAK WITH CREAMY MUSHROOM GRAVY</b>  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), mushrooms, salt and cracked pepper. <b>CONTAINS: Milk, soy</b>  Ø D FR		<b>SAVOURY BEEF AND SAGE RISSOLES WITH MUSTARD GRAVY</b>  Rissole: Beef 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. Wholegrain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], parsley, salt and pepper. <b>CONTAINS: Milk, soy</b>  Ø D FR		<b>MUSHROOM NOODLE STIRFRY</b>  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.  <b>CONTAINS: wheat (gluten free wheat), soy, egg.</b>  D X	
SIDES							
Tuscan roasted chat potato (oil, salt, pepper, spices, herbs, garlic). Peas and carrots.				<b>CHEESECAKE WITH RASPBERRY COULIS</b>  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) <b>CONTAINS: Milk, wheat (gluten),soy, egg D</b>			



WEEK DAY		3 TUESDAY	
A		B	
SOUP		2. CHICKEN LEEK & VEGETABLE	
C		D	
<b>ROAST BEEF WITH RED WINE AND HORSERADISH GRAVY</b> 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. 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). Red wine (Sulphites), thyme, salt and cracked pepper. <b>CONTAINS: Milk, soy, sulphites</b> Ø D FR		<b>SPANISH BAKED LAMB LOIN CHOPS WITH TOMATO GRAVY</b>  Lamb: lamb loin chops, garlic, lemon juice/ zest, cumin powder, paprika, 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), flavor enhancer (635), spice, crushed tomato, parsley, salt and cracked pepper. <b>CONTAINS : Milk, soy</b>  Ø D FR	
<b>LIME AND LEMONGRASS CHICKEN NOODLE STIRFRY</b>  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, lime juice/zest, lemongrass, spring onions, sweet chilli (sugar, water, chilli, salt, thickener {1442, 415}, acidity regulator {260}, preservative {202}). Bok choy, capsicum, celery, onion, egg, salt and pepper. <b>CONTAINS: Wheat (gluten free wheat), egg</b>  D X		<b>ZUCCHINI LEEK AND FETA QUICHE</b>  Pastry: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavor, 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), zucchini, leek, tasty cheese ( pasteurised milk, salt, cultures, enzyme), salt and pepper. <b>CONTAINS : Milk, eggs, wheat (gluten free wheat) , soy</b>  Ø D FR	
SIDES		DESSERT	
Broccoli and cauliflower. 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). <b>CONTAINS : Milk</b>		<b>RHUBARB AND APPLE CRUMBLE SLICE</b>  <b>Cake:</b> 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). <b>CONTAINS: Wheat (gluten free wheat), soy, eggs, milk, nuts. D</b>	

WEEK DAY		3 WEDNESDAY		SOUP		3. BEEF BARLEY & SUMMER VEGETABLE	
A		B		C		D	
<b>ROAST PORK WITH HONEY MUSTARD AND HERB GRAVY</b>  PORK: Pork loin, salt and pepper Gravy: Whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], parsley, thyme, honey, salt and cracked 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), flavor enhancer (635), spice. <b>CONTAINS : Milk, soy</b>  Ø D FR		<b>MEDITERRANEAN GRILLED BEEF STEAKS WITH TOMATO AND BALSAMIC SAUCE</b>  Steaks: Eye of rump medallion steaks, salt and pepper, garlic, oregano, honey, lemon juice/zest, oil, salt and cracked pepper. Sauce: Crushed tomato, brown sugar, smoked paprika, garlic, balsamic vinegar (sulphites), thyme, onion, salt and pepper. <b>CONTAINS: Sulphites</b>  Ø D FR		<b>COUNTRY STYLE CHICKEN STEW</b>  Diced chicken, bay leaves, crushed tomato, celery, garlic, carrot, leek, onion, thyme, parsley, salt and pepper. Cream (halal gelatin, milk and milk products). <b>CONTAINS: Milk</b>  Ø D		<b>CARAMELISED ONION THYME AND FETA SLICE</b>  Onion, thyme, oil, eggs, cream (halal gelatin, milk and milk products). Feta (pasteurised milk, salt, cultures, enzyme), tasty cheese (pasteurised milk, salt, cultures, enzyme), salt and pepper. <b>CONTAINS: Eggs, milk</b>  Ø D	
SIDES				DESSERT			
Cross cut beans, Diced carrots, Roast potato (Salt, pepper and oil).				<b>TIRAMISU SPONGE CAKE WITH CHOCOLATE SAUCE</b> Cream (34%), dark chocolate (34%) (sugar, cocoa mass, cocoa butter, milk solids, emulsifier [soy lecithin, 47b], flavor), eggs, wheat flour, sugar, water, emulsifier, baking powder (calcium phosphate, sodium bicarbonate), milk powder flavours, cocoa powder. <b>CONTAINS: Milk, wheat (gluten free wheat) ,soy, egg D</b> <b>Sauce:</b> Sugar, water, cocoa powder (10%), sugar, glucose syrup, thickener (1422), salt, food acid (330), preservative (202), flavour, vegetable gum (415). <b>CONTAINS: No allergens</b>			

