



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 October 29 (Delivery 05/11)

WEEK 2 - Orders due November 5 (Delivery 12/11)

WEEK 3 - Orders due November 12(Delivery 19/11)

WEEK 4 - Orders due November 19 (Delivery 26/11)

WEEK 5 - Orders due November 26 (Delivery 03/12)

WEEK 6 - Orders due December 3 (Delivery 10/12)

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

PRICE LIST

Main course	\$13.50
2 courses	\$14.95
3 course	\$18.95
Soup & Desserts	\$4.00 (available to purchase 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. ~Consume within 24 hours of delivery.

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	
CORN BEEF WITH PARMESAN AND ROAST GARLIC SAUCE 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), white wine (sulphites), garlic, parsley, salt and pepper, corn flour, parmesan (pasteurised milk, salt, cultures, enzyme). CONTAINS: Milk, sulphites. Ø D FR		SLOW COOKED BRAISED PORK STEAK WITH ONION AND SAGE 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, food acid (330), flavor enhancer (635), spice. Onions, sage, salt and pepper. CONTAINS: Milk, soy. Ø D FR		CHICKEN SAUSAGES WITH TOMATO RELISH Sausage: Chicken leg meat skin on, salt, pepper, ground oregano, lemon peel. Tomato Relish: Tomato (50%), sugar, onion, vinegar, concentrated tomato thickener (1422), salt, spices, garlic, acidity regulator (330) and firming agent (509). CONTAINS: No allergens. Ø D FR X		ROAST PUMPKIN, LEEK AND SPINACH RISOTTO 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. CONTAINS: Milk, sulphites. Ø D X	
SIDES							
Rosemary roasted chats (rosemary, olive oil, salt and pepper) Peas and carrots.							

WEEK DAY		1 TUESDAY	
A		B	
SOUP		2. CHICKEN, LEEK & VEGETABLE	
C		D	
ROAST PORK WITH CRANBERRY AND CHIVE 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. Cranberry sauce (sugar, water, cranberry {30%}, gelling agent {fruit pectin}, food acids {330, 331}, mineral salt {509}). Chives, salt and pepper. CONTAINS: Milk, soy. Ø D FR		TOMATO AND MINT LAMB STEW 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. CONTAINS: Soy, milk and wheat (gluten free wheat), may contain sesame. Ø D X	
SAVOURY TURKEY AND SAGE RISSOLES WITH SPRING ONION 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. Spring onions cracked pepper and salt. CONTAINS: Milk, soy. Ø D X		SPRING VEGETABLE QUICHE 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. CONTAINS: Wheat (gluten free wheat), eggs, milk, soy. Ø D FR	
SIDES Broccoli, cauliflower and mash potato - butter (pasteurised cream, water, salt, milk fat 80% minimum). Milk (pasteurised and homogenised whole milk), salt and pepper CONTAINS: Milk		DESSERT PASSIONFRUIT SPONGE CAKE 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. CONTAINS : Wheat, eggs, soy, milk D	

WEEK DAY		1 WEDNESDAY	
A		B	
TURMERIC, LIME AND HONEY BAKED CHICKEN WITH STOCK GRAVY Chicken fillet: Lime juice/zest, honey, turmeric, oil, garlic, salt and cracked pepper. Gravy : Stock from chicken, parsley, corn flour, salt and pepper. CONTAINS: No allergens Ø D FR		NORTHERN ITALIAN BEEF STEW 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), CONTAINS : Soy, Wheat (gluten free wheat), sulphites, may contain milk, sesame Ø D X	
SIDES		DESSERT	
Roast potato (salt, pepper and oil), Cross cut beans and carrots.		BANANA AND CHOCOLATE CAKE Cake : Wheat flour, bananas(23%), water, milk, eggs, vegetable oil, raising agents (calcium phosphate, sodium bicarbonate), canola oil. CONTAINS: Wheat, eggs, milk D	

