



COOKING FOR OVER 40 YEARS

# OCTOBER 2021

MENU INGREDIENTS AND ALLERGENS

## **K MEALS**

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## FOOD HANDLING

### Frozen Meal

- Please keep frozen food, frozen until required.
- Thaw frozen food in the refrigerator
- Meals can only be heated ONCE

## SHELF LIFE

All frozen meals have a 3-month shelf life

## COLLECTION & DELIVERY

Frozen Meals can be collected from Karralyka week days between 10:00am and 3:00pm.

## 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 170° 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

WEEK DAY		5 MONDAY		SOUP		1. SWEET POTATO AND PUMPKIN	
A		B		C		D	
<p><b>CORNEB BEEF WITH CREAMY MUSHROOM AND SAGE 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), button mushrooms, sage, salt, pepper, oil and corn flour.</p> <p><b>CONTAINS: Milk</b></p> <p>Ø D F FR</p>		<p><b>BUTTER AND SAGE BRAISED PORK WITH RED WINE AND ONION GRAVY</b></p> <p>Pork : Pork steak, butter (pasteurised cream from Milk, salt, Milk fat 80%), sage , salt and pep-per.</p> <p><b>CONTAINS: Milk</b></p> <p>Gravy: Rich gravy mix: Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whiten-er, [mineral salts (340, 451), emulsifiers (471, 481), anti-caking agent (551), antioxidant (307b)](CONTAINS: Milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330),Flavour enhancer (635), spice. onions. Red wine (contain sulphites),</p> <p><b>CONTAINS: Milk , soy, sulphites</b></p> <p>Ø D F FR</p>		<p><b>CHICKEN SAUSAGES WITH PARSLEY AND LEMON CREAM SAUCE</b></p> <p>Sausage : Chicken leg meat , skin on, salt pepper, ground oregano, lemon peel.</p> <p><b>CONTAIN: No allergen</b></p> <p>Sauce : Cream (halal gelatin, Milk and Milk products), parsley, lemon zest/ juice, salt, pepper and corn flour.</p> <p><b>CONTAIN : Milk</b></p> <p>Ø D F FR X</p>		<p><b>MUSHROOM AND ASPARAGUS RISSOTO</b></p> <p>Arborio rice, mushrooms, asparagus, onion, garlic, Cream (halal gelatin, Milk and Milk products), lemon zest, parmesan (pasteurised Milk, salt, cultures, enzyme), salt and cracked pepper.</p> <p><b>CONTAINS: Milk</b></p> <p>Ø D F X</p>	
SIDES				DESSERT			
<p>Cajun Roasted chats (paprika, fennel powder, basil, thyme, salt and pepper) Peas and car-rots.</p>				<p><b>WILDBERRY AND MANGO INFUSED YOGHURT</b></p> <p>Yoghurt : Milk, sugar, fruit 6.25% (mango puree(50%), strawberry puree(20%), raspberry puree(15%), blueberry puree(15%), Milk solids, thickeners(1442, 1422, 406, 440), water, acidity regulator (330, 331), natural colour (160a), natural flavour, live yoghurt cultures(including acidophilus bifidus, casei).</p> <p><b>CONTAINS: Milk.</b></p>			

**WEEK  
DAY**

**5  
TUESDAY**

**A**

**ROAST PORK WITH HONEY AND THYME GRAVY**

PORK: pork loin, salt and pepper

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

**CONTAINS: Milk, soy**

Ø D F FR

**B**

**COUNTRY STYLE WINTER VEGETABLE AND 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 pow-der[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),tomato paste, thyme, parsley.

**CONTAINS: Soy , Milk , may contain sesame**

Ø D F X

**SOUP**

**2. SPANISH CHICKEN & VEGETABLE**

**C**

**SAVOURY TURKEY AND SAGE CHICKEN BOLOGNESE**

Pasta: durum wheat semolina  
**CONTAINS : Wheat and may contain traces of egg and soy**

Chicken mince, tomato, basil, oregano, garlic, onion, brown sugar, nutmeg, tomato paste, oil, parmesan cheese (pasteurised milk, salt, cultures, enzyme),  
**CONTAINS : Milk , wheat , may contain traces of egg and soy**

D F X

**D**

**PUMPKIN AND KALE QUICHE WITH TOMATO RELISH**

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), pumpkin, kale, parsley, salt and pepper.

**CONTAINS: Wheat, eggs, Milk, soy**

Ø D F FR

Tomato Relish : Tomato (50%), sugar, onion, vinegar, concentrated tomato, thickener (1422), salt, spices, garlic, acidity regulator (330) and firming agent (509).

**CONTAINS: No allergens**

**SIDES**

**Mash potato**, butter (pasteurised cream, water, salt, Milk fat 80% minimum), cream (halal gelatin, Milk and Milk products), salt and pepper. **Broccoli** and **Cauliflower**.

**CONTAINS: Milk**

**DESSERT**

**CHOCOLATE MUD CAKE WITH CHOCOLATE CUSTARD**

Cake: Sugar, wheat flour, sour cream (Milk solids), water, eggs, oil, cocoa, chocolate, cream, flavours, raising agents (calcium phosphate, sodium bicarbonate), canola oil,

emulsifier (soy lecithin 322). **CONTAINS: Wheat(gluten), Milk, egg, soy. D F CUSTARD:** Water, corn flour (maize), Flavour, salt, colours (102, 110), whole Milk powder and sugar. Chocolate (sugar, vegetable fat, cocoa powder, Milk solids, emulsifiers (soy lecithin, 476, 492, flavour) **CONTAINS: Milk, soy , may contain traces of peanuts and tree nuts.**

**DIABETIC CUSTARD:** Water, corn flour (maize) flavour, salt, colours (102, 110), whole Milk powder, equal (phenylalanine), malt dextrin, sweeteners (aspartame 1.5%, acesulfame potassium 1% ), Flavourings. Chocolate ( sugar, vegetable fat , cocoa powder, Milk solids, emulsifiers(soy lecithin, 476, 492, flavour) **CONTAINS: Milk , soy, may contain traces of peanuts and tree nuts.**

**WEEK  
DAY**

**5  
WEDNESDAY**

**A**

**TERIYAKI BAKED CHICKEN WITH GINGER SOY SAUCE**

Chicken fillet: Sesame oil, gluten free soy (water, soybeans (20 %), rice, salt CONTAINS: 3.2 % alcohol from the natural brewing process ), ginger, garlic, honey, salt and pepper.