WEEK DAY		3 THURSDAY		SOUP		4. MOROCCAN LAMB, LENTIL & VEGETABLE	
A		B		C		F	
<b>CORN BEEF WITH A CREAMY GREEN PEPPERCORN SAUCE</b>  Corned beef: Brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolysed vegetable protein (maize), vegetable oil, humectants (422).  Sauce: Cream (halal gelatin, milk and milk products). Dijon mustard, parsley, corn flour, salt and green peppercorn. <b>CONTAINS : Milk</b>  Ø D FR		<b>ASIAN GLAZED CHICKEN DRUMSTICKS WITH RICE</b>  Chicken drumsticks: Chicken, balsamic vinegar (wine vinegar [sulphites], concentrated grape musk, caramel [E150d]), honey, brown sugar, garlic, ginger, pepper, sesame seeds, gluten free soy sauce, water, soybeans (20%), rice, salt, contains (3.2% alcohol v/v) from the natural brewing process,  Stock gravy: Liquid stock from chicken, parsley, salt and pepper, corn flour.  Rice: Rice, turmeric and salt. <b>CONTAINS : Sulphites, soy, sesame</b>  Ø D FR		<b>COCONUT PORK CURRY WITH RICE</b>  Diced pork, onion, garlic, ginger, mild curry powder, cumin, turmeric, crushed tomato, coconut milk, salt and cracked pepper. Fresh coriander.  Rice: Rice, turmeric and salt. <b>CONTAINS: No allergens.</b>  Ø D X		<b>CARAMELISED ONION THYME AND FETA SLICE</b>  Onion, thyme, oil, eggs, cream (halal gelatin, milk and milk products). Feta (pasteurised milk, salt, cultures, enzyme), tasty cheese (pasteurised milk, salt, cultures, enzyme), salt and pepper. <b>CONTAINS: Eggs, milk</b>  Ø D	
SIDES				DESSERT			
Cabbage, corn and roast potato with paprika and nutmeg for meals A and B meal.				<b>PEAR, ALMOND AND PISTACHIO TART</b>  Tart: Butter (milk solids), sugar, flour, egg, almond meal, pistachios, pear, glaze (sugar, water). <b>CONTAINS: Milk, wheat, egg, nuts D</b>			

WEEK DAY		3 FRIDAY		SOUP		5. BROCCOLI BACON & SPINACH	
A		E		C		D	
<p><b>LEMON AND PAPRIKA BAKED CHICKEN WITH RICH GRAVY</b></p> <p>Chicken: Chicken breast fillet, lemon zest/ juice, garlic, paprika, olive oil, salt and cracked 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.</p> <p><b>CONTAINS: Milk, soy</b></p> <p>Ø D FR</p>		<p><b>CORN BEEF WITH A CREAMY GREEN PEPPERCORN SAUCE</b></p> <p>Corned beef: Brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolysed vegetable protein (maize), vegetable oil, humectants (422).</p> <p>Sauce: Cream (halal gelatin, milk and milk products). Dijon mustard, parsley, corn flour, salt and green peppercorn.</p> <p><b>CONTAINS : Milk</b></p> <p>Ø D FR</p> <p><b>SIDES</b> Cabbage, corn and roast potato with paprika and nutmeg</p>		<p><b>SLOW COOKER BEEF AND TOMATO STEW</b></p> <p>Diced beef, onions, carrot, celery, tomato paste, red wine (sulphites), balsamic vinegar, thyme, crushed tomato, garlic, parsley, 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, Hydrolysed vegetable protein (contains soy and wheat), colour (150c), onion powder, flavour enhancer (635), spice, food acid (330), Salt and cracked pepper.</p> <p><b>CONTAINS: Soy, wheat (gluten free wheat), sulphites, milk, may contain sesame</b></p> <p>Ø D X</p>		<p><b>VEGIE CHILLI CON CARNE</b></p> <p>Crushed tomato, red onion, garlic, cumin powder, paprika, thyme, capsicum, red kidney beans, roast sweet potato, corn, parsley, salt and cracked pepper.</p> <p><b>CONTAINS: Milk</b></p> <p>Ø D X</p>	
<b>SIDES</b>				<b>DESSERT</b>			
<p>Carrot, cauliflower and Broccoli Medley. Creamy Roast potato, cream (halal gelatin, milk and milk products),</p> <p><b>CONTAINS: Milk</b></p>				<p><b>VANILLA BEAN PANNA COTTA</b></p> <p>Ingredients: Water, milk powder, cream (milk), sugar, gelatin, modified corn starch (1442), flavour, vegetable gum (415, 412), vanilla bean, colour (171).</p> <p><b>CONTAINS: Milk</b></p> <p>Ø D</p>			