SOUP		3. BEEF, BARLEY & SUMMER VEGETABLE	
C		D	
CHERRY TOMATO, BACON AND SPINACH 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) ,cherry tomato, spinach, bacon (pork, water, salt, sugar, mineral salts (451)(450), antioxidant (316), preservative (250),natural wood smoke), salt and pepper. CONTAINS : Wheat (gluten free wheat) eggs, milk, soy Ø D FR		SUMMER VEGETABLE GRATIN WITH PARMESAN AND PANKO CRUMB 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). CONTAINS : Milk, wheat (gluten free wheat) D X	

WEEK DAY		1 THURSDAY		SOUP		4. MOROCCAN LAMB, LENTIL & VEGETABLE	
A		B		C		D	
ROAST BEEF WITH DIJON AND CAPER 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. Dijon mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], Capers (water, wine, vinegar, salt), salt and cracked pepper. CONTAINS: Milk, soy, sulphites Ø D X FR		PERI PERI CHICKEN DRUMSTICKS WITH STOCK GRAVY Chicken drumsticks, Oil, chilli, garlic, lime juice/zest, paprika, oregano, salt and pepper. Gravy : Stock from chicken, parsley, corn flour, salt and cracked pepper. CONTAINS : Milk Ø D FR		CINNAMON AND MINT LAMB STEW 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), CONTAINS: Soy, milk, wheat (gluten free wheat) may contain sesame Ø D X		MUSHROOM, SPINACH AND FETA STUFFED CAPSICUM Capsicum, tomato, mushroom, spinach, red onion, feta cheese (pasteurised milk, salt, cultures, enzyme), salt and pepper. CONTAINS: Milk 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. CONTAINS: Milk				LEMON AND LIME DRIZZLE CAKE 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. CONTAINS: Wheat, milk, eggs, soy D			

WEEK DAY	1 FRIDAY		SOUP	5. BROCCOLI, BACON & SPINACH
A		C	D	
<p>LEMON PEPPER ROAST CHICKEN WITH CREAM SAUCE</p> <p>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.</p> <p>Ø D FR</p>		<p>BACON, MUSHROOM AND SPINACH RISOTTO WITH PARMESAN</p> <p>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. CONTAINS: Milk</p> <p>Ø D X</p>	<p>ROASTED EGGPLANT AND COCONUT DHAL WITH RICE</p> <p>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.</p> <p>Ø D 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) and (C) meals. Broccoli and diced carrots.</p>		<p>CHOCOLATE CRÈME PUDDING Water, sugar, milk powder, canola oil, modified starch (1422), cocoa powder, stabilisers (sodium alginate, xanthan gum), (caramel, titanium dioxide), salt. CONTAINS: Milk</p>		

WEEK DAY	2 MONDAY	SOUP	
A		C	6. CAULIFLOWER, LEEK & HORSERADISH
<p>ROAST PORK WITH TARRAGON AND MUSTARD GRAVY</p> <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. Whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], tarragon, salt and cracked pepper. CONTAINS: Milk, soy</p> <p>Ø D FR</p>		<p>ITALIAN PORK SAUSAGE WITH TOMATO GRAVY</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. CONTAINS: No allergens.</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. Crushed tomato, salt and pepper. CONTAINS: Milk, soy</p> <p>Ø D X</p>	
SIDES			
<p>Roasted chats, butter beans and carrots.</p>			

WEEK DAY		2 TUESDAY	
A		B	
SOUP		7. CHICKEN & CORN CHOWDER	
C		D	
ROAST LAMB WITH MINTED 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. Mint, salt and cracked pepper. CONTAINS: Milk, soy. Ø D FR		MONGOLIAN BEEF STIRFRY WITH RICE 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. CONTAINS: Soy, may contain milk, sesame, nuts Ø D X	
MEXICAN CHORIZO AND CAPSICUM 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 : 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. CONTAINS: Milk, eggs, wheat (gluten free wheat), soy Ø D FR		SWEET POTATO, FETA AND BASIL 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 : 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. CONTAINS: Milk, eggs, wheat (gluten free wheat), soy. Ø D FR	
SIDES		DESSERT	
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. CONTAINS: Milk.		HUMMINGBIRD CAKE 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). CONTAINS: Milk, wheat (gluten free wheat) ,soy, egg D	

**WEEK
DAY**

2

WEDNESDAY

A

SMOKY B.B.Q CHICKEN WITH OREGANO GRAVY

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.