Sauce : Sesame oil, gluten free soy (water, soybeans (20 %), rice, salt CONTAINS: 3.2 % alcohol from the natural brewing process ), ginger, garlic, honey, salt and pepper. Water and corn flour

**CONTAINS: Soy , sesame**

Ø D F FR

**B**

**TEXAN STYLE BEEF AND BEAN STEW**

Beef, sweet paprika, cumin powder, coriander powder, oregano, fresh coriander, chilli, crushed tomato, garlic, brown sugar, capsicum, red onion, red kidney beans, salt, pepper.

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).

**CONTAINS: Soy, may contain Milk, sesame**

Ø D F X

**SOUP**

**3. BEEF AND WINTER VEGETABLE**

**C**

**PUMPKIN, 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), pumpkin, spinach, Bacon (pork, water, salt, sugar, mineral salts (451)(450), antioxidant (316), preservative (250), natural wood smoke), salt and pepper.

**CONTAINS: Wheat, eggs, Milk, soy**

Ø D F FR

**D**

**CAULIFLOWER AND LEEK GRATIN**

Cauliflower, ricotta cheese (pasteurised Milk, salt, cultures, enzyme), panko breadcrumbs (wheat flour, yeast, salt, palm oil, glucose, yeast food contain ammonium chloride, acidity regulator E516), Cream (halal gelatin, Milk and Milk products), cheese (pasteurised Milk, salt, cultures, enzyme), leek.

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

D F X

**SIDES**

Roast potato (salt, pepper and oil), Cross cut beans and 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 phos-phate, sodium bicarbonate], emulsifier {soy lecithin}), white chocolate (13%), (sugar, Milk solids, cocoa butter, emulsifier [soya lecithin, 476], Flavours) , butter, sugar, gelatin, canola oil.

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

Passionfruit coulis: Passion fruit pulp (41%), water, sugar, passionfruit concentrate (8.81%, veg-etable gum (415), preservative (202).

**CONTAINS: No allergens**

**WEEK  
DAY**

**5  
THURSDAY**

**A**

**ROAST BEEF WITH SEEDED  
MUSTARD CREAM SAUCE**

Beef: Porterhouse, salt and pepper

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

**CONTAINS: Milk**

Ø D **F** FR

**B**

**PAPRIKA AND CUMIN CHICKEN  
DRUMSTICKS WITH TOMATO  
GRAVY**

Chicken drumsticks, Oil, tomato paste, brown sugar, garlic, thyme, paprika, cumin powder, rosemary, salt and pepper.

Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whiten-er, [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 **F** FR

**SOUP**

**4. LAMB, LENTIL AND VEGETABLE**

**C**

**PERSIAN LAMB STEW**

Lamb, onions, cinnamon, turmeric, Carrot, onion, celery, parsnip, Swede, garlic, parsley, mint, tomato paste, salt and pepper. 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).

**CONTAINS: Soy, Milk , may contain sesame**

Ø D **F** X

**D**

**MOROCCAN STUFFED PEPPERS**

Capsicum, Moroccan spice (herbs, spices, sugar, salt, colour{150d}), fresh coriander, tomato, red onion, chickpeas, cheese (pasteurised Milk, salt, cultures, enzyme), salt and pepper.

**CONTAINS: Milk**

Ø D **F** FR

**SIDES**

**Mustard potato** (Cream (halal gelatin, Milk and Milk products), Whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], **Cabbage and corn.**

**CONTAINS: Milk**

**DESSERT**

**APPLE AND BLUEBERRY CRUMBLE WITH CUSTARD**

CAKE: Apple (66%), wheat flour, sugar, sultanas (9%), butter, eggs, almond meal, cinnamon, canola oil, emulsifier (soy lecithin 322), berries.

CONTAINS: Wheat, eggs, nuts, soy **F**

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

**DIABETIC CUSTARD:** Water, corn flour (maize) flavour, salt, colours (102, 110), whole Milk powder, equal (phenylalanine), malt dextrin, sweeteners (aspartame 1.5%, acesulfame potassium 1%), Flavourings.

**CONTAINS: Milk**

**WEEK  
DAY**

**5  
FRIDAY**

**A**

**CHEESY PANKO BAKED CHICKEN WITH HERB GRAVY**

Chicken fillet, parmesan cheese (pasteurised Milk, salt, cultures, enzyme), panko breadcrumbs (wheat flour, yeast, salt, palm oil, glucose, yeast food contain ammonium chloride, acidity regulator E516), butter (pasteurised cream, water, salt, Milk fat 80% minimum), salt and pepper.

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

**CONTAINS: Milk , soy, wheat**  
Ø D F FR

**B**

**CRUMBED FISH WITH TARTARE SAUCE**

FISH : Formed Basa portions (52%), water, wheat flour, canola oil, thickeners (1404, xanthan gum, guar gum) maize flour, maize starch, acidity regulators (potassium citrate, calcium citrate 451, sodium citrate 450, sodium bicarbonate, salt, rice, flour, yeast, food acid (citric), egg powder, sugar, maltodextrin, glucose.

**CONTAINS: Fish, wheat (gluten) and egg.**

TARTARE SAUCE : Water, soybean oil, vinegar, sugar, egg yolk, gherkins, salt, capers, parsley, thicken-ers (1422), mustard, vegetable gum (xanthan), garlic puree, preservatives (200, 385), herb.