WEEK DAY		4 MONDAY	
A		E	
<b>CORN BEEF WITH MUSTARD AND PARSLEY CREAM SAUCE</b>  Corned Beef: Brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolysed 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. <b>CONTAINS: Milk</b>  Ø D FR		<b>LEMON AND PAPRIKA BAKED CHICKEN WITH RICH GRAVY</b>  Chicken: Chicken breast fillet, lemon zest/ juice, garlic, paprika, 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. <b>CONTAINS: Milk, soy</b>  Ø D FR  <b>SIDES</b> Carrot, cauliflower and Broccoli Medley. Creamy Roast potato, cream (halal gelatin, milk and milk products), <b>CONTAINS: Milk</b>	
C		F	
<b>SAVOURY CHICKEN AND SAGE RISSOLES WITH RICH GRAVY</b>  Rissoles: Chicken mince, sage, onion, salt and pepper.  CONTAINS: No allergens 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, <b>CONTAINS: Milk, soy</b>  Ø D X		<b>6. CAULIFLOWER, LEEK &amp; HORSERADISH</b>  <b>VEGIE CHILLI CON CARNE</b>  Crushed tomato, red onion, garlic, cumin powder, paprika, thyme, capsicum, red kidney beans, roast sweet potato, corn, parsley, salt and cracked pepper. <b>CONTAINS: Milk</b>  Ø D X	
SIDES			
Cross cut beans, carrots and Roasted chat potato (oil, salt and pepper)		<b>CHEESECAKE WITH RASPBERRY COULIS</b>  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) <b>CONTAINS: Milk, wheat (gluten),soy, egg D</b>	

WEEK DAY		4 TUESDAY	
A		B	
<b>ROAST LAMB WITH ROAST GARLIC AND ROSEMARY GRAVY</b>  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, fresh rosemary, garlic, salt and pepper. <b>CONTAINS: Milk , soy</b>  Ø D FR		<b>SPANISH BEEF STEW</b>  Beef, paprika, carrots, oregano, basil, garlic, onion, celery, crushed tomato, parsley. 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), hydrolysed vegetable protein (contain soy), flavour, onion powder, flavour enhancer (635), spice, food acid (330), and herb. Salt and pepper. <b>CONTAINS: Soy, milk, wheat (gluten free wheat) may contain sesame</b>  Ø D X	
SOUP		7. CHICKEN CORN CHOWDER	
C		D	
<b>SMOKED CHICKEN, PARMESAN AND LEEK QUICHE</b>  Smoked chicken (chicken 95%, water, salt, mineral salts [451,452], sugar, antioxidants [316], hydrolysed 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), leek. 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). <b>CONTAINS: Milk, eggs, wheat (gluten free wheat), soy</b>  Ø D FR		<b>ASPARAGUS, LEEK AND FETA QUICHE</b>  Tasty cheese (pasteurised milk, salt, cultures, enzyme), asparagus, leek, 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). <b>CONTAINS: Milk, eggs, wheat (gluten free wheat), soy</b>  Ø D	
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. <b>CONTAINS: Milk</b>		<b>VANILLA AND CHOCOLATE MARBLE SPONGE</b>  <b>Cake:</b> Self raising flour (wheat flour), raising agents, sugar, vanilla, eggs, cocoa, stabiliser water, emulsifier (471, 475), humectants (1520), sugar, dextrose, acidity regulator (570), preservative (202, 211), colours (102, 110). <b>CONTAINS: Wheat, eggs, milk D</b>	

**WEEK  
DAY**

**4**

**WEDNESDAY**

**A**

**ROAST PORK WITH SAGE AND APPLE SAUCE**

PORK: pork loin, salt and pepper  
Sauce: Sliced apples, water, sage, brown sugar, corn flour, salt and cracked 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 FR

**B**

**SPICE RUBBED CHICKEN DRUMSTICKS WITH RICH GRAVY**

Chicken drumsticks: chicken, paprika, cumin, coriander, turmeric, brown sugar, salt, pepper and oil.

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 FR

**SOUP**

**8. MINESTRONE & BACON**

**C**

**RED WINE AND OREGANO LAMB STEW**

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 flavors (contain soy), hydrolysed vegetable protein, colour (150c), onion powder, flavour enhancer (635), spice, food acid (330) and herbs.