CONTAINS : Milk , soy

Ø D FR

B

PORK KRANSKY SAUSAGE WITH MUSTARD AND CHIVE 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 FR X

SOUP

8. MINESTRONE & BACON

C

INDIAN MADRAS BEEF CURRY WITH RICE

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.

CONTAINS: No allergens.

Ø D X

D

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)], Cheese (pasteurised milk, salt, cultures, enzyme), salt and pepper.

Sauce: Crushed tomato, basil, brown sugar, salt and cracked pepper.

Contains : Wheat, milk

Ø D FR

SIDES

Roast potato, meals (A), (B) and (D). Broccoli and diced carrots.

DESSERT

CHEESECAKE WITH PASSIONFRUIT 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], flavors) , butter, sugar, gelatin, canola oil.

CONTAINS: Milk, wheat (gluten free wheat),soy ,egg

Passionfruit coulis: Passionfruit pulp (41%), water, sugar, passionfruit concentrate (8.81%, vegetable gum (415), preservative (202).

CONTAINS: No allergens. D

WEEK DAY		2 THURSDAY	
A		B	
SOUP		9. HEARTY BEEF & BEAN	
C		D	
ROAST TURKEY WITH CRANBERRY AND THYME 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: 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. CONTAINS: Milk, soy, sulphites. Ø D FR		HOISIN PORK STIRFRY WITH RICE 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. CONTAINS: Soy, wheat, sesame seeds D X	
TUNA LEEK AND SPINACH PASTA BAKE WITH PANKO CRUMB 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 CONTAINS: Milk, wheat, fish, may contain traces of egg and soy. D X		MUSHROOM, SPINACH AND PARSLEY PASTA BAKE 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). CONTAINS: Milk, wheat, may contain traces of egg and soy. D FR	
SIDES		DESSERT	
Baked cream chats (halal gelatin, milk and milk products), (A) (C)and (D) meals. Cross cut beans and corn. CONTAINS: Milk		GLUTEN FREE FUDGE BROWNIE AND RASPBERRIES 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. CONTAINS: Soy, milk, egg. Ø D	

WEEK DAY		2 FRIDAY	
A		SOUP	
		C	D
CORN BEEF WITH PARMESAN AND ROAST GARLIC SAUCE 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. CONTAINS: milk, sulphites Ø D FR		INDONESIAN CHICKEN 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). 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, Contain: Wheat (gluten free wheat) soy, eggs. D X	10. CREAMY CHICKPEA & TOMATO 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 (gluten free wheat), soy, egg. D X
SIDES		DESSERT	
Roast potato (A) meal. Carrots and peas.		CREAMY RICE PUDDING WITH CINNAMON Ingredients: Water, sugar, milk powder, rice, cream (milk), modified starch (1422), natural flavor, cinnamon, salt. CONTAINS: Milk D	

WEEK DAY	3 MONDAY		SOUP	1. CARROT, PUMPKIN & LENTIL
A	B	C		
<p>GREEK STYLE ROAST CHICKEN FILLET WITH ZESTY OREGANO GRAVY</p> <p>Chicken: Chicken breast fillet, honey, lemon zest/juice, garlic, oregano, salt, pepper and oil.</p> <p>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</p> <p>CONTAINS: Milk, soy</p> <p>Ø D FR</p>	<p>HAM STEAK WITH CREAMY MUSHROOM 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.</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), mushrooms, salt and cracked pepper.</p> <p>CONTAINS: Milk, soy</p> <p>Ø D FR</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. Wholegrain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], parsley, salt and pepper.</p> <p>CONTAINS: Milk, soy</p> <p>Ø D FR</p>		
SIDES				
<p>Tuscan roasted chat potato (oil, salt, pepper, spices, herbs, garlic). Peas and carrots.</p>				