**CONTAINS: Soybean and egg products.**

D FR Ø

**SOUP**

**5. CAULIFLOWER, NUTMEG & BACON**

**C**

**PULLED LAMB AND GREEN PEA RISSOTO WITH PARMESAN**

Arborio rice, lamb, onion, garlic, Cream (halal gelatin, Milk and Milk products), lemon zest, parmesan (pasteurised Milk, salt, cultures, enzyme), salt and cracked pepper. Fresh peas.

**CONTAINS: Milk**

Ø D F X

**D**

**PERSIAN MINT AND VEGETABLE STEW**

Onions, cinnamon, turmeric, Carrot, celery, parsnip, Swede, garlic, parsley, mint, tomato paste, chick-peas, salt and pepper.

**CONTAINS: No allergens**

Ø D F X

**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.**

**DESSERT**

**CHOCOLATE CRÈME PUDDING**

Water, sugar, Milk powder, canola oil, modified starch (1422), cocoa powder, stabilizers (sodi-um alginate, xanthan gum), (caramel, titanium dioxide), salt.

**CONTAINS: Milk D**

WEEK DAY		6 MONDAY		SOUP		6. LEEK, POTATO & MINTED PEA	
A		B		C		D	
<p><b>CAJUN ROAST CHICKEN WITH RICH GRAVY</b></p> <p>Chicken : Chicken fillet, Cajun seasoning (salt, paprika, pepper, chilli, basil, garlic (sulphites), onion powder, rice flour, fennel, thyme.</p> <p>Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whiten-er, [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, sulphites , soy</b></p> <p>Ø D Ḟ FR</p> <p>WK6_MON_A</p>		<p><b>SLOW COOKED BRAISED BEEF STEAKS WITH MUSHROOM CREAM SAUCE</b></p> <p>Steak : Beef, salt pepper <b>CONTAINS: No allergens</b></p> <p>Sauce : Cream (halal gelatin, Milk and Milk products), mushrooms, thyme, salt , pepper and corn flour. <b>CONTAINS: Milk</b></p> <p>Ø D Ḟ FR</p>		<p><b>LAMB AND ROSEMARY SAUSAGE WITH ONION MARMALADE</b></p> <p>Sausage : Lamb (70%), water, premix continental (Rice flour, salt, mineral salt{451}, preserva-tive{223}, spice, spice extracts{160}, herb extracts, vegetable powder), lamb and rosemary.</p> <p>Marmalade : Onion(56%), red wine, vinegar, (preservative 220), brown sugar, thickener(1422), citrus peel, (preservative 223), canola oil, natural flavour, colour(150d), salt, mustard, spice. <b>CONTAINS: Milk</b></p> <p>Ø D Ḟ FR X</p>		<p><b>CREAMY TOMATO AND SPINACH GNOCCHI</b></p> <p>Gnocchi : Potatoes (61%), flour, thiamin, folic acid, parmesan cheese, margarine, salt, egg.</p> <p>Sauce : Cream (halal gelatin, Milk and Milk products), parmesan cheese (pasteurised Milk, salt, cul-tures, enzyme), basil, spinach, crushed tomato, garlic, white wine (sulphites), salt, pepper and corn flour. <b>CONTAINS: wheat (gluten), Milk, egg , Sulphites</b></p> <p>D X</p>	
SIDES				DESSERT			
<p><b>Mustard roasted chat potato</b> (Cream, halal gelatin, Milk and Milk products), Dijon mustard (water, mustard seed, salt, sugar, food acid, acetic, turmeric). <b>Cross cut beans and carrots.</b> <b>CONTAINS: Milk</b></p>				<p><b>PASSIONFRUIT AND RASPBERRY YOGHURT</b></p> <p>Yoghurt : Milk, sugar, Milk solids, passion fruit pulp (3.1%), raspberry puree (3.1%), thickeners (1442, 406, 440), water, carrot and safflower concentrate, natural colour (160a), acidity regulator (330, 331), natural flavour, live yoghurt cultures (including acidophilus bifidus and casei). <b>CONTAINS: Milk</b></p>			



**WEEK  
DAY**

**6  
TUESDAY**

**SOUP**

**7. PESTO, CHICKEN & VEGETABLE**

**A**

**B**

**C**

**D**

**CORN BEEF WITH GREEN  
PEPPERCORN CREAM 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), green peppercorn, parsley, salt and corn flour.

**CONTAINS: Milk**

Ø D F FR

**HOME STYLE PORK AND  
VEGETABLE STEW**

Diced pork, crushed tomato, garlic, sage, parsley, oregano, carrots, onion, celery, paprika, nutmeg, salt and pepper.

**CONTAINS: No allergens**

Ø D F X

**BACON, MUSHROOM 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).

**CONTAINS: Wheat (gluten),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 gela-tin, Milk and Milk products), salt , pepper, mushrooms and spinach.

**CONTAINS: Milk, eggs,  
wheat(gluten) Ø D F FR**

**GREEN VEGETABLE AND HERB  
FRITTATA WITH TOMATO RELISH**

Cheese (pasteurised Milk, salt, cultures, enzyme), eggs and cream (halal gelatin, Milk and Milk products), basil, spinach, kale, asparagus, parsley, salt and pepper.

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 F

**SIDES**

**DESSERT**

Cauliflower, peas. Crushed potato with mustard and spring onion( Dijon mustard, water, mus-tard seed 18%, salt, sugar, food acid (acetic), turmeric) and olive oil.

**FLOURLESS LEMON BUTTER CAKE**

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 F**

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

**DIABETIC CUSTARD:** Water, corn flour (maize) flavour, salt, colours (102, 110), whole Milk powder, equal (phenylalanine), malt dextrin, sweeteners (aspartame 1.5%, acesulfame potassium 1% ), Flavourings. **CONTAINS: Milk**

**WEEK  
DAY**

**6**

**WEDNESDAY**

**A**

**ROAST PORK WITH CREAMY  
CRACKED PEPPER GRAVY**

PORK: Pork loin, salt and pepper

Gravy : Rich gravy mix :Maltodextrin (from corn),modified starch (1420), salt, sugar, beverage whiten-er, [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), salt and cracked pepper.