**CONTAINS: Soy, sulphites , wheat (gluten free wheat), may contain milk, sesame**

Ø D X

**SIDES**

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.

**CONTAINS: Milk**

**D**

**PANKO AND PARMESAN CAULIFLOWER BAKE**

Bake: 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**

Ø D FR

**SIDES**

Rosemary and thyme roast potato, broccoli and cauliflower.

**DESSERT**

**RASPBERRY CHEESECAKE WITH RASPBERRY COULIS**

**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 (gluten free wheat), soy, egg D**

WEEK DAY		4 THURSDAY	
A		B	
<b>ROAST BEEF WITH CREAMY MUSHROOM AND CHIVE GRAVY</b>  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. Mushrooms, chives, salt, cracked pepper and cream (halal gelatin, milk and milk products), <b>CONTAINS: Milk, soy</b>  Ø D FR		<b>TERIYAKI CHICKEN STIR FRY WITH RICE</b>  Stir fry: Diced chicken, celery, carrots, spring onion, capsicum, bok choy, onion, honey, gluten free soy sauce (water, soybeans (20%), rice, salt, contains (3.2% alcohol v/v) from the natural brewing process), ginger, garlic, sesame oil, sesame seeds, corn flour, salt and pepper. Rice: Rice, salt and turmeric <b>CONTAINS : Soy, sesame</b>  Ø D X	
SIDES		DESSERT	
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) meal, cabbage and corn. Rice (B) and (D) meal <b>CONTAINS: Milk</b>		<b>FLOURLESS JAFFA CAKE</b>  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). <b>CONTAINS : Egg, nuts, soy, milk Ø D</b>	

SOUP		9. HEARTY BEEF & BEAN	
E		D	
<b>RED WINE AND OREGANO LAMB STEW</b>  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 flavors (contain soy), hydrolysed vegetable protein, colour (150c), onion powder, flavour enhancer (635), spice, food acid (330) and herbs. <b>CONTAINS: Soy, sulphites , wheat (gluten free wheat), may contain milk, sesame</b>  Ø D X		<b>PANKO CRUSTED TOFU WITH SWEET CHILLI AND RICE</b>  Tofu: (soy beans, salt), panko bread crumbs (wheat flour, yeast, salt, palm oil, glucose, ammonium chloride, acidity regulator E516), egg, flour, salt and pepper. Sweet chilli sauce: (sugar, water, chilli, salt, garlic, thickener [1422, 415], acidity regulator [260], preservative [202]).  Rice: Rice, turmeric and salt. <b>CONTAINS: Soy, wheat, egg</b>  D FR	



**WEEK  
DAY**

**4  
FRIDAY**

**A**

**E**

**SOUP**

**10. CREAMY CHICKPEA & TOMATO**

**C**

**D**

**GARAM MASALA ROAST CHICKEN WITH  
YELLOW RICE**

Chicken: Breast chicken fillet, Garam masala (Indian spice blend), garlic, ginger, salt, pepper and oil.

Sauce: Stock from chicken, fresh coriander, corn flour, coconut milk, salt and cracked pepper.

Rice: Rice, turmeric and salt.

**CONTAINS : No allergens**

Ø D FR

**ROAST BEEF WITH CREAMY MUSHROOM  
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. Mushrooms, chives, salt, cracked pepper and cream (halal gelatin, milk and milk products),

**CONTAINS: Milk, soy**

Ø D 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) meal, cabbage and corn. Rice (B) and (D) meal

**CONTAINS: Milk**

**STICKY PORK 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 FR

**PANKO AND PARMESAN BAKED  
EGGPLANT WITH TOMATO AND BASIL  
SAUCE**

Eggplant, Panko crumbs [wheat flour, yeast, salt, palm oil, glucose, food contains ammonium chloride, acidity regulator (E516)], onion, salt, pepper and Cheese (pasteurised milk, salt, cultures, enzyme).

Sauce: crushed tomato, basil, salt, pepper, and brown sugar.

**CONTAINS: Wheat (gluten free wheat), milk**

Ø D FR

**SIDES**

Roast potato, meals (C) and (D). Rice (A) meal. Carrot, cauliflower and broccoli.