WEEK DAY		3 TUESDAY	
A		B	
SOUP		2. CHICKEN LEEK & VEGETABLE	
C		D	
ROAST BEEF WITH RED WINE AND HORSERADISH 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. 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. CONTAINS: Milk, soy, sulphites Ø D FR		SPANISH BAKED LAMB LOIN CHOPS WITH TOMATO GRAVY 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. CONTAINS : Milk, soy Ø D FR	
LIME AND LEMONGRASS CHICKEN 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). 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. CONTAINS: Wheat (gluten free wheat), egg D X		ZUCCHINI LEEK AND FETA QUICHE 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. CONTAINS : Milk, eggs, wheat (gluten free wheat) , soy 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). CONTAINS : Milk		RHUBARB AND APPLE CRUMBLE SLICE 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 (gluten free wheat), soy, eggs, milk, nuts. D	

WEEK DAY		3 WEDNESDAY		SOUP		3. BEEF BARLEY & SUMMER VEGETABLE	
A		B		C		D	
ROAST PORK WITH HONEY MUSTARD AND HERB GRAVY 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. CONTAINS : Milk, soy Ø D FR		MEDITERRANEAN GRILLED BEEF STEAKS WITH TOMATO AND BALSAMIC SAUCE 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. CONTAINS: Sulphites Ø D FR		COUNTRY STYLE CHICKEN STEW Diced chicken, bay leaves, crushed tomato, celery, garlic, carrot, leek, onion, thyme, parsley, salt and pepper. Cream (halal gelatin, milk and milk products). CONTAINS: Milk Ø D		CARAMELISED ONION THYME AND FETA SLICE 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. CONTAINS: Eggs, milk Ø D	
SIDES				DESSERT			
Cross cut beans, Diced carrots, Roast potato (Salt, pepper and oil).				TIRAMISU SPONGE CAKE WITH CHOCOLATE SAUCE 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. CONTAINS: Milk, wheat (gluten free wheat) ,soy, egg D Sauce: Sugar, water, cocoa powder (10%), sugar, glucose syrup, thickener (1422), salt, food acid (330), preservative (202), flavour, vegetable gum (415). CONTAINS: No allergens			

WEEK DAY		3 THURSDAY		SOUP		4. MOROCCAN LAMB, LENTIL & VEGETABLE	
A		B		C			
<p>CORN BEEF WITH A CREAMY GREEN PEPPERCORN SAUCE</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>CONTAINS : Milk</p> <p>Ø D FR</p>		<p>ASIAN GLAZED CHICKEN DRUMSTICKS WITH RICE</p> <p>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,</p> <p>Stock gravy: Liquid stock from chicken, parsley, salt and pepper, corn flour.</p> <p>Rice: Rice, turmeric and salt.</p> <p>CONTAINS : Sulphites, soy, sesame</p> <p>Ø D FR</p>		<p>COCONUT PORK CURRY WITH RICE</p> <p>Diced pork, onion, garlic, ginger, mild curry powder, cumin, turmeric, crushed tomato, coconut milk, salt and cracked pepper. Fresh coriander.</p> <p>Rice: Rice, turmeric and salt.</p> <p>CONTAINS: No allergens.</p> <p>Ø D X</p>			
SIDES				DESSERT			
<p>Cabbage, corn and roast potato with paprika and nutmeg for meals A and B meal.</p>				<p>PEAR, ALMOND AND PISTACHIO TART</p> <p>Tart: Butter (milk solids), sugar, flour, egg, almond meal, pistachios, pear, glaze (sugar, water).</p> <p>CONTAINS: Milk, wheat, egg, nuts D</p>			