**CONTAINS: Milk, soy Ø D F FR**

**B**

**CLASSIC FRENCH BEEF  
CASSEROLE**

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). Thyme, celery, bay leaves, carrots, tomato paste, parsley, salt and cracked pepper.

**CONTAINS: Soy , sulphites , may contain Milk, sesame**

**Ø D F X**

**SOUP**

**8. BEEF, BARLEY AND BEAN**

**C**

**INDIAN LAMB AND SPINACH STIR  
FRY WITH RICE**

Lamb, ginger, garlic, cumin powder, coriander powder, cinnamon, all spice, oil, onions, spinach, lime juice, salt and pepper.

Rice : Rice, salt and turmeric

**CONTAINS: No allergens**

**Ø D F X**

**D**

**ROASTED PUMPKIN AND  
CAULIFLOWER DHAL WITH RICE**

Red lentils, pumpkin, cauliflower, ginger, turmeric, mustard seeds, green chilli, garam masala, coconut Milk, fresh coriander, salt and pepper.

**CONTAINS: No allergens**

**Ø D F FR**

**SIDES**

Broccoli and Carrots. Roast potato, meals (A), (B) .

**DESSERT**

**MANGO, MACADAMIA AND COCONUT CAKE WITH CUSTARD**

Cake: Sugar, flour, sour cream (contain milk), eggs, vegetable oil, coco powder, mango, macadamia nuts, coconut, baking powder, bicarb soda.

**CONTAINS: Soy, egg, milk, wheat, nuts D F**

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

**CONTAINS: Milk**

**DIABETIC CUSTARD:** Water, corn flour (maize) flavour, salt, colours (102, 110), whole Milk powder, equal (phenylalanine), malt dextrin, sweeteners (aspartame 1.5%, acesulfame potassium 1% ), Flavourings.

**CONTAINS: Milk**

**WEEK  
DAY**

**6**

**THURSDAY**

**A**

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

Beef: Porterhouse, salt and pepper

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

**CONTAINS: Milk , sulphites, soy**

Ø D F FR

**B**

**LEMONGRASS CHICKEN CURRY  
WITH RICE**

Chicken, coriander (fresh), chilli, ginger, turmeric, garlic, coriander powder, cumin powder, lemongrass, coconut Milk, Chicken booster (salt, sugar, maize starch, chicken fat (3.6%), onion pow-der, yeast extract, flavour, chicken powder (1%), Flavour enhancer (635), colour (150), spice . Salt and pepper.

**CONTAINS: May contain Milk, sesame and soy**

Ø D F X

Rice : Rice, salt and turmeric

**SOUP**

**9. CREAMY TOMATO AND BASIL**

**C**

**TUNA, LEEK AND PARSLEY  
QUICHE**

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

**CONTAINS: Wheat (gluten),soy.**

Filling: Eggs, Cream (halal gelatin, Milk and Milk products), cheese (pasteurised Milk, salt, cultures, enzyme), tuna, leek, parsley, salt and pepper.

**CONTAINS: Milk, wheat(gluten), soy, eggs, fish**

Ø D F FR

**D**

**MUSHROOM AND RED KIDNEY  
BEAN RAGU**

Button mushrooms, Swiss brown mushrooms, red kidney beans, crushed tomato, tomato paste, onions, balsamic vinegar, garlic, oregano, basil, parmesan (pasteurised Milk, salt, cultures, enzyme), salt and pepper.

**CONTAINS: Milk**

Ø D F X

**SIDES**

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

**CONTAINS: Milk**

**DESSERT**

**CHOC CHERRY SLICE WITH CUSTARD**

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

**CONTAINS: Wheat(gluten), soy, egg, Milk. D F**

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

**DIABETIC CUSTARD:**Water, corn flour (maize) flavour, salt, colours (102, 110), whole Milk powder, equal (phenylalanine), malt dextrin, sweeteners (aspartame 1.5%, acesulfame potassium 1% ), Flavourings. **CONTAINS: Milk F**

**WEEK  
DAY**

**6  
FRIDAY**

**A**

**THAI LIME AND LEMONGRASS  
BAKED CHICKEN WITH RICE**

Chicken: Chicken fillet, lemongrass, coriander, lime zest/juice, ginger, brown sugar, turmeric, salt, pepper and oil.

Rice: rice, turmeric, salt

Stock gravy: Stock from baked chicken, fresh coriander, salt, pepper and corn flour.

**CONTAINS: No allergens**

Ø D F FR

**B**

**LEMON AND HERB CRUSTED  
FISH WITH LEMON CREAM  
SAUCE**

Fish : Hake, butter (pasteurised cream ,water, salt, Milk fat 80% minimum), parsley, lemon zest, salt, pepper, panko breadcrumbs (wheat flour, yeast, salt, palm oil, glucose, yeast food contain ammonium chloride, acidity regulator E516).

**Contain: Fish, wheat(gluten), Milk**

Sauce : Lemons, cream ( halal gelatin, Milk and Milk products), turmeric, lemon zest, salt, pepper, parsley and Dijon mustard (water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric)

**CONTAINS: Milk.**

Ø D FR

**SOUP**

**10. CREAMY MUSHROOM & ASPARAGUS**

**C**

**CHORIZO AND CHICKPEA STEW**

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, crushed tomato, paprika, pars-ley, onion, capsicum, chickpeas, oil, salt and cracked pepper.

**CONTAINS : No allergens**

Ø D F X

**D**

**CREAMY SWEET POTATO,  
EGGPLANT AND CAULIFLOWER  
CASSEROLE**

Eggplant, sweet potato, cauliflower, onion, garlic, paprika, cumin powder, coriander (fresh), crushed tomato, chickpeas, parsley, cream (halal gelatin, Milk and Milk products ) salt, pepper and oil.