**DESSERT**

**CHOCOLATE CRÈME PUDDING**

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

**CONTAINS: Milk.**

WEEK DAY	5 MONDAY			SOUP	1. CARROT, PUMPKIN & LENTIL
A	B	C	E		
<p><b>GARLIC AND HERB BUTTER ROAST CHICKEN WITH RICH GRAVY</b></p> <p>Chicken: Chicken fillet, butter (pasteurised cream, water, salt, milk fat 80% minimum), garlic, thyme, sage, parsley, salt and cracked 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.</p> <p><b>CONTAINS: Milk, soy</b></p> <p>Ø D FR</p>	<p><b>SLOW COOKED BRAISED BEEF STEAKS WITH GREEN PEPPERCORN SAUCE</b></p> <p>Steak: Beef, salt pepper CONTAINS: No allergens Sauce: Cream (halal gelatin, milk and milk products), green peppercorn, parsley, white wine (sulphites), garlic, corn flour, salt and cracked pepper.</p> <p><b>CONTAINS : Milk, sulphites</b></p> <p>Ø D FR</p>	<p><b>LAMB AND ROSEMARY SAUSAGE WITH CREAMY ROSEMARY GRAVY</b></p> <p>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.</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. Cream (halal gelatin, milk and milk products), rosemary, salt and cracked pepper.</p> <p><b>CONTAINS: Milk, soy</b></p> <p>Ø D FR</p>	<p><b>PANKO AND PARMESAN BAKED EGGPLANT WITH TOMATO AND BASIL SAUCE</b></p> <p>Eggplant, Panko crumbs [wheat flour, yeast, salt, palm oil, glucose, food contains ammonium chloride, acidity regulator (E516)], onion, salt, pepper and Cheese ( pasteurised milk, salt, cultures, enzyme).</p> <p>Sauce: crushed tomato, basil, salt, pepper, and brown sugar.</p> <p><b>CONTAINS: Wheat (gluten free wheat), milk</b></p> <p>Ø D FR</p>		
SIDES					
<p>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.</p> <p><b>CONTAINS: Milk</b></p>				<p><b>CHEESECAKE WITH RASPBERRY COULIS</b></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) <b>CONTAINS: Milk, wheat (gluten),soy, egg D</b></p>	

WEEK DAY	5 TUESDAY		SOUP	2. CHICKEN, LEEK & VEGETABLE
A	B	C	D	
<p><b>CORN BEEF WITH HORSERADISH AND CHIVE CREAM SAUCE</b></p> <p>Corned beef: Brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolysed vegetable protein (maize), vegetable oil, humectants (422).</p> <p>Sauce: Cream (halal gelatin, milk and milk products). 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), chives, corn flour, salt and cracked pepper.</p> <p><b>CONTAINS: Milk, soy, sulphites</b> Ø D FR</p>	<p><b>BALSAMIC AND TOMATO PORK STEW</b></p> <p>Diced pork, crushed tomato, balsamic vinegar (wine vinegar {sulphites}, concentrated grape must, caramel{E150d}), garlic, basil, parsley, oregano, carrots, onion, celery, paprika, nutmeg, salt and pepper.</p> <p><b>CONTAINS: Sulphites</b></p> <p>Ø D X</p>	<p><b>BACON, CHERRY TOMATO AND SPINACH QUICHE</b></p> <p>PASTRY: Wheat, flour, water, margarine, vegetable oils, salt, emulsifiers (4471, soy lecithin), food acid (330), flavor, antioxidant (307b), colour (160a), salt, preservatives (202, 281), food acid (330).</p> <p><b>CONTAINS: Wheat (gluten free wheat), soy.</b></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, cherry tomato and spinach.</p> <p><b>CONTAINS: Milk, eggs, wheat (gluten free wheat), soy</b> Ø D FR</p>	<p><b>SUMMER VEGETABLE AND HERB FRITTATA WITH TOMATO RELISH</b></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><b>CONTAINS: Milk, Egg</b></p> <p>Ø D</p>	
SIDES		DESSERT		
<p>Cauliflower, 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><b>FLOURLESS LEMON BUTTER CAKE</b></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><b>CONTAINS: Egg, soy, milk</b> Ø D</p>		

WEEK DAY		5 WEDNESDAY	
A		B	
ROAST PORK WITH HERB GRAVY		HUNGARIAN BEEF STEW	
<p>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. Parsley, thyme, sage, salt and cracked pepper. <b>CONTAINS: Milk, soy</b></p> <p>Ø D FR</p>		<p>Diced beef, onions, red wine (contain sulphites). 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), hydrolysed vegetable protein, colour (150c), onion powder, flavour enhancer (635), spice, food acid (330).</p> <p>Parsley, paprika, caraway seeds, garlic, celery, carrots, tomato paste, parsley, salt and cracked pepper. <b>CONTAINS: Soy, sulphites, wheat (gluten free wheat), may contain milk, sesame</b></p> <p>Ø D X</p>	
SIDES		DESSERT	
<p>Broccoli and Carrots. Roast potato, meals (A), (B).</p>		<p><b>DESSERT: MANGO CHEESECAKE WITH MANGO COULIS</b> <b>Cake:</b> 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. Mango coulis (mango, sugar, water). <b>CONTAINS: Soy, wheat (gluten free wheat), egg, milk. D</b></p>	