WEEK DAY	3 FRIDAY	SOUP		5. BROCCOLI BACON & SPINACH
A		C		D
<p>LEMON AND PAPRIKA BAKED CHICKEN WITH RICH GRAVY</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>CONTAINS: Milk, soy</p> <p>Ø D FR</p>		<p>SLOW COOKER BEEF AND TOMATO STEW</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>CONTAINS: Soy, wheat (gluten free wheat), sulphites, milk, may contain sesame</p> <p>Ø D X</p>		<p>VEGIE CHILLI CON CARNE</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>CONTAINS: Milk</p> <p>Ø D X</p>
SIDES		DESSERT		
<p>Carrot, cauliflower and Broccoli Medley. Creamy Roast potato, cream (halal gelatin, milk and milk products),</p> <p>CONTAINS: Milk</p>		<p>VANILLA BEAN PANNA COTTA</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>CONTAINS: Milk</p> <p>Ø D</p>		

WEEK DAY	4 MONDAY	SOUP	6. CAULIFLOWER, LEEK & HORSERADISH
A		C	
<p>CORN BEEF WITH MUSTARD AND PARSLEY CREAM SAUCE</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). Whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], parsley, corn flour, salt and cracked pepper.</p> <p>CONTAINS: Milk</p> <p>Ø D FR</p>		<p>SAVOURY CHICKEN AND SAGE RISSOLES WITH RICH GRAVY</p> <p>Rissoles: Chicken mince, sage, onion, salt and pepper.</p> <p>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,</p> <p>CONTAINS: Milk, soy</p> <p>Ø D X</p>	
SIDES			
Cross cut beans, carrots and Roasted chat potato (oil, salt and pepper)			

WEEK DAY		4 TUESDAY	
A		B	
ROAST LAMB WITH ROAST GARLIC AND ROSEMARY 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, fresh rosemary, garlic, salt and pepper. CONTAINS: Milk , soy Ø D FR		SPANISH BEEF STEW 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. CONTAINS: Soy, milk, wheat (gluten free wheat) may contain sesame Ø D X	
SOUP		7. CHICKEN CORN CHOWDER	
C		D	
SMOKED CHICKEN, PARMESAN AND LEEK QUICHE 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). CONTAINS: Milk, eggs, wheat (gluten free wheat), soy Ø D FR		ASPARAGUS, LEEK AND FETA QUICHE 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). CONTAINS: Milk, eggs, wheat (gluten free wheat), soy 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. CONTAINS: Milk		VANILLA AND CHOCOLATE MARBLE SPONGE Cake: 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). CONTAINS: Wheat, eggs, milk D	

WEEK DAY		4 WEDNESDAY	
A		B	
SOUP		8. MINESTRONE & BACON	
C		D	
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		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	
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		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		DESSERT	
Rosemary and thyme roast potato, broccoli and cauliflower.		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		SOUP		9. HEARTY BEEF & BEAN	
A		B				D	
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		TERIYAKI CHICKEN STIR FRY WITH RICE 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 CONTAINS : Soy, sesame Ø D X				PANKO CRUSTED 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, 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 FR	
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 CONTAINS: Milk				FLOURLESS JAFFA CAKE 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			

WEEK DAY	4 FRIDAY	SOUP		10. CREAMY CHICKPEA & TOMATO
A		C		D
<p>GARAM MASALA ROAST CHICKEN WITH YELLOW RICE</p> <p>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</p> <p>Ø D FR</p>		<p>STICKY PORK STEAK WITH RICH GRAVY</p> <p>Pork: Pork scotch fillet steak, honey, olive oil, lemon juice/zest, thyme, 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. CONTAINS: Milk, soy</p> <p>Ø D FR</p>		<p>PANKO AND PARMESAN BAKED EGGPLANT WITH TOMATO AND BASIL SAUCE</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. CONTAINS: Wheat (gluten free wheat), milk</p> <p>Ø D FR</p>
SIDES		DESSERT		
<p>Roast potato, meals (C) and (D). Rice (A) meal. Carrot, cauliflower and broccoli.</p>		<p>CHOCOLATE CRÈME PUDDING</p> <p>Ingredients: Water, sugar, milk powder, canola oil, modified starch (1422), cocoa powder, stabilisers (sodium alginate, xanthan gum), (caramel, titanium dioxide), salt. CONTAINS: Milk.</p>		