**CONTAINS: Milk**

Ø D F X

**SIDES**

**Potato wedges** (potato (88%), canola oil, wheat flour, thickeners (1420, 1400, guar gum), corn starch, salt, rice flour, acidity regulators (450, sodium bicarbonate), vegetable oil, spice, natural colour (turmeric), (B) Meal.

**CONTAINS: Wheat(gluten)**

Rice, Meals (A), Roast potato (C) and (D). Butter beans, diced carrots.

**DESSERT**

**CRÈME CARAMEL**

Ingredients : water, Milk powder, sugar, modified starch (1422, 1440), Flavours, colours (titanium diox-ide, caramel IV, sunset yellow, tartrazine, allura red), stabilizers (carrageenan, xanthan gum), salt, food acid (lactic).

**Contain : Milk**

WEEK DAY		1 MONDAY		SOUP		1. SWEET POTATO AND PUMPKIN	
A		B		C		D	
<p><b>ROAST PORK WITH HONEY AND MUSTARD GRAVY</b></p> <p>Pork : Pork loin, salt and pepper.</p> <p>Gravy: Rich gravy mix : Maltodextrin (from corn), modified starch (1420), salt, sugar, beverage whitener, [mineral salts (340, 451), emulsifiers (471, 481), anti-caking agent (551), antioxidant (307b)](CONTAINS: Milk and soy), yeast extract, onion powder, colour (150c), vegetable fat, flavour, food acid (330), Flavour enhancer (635), spice.</p> <p>Whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], honey, parsley, salt and pepper.</p> <p><b>CONTAINS: Milk, soy</b></p> <p>Ø D F FR</p>		<p><b>CHICKEN SCHNITZEL WITH CHEESE AND CHIVE CREAM SAUCE</b></p> <p>Schnitzel : Chicken (53%), water, flour (wheat, soy), vegetable oils (CONTAINS: antioxidants (206, 319), yeast, vinegar, iodised salt, thickeners (1442, 1404, 412, 415), soy protein isolate, mineral salts (450, 450), natural colour (100) emulsifiers (471, 481, 472e), preservative (282), vitamin (thiamin) folic acid</p> <p><b>CONTAINS: wheat (gluten), soy.</b></p> <p>Sauce : Cream (halal gelatin, Milk and Milk products), Cheese (pasteurised Milk, salt, cultures, enzyme), chives, corn flour, salt and cracked pepper.</p> <p><b>CONTAINS: Milk</b></p> <p>FR D X</p>		<p><b>ITALIAN PORK SAUSAGE WITH TOMATO, BASIL AND OREGANO SAUCE</b></p> <p>Sausage : Pork, premix continental (Rice flour, salt, mineral salt{451}, preservative{223}, spice, spice extracts{160}, herb extracts, vegetable powder), water, pepper, garlic, beef, sweet sherry, fennel.</p> <p><b>CONTAINS: No allergens</b></p> <p>Sauce : Crushed tomato, basil, oregano, garlic, onion, water, corn flour, salt and pepper.</p> <p><b>CONTAINS: No allergens</b></p> <p>Ø D F X</p>		<p><b>PANKO AND CHEESE CRUSTED VEGIE BURGER WITH BEETROOT RELISH</b></p> <p>Burger: Vegetables (78%), (potato, cabbage, carrot, cauliflower, onion, pumpkin, pea, corn, garlic), maize flour, rice flour, vegetable oil (canola), salt, baking powder (450, 500), vegetable gum (guar), spices. Cheese (pasteurised Milk, salt, cultures, enzyme), panko breadcrumbs (wheat flour, yeast, salt, palm oil, glucose, yeast food contain ammonium chloride, acidity regulator E516).</p> <p>Relish : Beetroot, water, sugar, red vinegar, modified starch (1422), lemon juice, garlic, salt, herbs and spices.</p> <p><b>CONTAINS: Milk, wheat(gluten)</b></p> <p>Ø D F X</p>	
SIDES				DESSERT			
<p>Roasted chats, butter beans and carrots.</p>				<p><b>WILDBERRY AND MANGO INFUSED YOGHURT</b></p> <p>Yoghurt : Milk, sugar, fruit 6.25% (mango puree(50%), strawberry puree(20%), raspberry puree(15%), blueberry puree(15%), Milk solids, thickeners(1442, 1422, 406, 440), water, acidity regulator (330, 331), natural colour (160a), natural flavour, live yoghurt cultures (including acidophilus bifidus, casei).</p> <p><b>CONTAINS: Milk.</b></p>			

**WEEK  
DAY**

**1  
TUESDAY**

**SOUP**

**2. SPANISH CHICKEN & VEGETABLE**

**A**

**B**

**C**

**D**

**ROAST LAMB WITH SAGE AND ONION GRAVY**

Lamb, herbs, salt and pepper

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

**CONTAINS: Milk , soy**

Ø D F FR

**HONEY AND BLACK PEPPER BEEF STIR FRY WITH RICE**

Beef(rump strips), honey, soy sauce (water, soybeans (20%), rice, salt, CONTAINS: (3.2% alcohol v/v) from the natural brewing process), cracked pepper, ginger, garlic, cashews, oil, corn flour, spring onion, capsicum, bok choy, onion, carrot.

Rice: Rice, turmeric, salt.

**CONTAINS: Soy, nuts**

Ø D F X

**SPINACH, MUSHROOM AND CHORIZO 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. Spinach, mushroom, thyme.

**CONTAINS: Milk, eggs, wheat(gluten), soy**

Ø D F FR

**ROAST PUMPKIN, KALE AND RED 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), roast pumpkin, kale, capsicum, salt and pepper.

**CONTAINS: Milk, eggs, wheat (gluten), soy**

Ø D F FR

**SIDES**

Potato mash, cream (halal gelatin, Milk and Milk products), Butter (pasteurised cream, water, salt, Milk fat 80% minimum). Meals (A), (C) and (D). Peas and cauliflower.