WEEK DAY		5 THURSDAY		SOUP		4. MOROCCAN LAMB, LENTIL & VEGETABLE	
A		B		C		D	
<b>ROAST BEEF WITH ROSEMARY, GARLIC AND ONION GRAVY</b>  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, garlic, onion, salt and cracked pepper. <b>CONTAINS: Milk, soy</b>  Ø D FR		<b>COCONUT CHICKEN CURRY WITH RICE</b>  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 <b>CONTAINS: May contain milk, sesame and soy</b>  Ø D X		<b>TUNA, SWEETCORN AND PARSLEY QUICHE</b>  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). <b>CONTAINS: Wheat (gluten free wheat), soy.</b>  Filling: Eggs, Cream (halal gelatin, milk and milk products), cheese (pasteurised milk, salt, cultures, enzyme), tuna, sweet corn, parsley, salt and pepper. <b>CONTAINS: Milk, wheat (gluten free wheat), soy, eggs, fish</b>  Ø D FR		<b>MUSHROOM BOLOGNESE</b>  Pasta: Durum wheat semolina. <b>CONTAINS: Wheat, may contain traces of egg and soy.</b> Button mushrooms, Swiss brown mushrooms, crushed tomato, tomato paste, onions, garlic, oregano, basil, parmesan (pasteurised milk, salt, cultures, enzyme), salt and pepper. <b>CONTAINS: Milk, wheat (gluten free wheat), may contain traces of egg and soy.</b>  D X	
SIDES				DESSERT			
Zucchini and corn. Potato mash, cream (halal gelatin, milk and milk products). Butter (pasteurised cream, water, salt, milk fat 80% minimum). A, C and D. <b>CONTAINS: Milk,</b>				<b>STICKY DATE PUDDING</b>  <b>Cake:</b> Pitted Dates (22%), sugar, wheat flour, eggs, butter (milk solids), walnuts, raising agent (sodium bicarbonate), glaze, canola oil. <b>CONTAINS: Wheat (gluten free wheat), eggs, milk, nuts. DĚ</b>			

**WEEK  
DAY**

**5  
FRIDAY**

**A**

**E**

**SOUP**

**5. BROCCOLI, BACON & SPINACH**

**C**

**D**

**TEXAN B.B.Q CHICKEN WITH RICH GRAVY**

Chicken: Chicken fillet, thyme, garlic, allspice, ginger, cayenne, parsley, honey, lemon juice/zest, red onion, 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 : Soy, Milk**

**Ø D FR**

**ROAST BEEF WITH ROSEMARY, GARLIC AND 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. Rosemary, garlic, onion, salt and cracked pepper.

**CONTAINS: Milk, soy**

**Ø D FR**

**SIDES**

Zucchini and corn. Potato mash, cream (halal gelatin, milk and milk products). Butter (pasteurised cream, water, salt, milk fat 80% minimum). A, C and D.

**CONTAINS: Milk,**

**MEXICAN CHORIZO STIRFRY WITH RICE**

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, fresh coriander, salt, pepper, and oil.

Rice: Rice, turmeric, salt.

**CONTAINS: No allergens**

**Ø D X**

**CAULIFLOWER AND ALMOND CURRY WITH RICE**

Cauliflower, eggplant, almond meal, onions, curry leaves, ginger, green chilli, tomato paste, coriander powder, garam masala, turmeric, water, salt and pepper. Roast almond flakes, fresh coriander.

Rice: Rice, turmeric, salt.

**CONTAINS : Nuts**

**Ø D X**

**SIDES**

Butter beans, diced carrots and 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), A and C.