WEEK DAY	5 MONDAY		SOUP	1. CARROT, PUMPKIN & LENTIL
A	B	C		
<p>GARLIC AND HERB BUTTER ROAST CHICKEN WITH RICH GRAVY</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>CONTAINS: Milk, soy</p> <p>Ø D FR</p>	<p>SLOW COOKED BRAISED BEEF STEAKS WITH GREEN PEPPERCORN SAUCE</p> <p>Steak: Beef, salt pepper</p> <p>CONTAINS: No allergens</p> <p>Sauce: Cream (halal gelatin, milk and milk products), green peppercorn, parsley, white wine (sulphites), garlic, corn flour, salt and cracked pepper.</p> <p>CONTAINS : Milk, sulphites</p> <p>Ø D FR</p>	<p>LAMB AND ROSEMARY SAUSAGE WITH CREAMY ROSEMARY GRAVY</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>CONTAINS: Milk, soy</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>CONTAINS: Milk</p>				

WEEK DAY		5 TUESDAY	
A		B	
CORN BEEF WITH HORSERADISH AND CHIVE CREAM SAUCE		BALSAMIC AND TOMATO PORK STEW	
<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. CONTAINS: Milk, soy, sulphites Ø D FR</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. CONTAINS: Sulphites Ø D X</p>	
SOUP		2. CHICKEN, LEEK & VEGETABLE	
C		D	
<p>BACON, CHERRY TOMATO AND SPINACH QUICHE</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). CONTAINS: Wheat (gluten free wheat), soy. 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. CONTAINS: Milk, eggs, wheat (gluten free wheat), soy Ø D FR</p>		<p>SUMMER VEGETABLE 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). CONTAINS: Milk, Egg 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>FLOURLESS LEMON BUTTER CAKE</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). CONTAINS: Egg, soy, milk 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. CONTAINS: Milk, soy</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. CONTAINS: Soy, sulphites, wheat (gluten free wheat), may contain milk, sesame</p> <p>Ø D X</p>	
SIDES		DESSERT	
<p>Broccoli and Carrots. Roast potato, meals (A), (B).</p>		<p>DESSERT: MANGO CHEESECAKE WITH MANGO 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. Mango coulis (mango, sugar, water). CONTAINS: Soy, wheat (gluten free wheat), egg, milk. D</p>	

WEEK DAY		5 THURSDAY		SOUP		4. MOROCCAN LAMB, LENTIL & VEGETABLE	
A		B		C		D	
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		COCONUT 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 X		TUNA, SWEETCORN 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). CONTAINS: Wheat (gluten free wheat), soy. Filling: Eggs, Cream (halal gelatin, milk and milk products), cheese (pasteurised milk, salt, cultures, enzyme), tuna, sweet corn, parsley, salt and pepper. CONTAINS: Milk, wheat (gluten free wheat), soy, eggs, fish Ø D FR		MUSHROOM BOLOGNESE Pasta: Durum wheat semolina. CONTAINS: Wheat, may contain traces of egg and soy. Button mushrooms, Swiss brown mushrooms, crushed tomato, tomato paste, onions, garlic, oregano, basil, parmesan (pasteurised milk, salt, cultures, enzyme), salt and pepper. CONTAINS: Milk, wheat (gluten free wheat), may contain traces of egg and soy. 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. CONTAINS: Milk,				STICKY DATE PUDDING Cake: Pitted Dates (22%), sugar, wheat flour, eggs, butter (milk solids), walnuts, raising agent (sodium bicarbonate), glaze, canola oil. CONTAINS: Wheat (gluten free wheat), eggs, milk, nuts. DĚ			