**CONTAINS: Milk.**

**DESSERT**

**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 F**

**WEEK  
DAY**

**1  
WEDNESDAY**

**A**

**B**

**SOUP**

**3. BEEF AND WINTER VEGETABLE**

**C**

**D**

**PAPRIKA, LEMON AND THYME  
ROASTED CHICKEN WITH LEMON  
CREAM SAUCE**

CHICKEN : Chicken fillet, paprika, thyme, lemon zest/juice, tomato paste, oil, salt and pepper.

Sauce : Cream (halal gelatin, Milk and Milk products), lemon juice/zest, parsley, corn flour, salt and pepper.

**CONTAINS: Milk**

Ø D Ḟ FR

**PORK KRANSKY SAUSAGE WITH  
MUSTARD GRAVY**

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.

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], salt and pepper.

**CONTAINS: Milk, soy**

Ø D Ḟ FR X

**INDIAN VINDALOO BEEF CURRY  
WITH RICE (MILD SPICE)**

Beef, Vindaloo paste (vegetable oil, coriander, water, salt, tamarind (5.5%), cumin, turmeric, chilli, maize flour, ginger powder, garlic powder, spices, food acids (acetic, citric, lactic), crushed tomato, onions, salt and pepper.

RICE: Rice, salt and pepper.

**CONTAINS: No allergens**

Ø D Ḟ X

**HONEY, BUTTER AND CINNAMON  
CAULIFLOWER STEAKS WITH  
CHEESE SAUCE**

Cauliflower, butter (pasteurised cream), honey, cinnamon, thyme, salt and pepper.

Sauce: Cheese (pasteurised Milk, salt, cultures, enzyme), cream (halal gelatin, Milk and Milk products), corn flour, salt and pepper.

**CONTAINS: Milk**

Ø D Ḟ FR

**SIDES**

**DESSERT**

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

**BANANA AND BLUEBERRY CAKE WITH CUSTARD**

CAKE: Sugar, wheat flour, bananas (23%), water, Milk, eggs, vegetable oil, raising agents (calcium phosphate, sodium bicarbonate). Banana, blueberries, canola oil, Neufchatel, icing sugar. **CONTAINS: Wheat, eggs, Milk** Ḟ

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

**DIABETIC CUSTARD** : Water, corn flour (maize) flavour, salt, colours (102, 110), whole Milk powder, equal (phenylalanine), malt dextrin, sweeteners (aspartame 1.5%, acesulfame potassium 1% ), Flavourings. **CONTAINS: Milk**

**WEEK  
DAY**

**1  
THURSDAY**

**SOUP**

**4. LAMB, LENTIL AND VEGETABLE**

**A**

**B**

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

**CONTAINS: Milk, soy, sulphites**

Ø D F FR

**STICKY PORK STIR FRY WITH  
RICE**

Pork, honey, soy sauce (water, soybeans (20%), rice, salt, CONTAINS: (3.2% alcohol v/v) from the natural brewing process), brown sugar, Chinese five spice, garlic, carrots, capsicum, onion ,celery, bok choy, spring onion, oil, salt and pepper.

Rice : Rice, salt and pepper.

**CONTAINS:: Soy**

Ø D F X

**TUNA MORNAY WITH PANKO  
CRUST**

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), spring onion, nutmeg, corn flour, salt and pepper. Panko crumbs [wheat flour, yeast, salt, palm oil, glucose, CONTAINS: ammonium chloride, acidity regulator (E516)], tuna

**CONTAINS: Milk, eggs, fish, wheat(gluten), soy**

D F

**ITALIAN BAKED EGGPLANT WITH  
PARMESAN**

Eggplant, onion, garlic, basil, tomato, capsicum, parsley, oil, parmesan (pasteurised Milk, salt, cultures, enzyme), tomato paste (concentrated tomato(99%), salt)

**CONTAINS: Milk**

Ø D F FR

**SIDES**

**DESSERT**

Baked cream chats (halal gelatin, Milk and Milk products), (A) (C)and (D) meals.

Cross cut beans and corn.

**CONTAINS: Milk**

**FRUITCAKE WITH CUSTARD**

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

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

**DIABETIC CUSTARD** : Water, corn flour (maize) flavour, salt, colours (102, 110), whole Milk powder, equal (phenylalanine), malt dextrin, sweeteners (aspartame 1.5%, acesulfame potassium 1% ), Flavourings. **CONTAINS: Milk**



**WEEK  
DAY**

**1  
FRIDAY**

**A**

**CORNEB BEEF WITH  
HORSERADISH AND HERB  
CREAM 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).

**Contain : No allergens**

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) parsley, thyme, salt, pepper and corn flour.

**Contain : Milk, soy, sulphites**

Ø D F FR

**B**

**CRUMBED FISH WITH TARTARE  
SAUCE**

FISH : Formed Basa portions (52%), water, wheat flour, canola oil, thickeners (1404, xanthan gum, guar gum) maize flour, maize starch, acidity regulators (potassium citrate, calcium citrate 451, sodium citrate 450, sodium bicarbonate, salt, rice, flour, yeast, food acid (citric), egg powder, sugar, maltodextrin, glucose.

**CONTAINS: fish, wheat (gluten) and egg.**

TARTARE SAUCE : Water, soybean oil, vinegar, sugar, egg yolk, gherkins, salt, capers, parsley, thickeners (1422), mustard, vegetable gum (xanthan), garlic puree, preservatives (200, 385), herb.

**CONTAINS: Soybean and egg products.**

Ø D FR

**SOUP**

**5. CAULIFLOWER, NUTMEG & BACON**

**C**

**MALAYSIAN CHICKEN MEE  
GORENG (NOODLES)**

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

D F X

**D**

**VEGETARIAN SINGAPORE  
NOODLES**

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

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.

**CONTAINS: Wheat, soy, egg**

D F X

**SIDES**

Roast potato (A) and (B)meal. Carrots and peas.