**CONTAINS: wheat (gluten free wheat)**

**DESSERT**

**CRÈME CAMEL**

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

**CONTAINS: Milk**

WEEK DAY	6 MONDAY		SOUP		6. CAULIFLOWER, LEEK & HORSERADISH
A	B	C	E		
<p><b>MOROCCAN ROASTED CHICKEN FILLET WITH RICH GRAVY</b></p> <p>Chicken fillet, Moroccan spice: herbs, spices, sugar, salt, colour (150d)</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, flavor, food acid (330), flavour enhancer (635), spice.</p> <p><b>CONTAINS: Milk , soy</b></p> <p>Ø D FR</p>	<p><b>SAVOURY VEAL AND SAGE RISSOLES WITH TOMATO BASIL SAUCE</b></p> <p>Rissole: Veal mince, sage, onion, salt and pepper.</p> <p>Sauce: Crushed tomato, basil, brown sugar, salt and cracked pepper.</p> <p><b>CONTAINS: No allergens</b></p> <p>Ø D X</p>	<p><b>GERMAN BRATWURST SAUSAGE WITH MUSTARD GRAVY</b></p> <p>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.</p> <p><b>CONTAINS: No allergens</b></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.</p> <p><b>CONTAINS: Milk, soy</b></p> <p>Ø D FR</p>	<p><b>CAULIFLOWER AND ALMOND CURRY WITH RICE</b></p> <p>Cauliflower, eggplant, almond meal, onions, curry leaves, ginger, green chilli, tomato paste, coriander powder, garam masala, turmeric, water, salt and pepper. Roast almond flakes, fresh coriander.</p> <p>Rice: Rice, turmeric, salt.</p> <p><b>CONTAINS : Nuts</b></p> <p>Ø D X</p>		
SIDES					
<p>Cross cut beans, carrots and rosemary roasted chat potatoes (oil, salt, pepper, rosemary),</p>			<p><b>CHEESECAKE WITH RASPBERRY COULIS</b></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) <b>CONTAINS: Milk, wheat (gluten),soy, egg D</b></p>		

**WEEK  
DAY**

**6  
TUESDAY**

**SOUP**

**7. CHICKEN & CORN CHOWDER**

**A**

**B**

**C**

**D**

**ROAST LAMB WITH HONEY AND OREGANO 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), flavor enhancer (635), spice. Honey, oregano, parsley, salt and cracked pepper.  
**CONTAINS: Milk, soy**

Ø D FR

**EYE OF RUMP MEDALLION STEAK WITH MUSHROOM CREAM SAUCE**

Beef: Rump medallion, salt and pepper  
Sauce: Cream (halal gelatin, milk and milk products), mushrooms, thyme, salt and cracked pepper.  
**CONTAINS: Milk**

Ø D FR

**GINGER CHICKEN STIRFRY WITH CASHEWS AND 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), cashews, corn flour, salt and cracked pepper.  
Rice: Rice, turmeric, salt.  
**CONTAINS: Soy, nuts**

Ø D X

**SWEET POTATO, PUMPKIN AND HERB BAKE**

Sweet potato, pumpkin, parmesan cheese (pasteurised milk, salt, cultures, enzyme), panko breadcrumbs (wheat flour, yeast, salt, palm oil, glucose, yeast food contains ammonium chloride, acidity regulator E516), salt and pepper. Cream (halal gelatin, milk and milk products), thyme, salt, pepper and corn flour.  
**CONTAINS: Milk, wheat (gluten free wheat).**

Ø D FR

**SIDES**

**DESSERT**

Peas, carrot and 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.

**NEW YORK CHEESECAKE WITH CRUMBLE**

Cake: Neufchatel cheese (31%), sour cream, biscuit crumb: wheat flour, sugar, vegetable oil, wheat bran, fructose syrup, salt, raising agent (calcium phosphate, sodium bicarbonate), emulsifier (soy lecithin), egg, condensed milk (37%), coconut, 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), icing mix (sugar, starch), cocoa, flavour, colour (102, 133), canola oil, emulsifier (soy lecithin 322), wheat flour, raising agent (calcium phosphate, sodium bicarbonate), flavours.  
**CONTAINS: Wheat, egg, milk, soy D**



WEEK DAY		6 WEDNESDAY	
A		B	
CORN BEEF WITH WHITE WINE AND HERB CREAM SAUCE		SPRING VEGETABLE CHICKEN CASSEROLE	
<p>Corned beef: Brine, water, salt, mineral salts (451, 452, 450), sugar, antioxidant (316), sodium nitrate (250), hydrolysed vegetable protein (maize), vegetable oil, humectants (422).</p> <p>Sauce: Cream (halal gelatin, milk and milk products), white wine (sulphites), parsley, thyme, sage. Dijon mustard: water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric, corn flour, salt and cracked pepper.</p> <p><b>CONTAINS: Milk, sulphites</b></p> <p>Ø D FR</p>		<p>Stew: Diced chicken, crushed tomato, garlic, white wine (contain sulphites), celery, carrots, onions, parsley, lemon thyme, spring onion. 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.</p> <p><b>CONTAINS: Sulphites, may contain sesame and soy.</b></p> <p>Ø D X</p>	
SOUP		8. MINESTRONE & BACON	
C		D	
<p><b>CLASSIC QUICHE LORRAINE</b></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><b>CONTAINS: Wheat (gluten free wheat), soy.</b></p> <p>FILLING: Bacon: pork, water, salt, sugar, mineral salts (451), natural wood smoke, spring onion, nutmeg. Cheese (pasteurised milk, salt, cultures, enzyme), parmesan cheese (pasteurised milk, salt, cultures, enzyme), eggs and cream (halal gelatin, milk and milk products), salt and pepper.</p> <p><b>CONTAINS: Milk, eggs, wheat (gluten free wheat), soy Ø D FR</b></p>		<p><b>MUSHROOM AND SWEET POTATO CURRY WITH RICE</b></p> <p>Button mushrooms, swiss brown mushrooms, green chilli, fenugreek seeds, mustard seeds, mild curry powder, tomato, coconut milk, onion, ginger, garlic, turmeric, salt and pepper. Sweet potato.</p> <p>Rice: Rice, turmeric, salt.</p> <p><b>CONTAINS: No allergens</b></p> <p>Ø D X</p>	
SIDES		DESSERT	
<p>Butter beans and carrots. Roast potato, Meals (A), (B) and (C).</p>		<p><b>CHOCOLATE MUD CAKE</b></p> <p>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).</p> <p><b>CONTAINS: Wheat (gluten free wheat), milk, egg, soy. D</b></p>	