WEEK DAY	5 FRIDAY	SOUP		5. BROCCOLI, BACON & SPINACH
A		C		D
<p>TEXAN B.B.Q CHICKEN WITH RICH GRAVY</p> <p>Chicken: Chicken fillet, thyme, garlic, allspice, ginger, cayenne, parsley, honey, lemon juice/zest, red onion, 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>CONTAINS : Soy, Milk</p> <p>Ø D FR</p>		<p>MEXICAN CHORIZO STIRFRY WITH RICE</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, fresh coriander, salt, pepper, and oil.</p> <p>Rice: Rice, turmeric, salt.</p> <p>CONTAINS: No allergens</p> <p>Ø D X</p>		<p>CAULIFLOWER AND ALMOND CURRY WITH RICE</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>CONTAINS : Nuts</p> <p>Ø D X</p>
SIDES		DESSERT		
<p>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.</p> <p>CONTAINS: wheat (gluten free wheat)</p>		<p>CRÈME CARAMEL</p> <p>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).</p> <p>CONTAINS: Milk</p>		

WEEK DAY	6 MONDAY		SOUP	6. CAULIFLOWER, LEEK & HORSERADISH
A	B	C		
<p>MOROCCAN ROASTED CHICKEN FILLET WITH RICH GRAVY</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>CONTAINS: Milk , soy</p> <p>Ø D FR</p>	<p>SAVOURY VEAL AND SAGE RISSOLES WITH TOMATO BASIL SAUCE</p> <p>Rissole: Veal mince, sage, onion, salt and pepper.</p> <p>Sauce: Crushed tomato, basil, brown sugar, salt and cracked pepper.</p> <p>CONTAINS: No allergens</p> <p>Ø D X</p>	<p>GERMAN BRATWURST SAUSAGE WITH MUSTARD GRAVY</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>CONTAINS: No allergens</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>CONTAINS: Milk, soy</p> <p>Ø D FR</p>		
SIDES				
<p>Cross cut beans, carrots and rosemary roasted chat potatoes (oil, salt, pepper, rosemary),</p>				

**WEEK
DAY**

6

TUESDAY

A

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

B

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

SOUP

7. CHICKEN & CORN CHOWDER

C

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

D

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

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.

DESSERT

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>CONTAINS: Milk, sulphites</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>CONTAINS: Sulphites, may contain sesame and soy.</p> <p>Ø D X</p>	
SOUP		8. MINESTRONE & BACON	
C		D	
<p>CLASSIC QUICHE LORRAINE</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>CONTAINS: Wheat (gluten free wheat), soy.</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>CONTAINS: Milk, eggs, wheat (gluten free wheat), soy Ø D FR</p>		<p>MUSHROOM AND SWEET POTATO CURRY WITH RICE</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>CONTAINS: No allergens</p> <p>Ø D X</p>	
SIDES		DESSERT	
<p>Butter beans and carrots. Roast potato, Meals (A), (B) and (C).</p>		<p>CHOCOLATE MUD CAKE</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>CONTAINS: Wheat (gluten free wheat), milk, egg, soy. D</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	SOUP	10. CREAMY CHICKPEA & TOMATO
A		C	
<p>PORTUGESE ROAST LEMON CHICKEN WITH STOCK GRAVY</p> <p>Chicken: Chicken fillet, tomato paste, garlic, lemon juice/zest, oregano, lemon thyme, red chilli, paprika, oil, brown sugar, salt and cracked pepper.</p> <p>Stock gravy: Liquid stock from chicken, fresh parsley, salt, pepper and corn flour.</p> <p>CONTAINS: No allergens</p> <p>Ø D FR</p>		<p>CORIANDER AND COCONUT LAMB CURRY WITH RICE</p> <p>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).</p> <p>Rice: rice, turmeric, salt.</p> <p>CONTAINS: Soy, wheat (gluten free wheat), may contain milk, sesame</p> <p>Ø D X</p>	
SIDES		DESSERT	
<p>Roast potato (A) meal. Carrots and peas</p>		<p>VANILLA BEAN PANNA COTTA</p> <p>Water, milk powder, cream (milk), sugar, gelatin, modified corn starch (1422), flavour, vegetable gum (415,412), vanilla bean, colour (171).</p> <p>CONTAINS: Milk</p> <p>Ø D</p>	