**DESSERT**

**CREAMY RICE PUDDING WITH CINNAMON**

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

**CONTAINS: Milk**

D

WEEK DAY		2 MONDAY		SOUP		6. LEEK, POTATO & MINTED PEA	
A		B		C		D	
<p><b>LEMON, HONEY AND THYME ROAST CHICKEN WITH MUSHROOM SAUCE</b></p> <p>Chicken : Chicken breast fillet, honey, lemon zest/juice, garlic, thyme, 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), Flavour enhancer (635), spice. Mushrooms, salt and cracked pepper. Cream (halal gelatin, Milk and Milk products).</p> <p><b>CONTAINS: Milk, soy</b></p> <p>Ø D F FR</p>		<p><b>HAM STEAK WITH CREAMY PEPPER CORN GRAVY</b></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. Pineapple rings.</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), green pepper corn.</p> <p><b>CONTAINS: Milk, soy</b> Ø D F FR</p>		<p><b>BEEF AND ROAST VEGETABLE PASTA BAKE</b></p> <p>Pasta: durum wheat semolina</p> <p>CONTAINS : Wheat and may contain traces of egg and soy</p> <p>Sauce: beef mince, tomato, basil, oregano, parsley, paprika, garlic, onion, sundried tomato, roast pumpkin, cheese (pasteurised milk, salt, cultures, enzyme), salt, pepper, brown sugar.</p> <p><b>CONTAINS : Milk , wheat , may contain traces of egg and soy</b></p> <p>D F X</p>		<p><b>RICOTTA AND SPINACH SAUSAGE ROLL WITH TOMATO CHUTNEY</b></p> <p>Sausage Roll : Ricotta cheese (28%)[Milk, whey solids, food acid (260)],wheat flour, vegetable oil [vegetable oil, water, salt, emulsifiers (471, soybean lecithin), antioxidant (320), Flavour], spinach reconstituted (9%)[water, dehydrated spinach], water, potato, maltodextrin, onion, breadcrumbs [wheat], potato flakes, cheese powders[Milk], whey protein concentrate, wheat fibre, spices, salt, flavour, pastry glaze [Milk solids, colour (160a)].</p> <p><b>CONTAINS: Wheat(gluten), Milk, soy and maybe egg present.</b></p> <p>D X</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>	
SIDES				DESSERT			
<p>Tuscan roasted chat potato (oil, salt, pepper, spices, herbs, garlic). Peas and carrots.</p>				<p><b>PASSIONFRUIT AND RASPBERRY YOGHURT</b></p> <p>Yoghurt: Milk, sugar, Milk solids, passion fruit pulp (3.1%), raspberry puree (3.1%), thickeners (1442, 406, 440), water, carrot and safflower concentrate, natural colour (160a), acidity regulator (330, 331), natural flavour, live yoghurt cultures (including acidophilus bifidus and casei).</p> <p><b>CONTAINS: Milk</b></p>			

**WEEK  
DAY**

**2  
TUESDAY**

**A**

**B**

**SOUP**

**7. PESTO, CHICKEN & VEGETABLE**

**C**

**D**

**ROAST BEEF WITH CRACKED  
PEPPER 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. Cracked pepper and salt.

**CONTAINS: Milk and soy**

Ø D F FR

**DUKKAH LAMB LOIN CHOPS  
WITH MINTED GRAVY**

Lamb: lamb loin chops, Dukkah: Sesame seeds, spices, hazelnuts, salt 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, fresh mint.

**CONTAINS: Milk, soy, nuts, sesame**

Ø D F FR

**SWEET CHILLI CHICKEN NOODLE  
STIR FRY**

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

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

**CONTAINS: Wheat(gluten), egg, nuts D F X**

**SPINACH, MUSHROOM AND FETA  
QUICHE**

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

Filling : Eggs, cream (halal gelatin, Milk and Milk products), Feta ( pasteurised Milk, salt, cultures, enzyme), Mushrooms, spinach, tasty cheese (pasteurised Milk, salt, cultures, enzyme), salt and pepper.

**CONTAINS: Milk, eggs, wheat (gluten), soy**

Ø D F FR

**SIDES**

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

**DESSERT**

**STICKY DATE WITH CUSTARD**

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

**CONTAINS: Wheat(gluten), eggs, Milk, nuts. D F X**

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

**DIABETIC CUSTARD:** Water, corn flour (maize) flavour, salt, colours (102, 110), whole Milk powder, equal (phenylalanine), malt dextrin, sweeteners (aspartame 1.5%, acesulfame potassium 1% ), Flavourings. **CONTAINS: Milk**

WEEK DAY	2 WEDNESDAY		SOUP	8. BARLEY AND BEAN
A	B	C	D	
<p><b>ROAST PORK WITH SEEDED MUSTARD AND HERB CREAM SAUCE</b></p> <p>PORK: pork loin, salt and pepper</p> <p>Sauce: Whole grain mustard [water, mustard seed 18%, salt, sugar, food acid (acetic), turmeric], parsley, cream (halal gelatin, Milk and Milk products), salt and pepper</p> <p><b>CONTAINS: Milk</b></p> <p>Ø D F FR</p>	<p><b>GRILLED BEEF STEAKS WITH SMOKY BBQ SAUCE</b></p> <p>Steaks: Eye of rump medallion steaks, salt and pepper.</p> <p>Sauce: Crushed tomato, brown sugar, smoked paprika, garlic, balsamic vinegar, thyme, onion, salt and pepper.</p> <p><b>CONTAINS: No allergens</b></p> <p>Ø D F FR</p>	<p><b>MOROCCAN CHICKEN AND CHICKPEA STEW (MILD SPICE)</b></p> <p>Diced chicken, Moroccan spice (herbs, spices, sugar, salt, colour[150d]), crushed tomato, celery, garlic, carrot, onion, chickpeas, fresh coriander, parsley, salt and pepper.</p> <p><b>CONTAINS: No allergens</b></p> <p>Ø D F</p>	<p><b>SILVER BEET, LEEK AND FETA SLICE</b></p> <p>Silver beet, leek, mint, parsley, Eggs, cream (halal gelatin, Milk and Milk products), Feta ( pasteurised Milk, salt, cultures, enzyme), tasty cheese ( pasteurised Milk, salt, cultures, enzyme), salt and pepper.</p> <p><b>CONTAINS: Eggs, Milk</b></p> <p>Ø D F</p>	
SIDES		DESSERT		
<p>Cross cut beans, diced carrots, Roast potato (Salt, pepper and oil).</p>		<p><b>APPLE &amp; CINNAMON CRUMBLE CAKE WITH VANILLA CREAM ANGLAISE</b></p> <p>Apples(30%), egg, sugar, vegetable oil (antioxidant 319), wheat flour, almond meal, sultanas, sour cream (Milk solids, culture), raising agents (450, 500), cinnamon (0.2%), glaze, canola oil. <b>CONTAINS: Egg, wheat(gluten), Milk , nuts D F</b></p> <p>Anglaise : Water, sugar, corn flour (maize), Flavour, salt, colours (102, 110), cream (halal gelatin, Milk and Milk products), vanilla essence (water, propylene glycol, vanillin, caramel colour 150d). <b>CONTAINS: Milk</b></p> <p><b>DIABETIC: Anglaise</b></p> <p>Anglaise : Water, corn flour (maize), Flavour, salt, colours (102, 110), cream (halal gelatin, Milk and Milk products), vanilla essence (water, propylene glycol, vanillin, caramel colour 150d). <b>CONTAINS: Milk</b></p>		