**WEEK  
DAY**

**6**

**THURSDAY**

**A**

**ROAST PORK WITH CRACKED PEPPER  
AND SAGE 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. Sage, salt and cracked pepper

**CONTAINS: Milk , soy**

Ø D FR

**B**

**HONEY, THYME AND DIJON GLAZED  
CHICKEN DRUMSTICKS WITH STOCK  
SAUCE**

Chicken: drumsticks, honey, thyme. Dijon mustard: water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric, olive oil, salt and cracked pepper.

Sauce: Stock from roast chicken, parsley, cream (halal gelatin, milk and milk products), salt, pepper and corn flour.

**CONTAINS: Milk**

Ø D FR

**SOUP**

**9. HEARTY BEEF & BEAN**

**C**

**EGG AND BACON FRIED RICE**

Rice: Rice, bacon: pork, water, salt, sugar, mineral salts (451), natural wood smoke.  
Egg, spring onion, gluten free soy, water, soybeans (20 %), rice, salt contains 3.2 % alcohol from the natural brewing process, carrot, celery, capsicum, bok choy, peas.  
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

**CONTAINS: Soy, egg, may contain sesame and milk**

Ø D X

**D**

**VEGETARIAN FRIED RICE**

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)].

**CONTAINS: Eggs, soy.**

Ø D X

**SIDES**

Broccoli and corn. 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.

**CONTAINS: milk**

**DESSERT**

**BERRY MOUSSE SPONGE PUDDING**

Cake: Self raising flour, baking powder, cream (milk solids), caster sugar, eggs, vegetable oil, blueberry, raspberry, coconut.

**CONTAINS: Wheat (gluten free wheat), egg, milk D**

WEEK DAY		6 FRIDAY	
A		E	
<b>PORTUGESE ROAST LEMON CHICKEN WITH STOCK GRAVY</b>  Chicken: Chicken fillet, tomato paste, garlic, lemon juice/zest, oregano, lemon thyme, red chilli, paprika, oil, brown sugar, salt and cracked pepper.  Stock gravy: Liquid stock from chicken, fresh parsley, salt, pepper and corn flour. <b>CONTAINS: No allergens</b>  Ø D FR		<b>ROAST PORK WITH CRACKED PEPPER AND SAGE GRAVY</b>  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. Sage, salt and cracked pepper <b>CONTAINS: Milk , soy</b>  Ø D FR  <b>SIDES</b> Broccoli and corn. Mash potato: butter (pasteurised cream, water, salt, milk fat 80% minimum), cream (halal gelatin, milk and milk products), salt and pepper <b>CONTAINS: milk</b>	
SOUP		10. CREAMY CHICKPEA & TOMATO	
C		F	
<b>CORIANDER AND COCONUT LAMB CURRY WITH RICE</b>  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),hydrolysed vegetable protein (contain soy),flavor, onion powder, flavour enhancer (635), spice, food acid (330).  Rice: rice, turmeric, salt. <b>CONTAINS: Soy, wheat (gluten free wheat), may contain milk, sesame</b>  Ø D X		<b>VEGETARIAN FRIED RICE</b>  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)]. <b>CONTAINS: Eggs, soy.</b>  Ø D X	
SIDES		DESSERT	
Roast potato (A) meal. Carrots and peas		<b>VANILLA BEAN PANNA COTTA</b>  Water, milk powder, cream (milk), sugar, gelatin, modified corn starch (1422), flavour, vegetable gum (415,412), vanilla bean, colour (171). <b>CONTAINS: Milk</b>  Ø D	