**WEEK  
DAY**

**2  
THURSDAY**

**A**

**CORNEB BEEF WITH WHITE WINE  
AND PARSLEY CREAM 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 :White wine (sulphites), Cream (halal gelatin, Milk and Milk products), Dijon mustard, parsley, corn flour, salt and cracked pepper.

**CONTAINS: Milk , sulphites**

Ø D F FR

**B**

**BUFFALO CHICKEN DRUMSTICKS  
WITH HONEY AND MUSTARD  
GRAVY.**

Chicken drumsticks, oil, red chilli, Dijon mustard, red onion, tomato paste, parsley, salt and pepper, honey.

Stock gravy : Liquid stock from chicken, parsley, salt and pepper, corn flour, parsley.

**CONTAINS: No allergens**

Ø D F FR

**SOUP**

**9. CREAMY TOMATO AND BASIL**

**C**

**PORK KORMA CURRY AND  
YELLOW RICE (MILD SPICE)**

Diced pork, Korma paste (water, vegetable oil, spices (11%), desiccated coconut (9%), sugar, tomato paste (5%), salt ginger, garlic puree, onion, maize flour, dried coriander leaf. Fresh coriander, onion, crushed tomato.

Rice: Rice, turmeric and salt.

**CONTAINS: No allergens.**

Ø D F X

**D**

**GNOCCHI STROGONOFF**

Gnocchi : Potatoes (61%), flour, thiamin, folic acid, parmesan cheese, margarine, salt, egg.

Sauce : Cream (halal gelatin, Milk and Milk products), mushrooms, tomato paste, onions, parsley, paprika, corn flour, salt and pepper.

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

**D X**

**SIDES**

Cabbage and corn. Roast potato with paprika and nutmeg(A),(B) and (D) meals

**DESSERT**

**LEMON AND COCONUT CAKE WITH CUSTARD**

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

**CONTAINS: Wheat, Milk, eggs, soy D F**

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

**DIABETIC CUSTARD:** Water, corn flour (maize) flavour, salt, colours (102, 110), whole Milk powder, equal (phenylalanine), malt dextrin, sweeteners (aspartame 1.5%, acesulfame potassium 1% ), Flavourings. **CONTAINS: Milk**

**WEEK  
DAY**

**2  
FRIDAY**

**SOUP**

**10. MUSHROOM AND ASPARAGUS**

**A**

**B**

**C**

**D**

**ROSEMARY AND LEMON BAKED CHICKEN WITH RICH GRAVY**

Chicken : Chicken breast fillet, lemon zest/juice, garlic, rosemary, olive oil, salt and cracked pepper.

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

**CONTAINS: Milk, soy**

Ø D F FR

**CRUMBED FISH WITH DILL AND CAPERS CREAM SAUCE**

FISH : Formed Basa portions (52%), water, wheat flour, canola oil, thickeners (1404, xanthan gum, guar gum) maize flour, maize starch, acidity regulators (potassium citrate, calcium citrate 451, sodium citrate 450, sodium bicarbonate, salt, rice, flour, yeast, food acid (citric), egg powder, sugar, malt dextrin, glucose.

CONTAINS: fish, wheat (gluten) and egg.

Sauce : Cream (halal gelatin, Milk and Milk products), dill, lemon juice/zest, cracked pepper, salt and corn flour. Capers (water, white wine vinegar, salt).

**CONTAINS: Milk , Sulphites**

D FR

**BALSAMIC BEEF AND TOMATO STEW**

Diced beef, onions, carrot, celery, tomato paste, red wine (sulphites), balsamic vinegar, thyme, crushed tomato, garlic, parsley, 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). Salt and cracked pepper.

**CONTAINS: Soy, sulphites, Milk, may contain sesame**

Ø D F X

**CHICKPEA, CAULIFLOWER AND EGGPLANT RAGU**

Chickpea, cauliflower, eggplant, onion, basil, paprika, nutmeg, crushed tomato, white wine (sulphites), salt and pepper.

**CONTAINS: Sulphites, Milk**

Ø D F X

**SIDES**

**DESSERT**

**Creamy Roast potato** (halal gelatin, Milk and Milk products), **Carrot, cauliflower, broccoli medley.**

**CONTAINS: Milk**

**VANILLA BEAN PANNA COTTA**

Ingredients: Water, Milk powder, cream (Milk), sugar, gelatin, modified corn starch (1442), flavour, vegetable gum (415, 412), vanilla bean, colour (171).

**CONTAINS: Milk**

Ø D