



INGREDIENTS & ALLERGENS

Chicken Pie

Ingredients

Pie shells & tops
Onions
Carrots
Celery
Zucchini
Garlic
Basil
Peas
Potatoes
Creamed corn
Butter
Cream
Vegeta stock
Lemon pepper

Allergens

Maize
Gluten
Yeast extract
Wheat
Dairy



INGREDIENTS & ALLERGENS

Lamb Pie

Ingredients

Diced lamb
Rosemary
Mixed herbs
Onion
Garlic
Plain flour
Pie shells
Sweet potato
Beans
Worcestershire
sauce

Allergens

Gluten
Wheat
Soy
Fish
Mustard
Dairy
Celery
Sulphites
Crustacea
Yeast extract



INGREDIENTS & ALLERGENS

Pumpkin & Fetta Tart

Ingredients

Pumpkin
Onion
Garlic
Spinach
Thyme
Oregano
Basil
Cream
Fetta cheese
Eggs
Pine nuts
Vegeta stock
Paprika
Pastry

Allergens

Wheat
Gluten
Pine nuts
Maize
Egg
Dairy



INGREDIENTS & ALLERGENS

Roast Chicken

Ingredients

Chicken

Potato

Pumpkin

Mixed vegetables

Gravy

Allergens

Sulphites

Soy

Dairy

Egg

Fish

Crustacea

Celery



INGREDIENTS & ALLERGENS

Roast Pork

Ingredients

Pork

Potato

Pumpkin

Mixed vegetables

Gravy

Allergens

Sulphites

Soy

Dairy

Egg

Fish

Crustacea



INGREDIENTS & ALLERGENS

Roast Beef

Ingredients

Beef

Potato

Pumpkin

Mixed vegetables

Gravy

Allergens

Wheat

Fish

Dairy

Soy

Celery

Mustard

Crustacea

Sulphites



INGREDIENTS & ALLERGENS

Chicken Potato Bake

Ingredients

Chicken

Leek

Asparagus

Potatoes

Zucchini

Oregano

Thyme

Garlic

Cream

Cheese

Vegeta stock

French onion
soup mix

Allergens

Maize

Gluten

Yeast extract

Dairy



INGREDIENTS & ALLERGENS

Chicken Stir-fry

Ingredients

Chicken

Capsicum

Eschallots

Onion

Celery

Garlic

Rice

Sesame oil

Vegetables

Honey soy sauce

Allergens

Soy

Soybean

Milk

Peanut

Sesame

Tree nuts



INGREDIENTS & ALLERGENS

Spaghetti Bolognese

Ingredients

Beef

Onion

Garlic

Carrot

Celery

Tomato

Zucchini

Capsicum

Italian herbs

Cheese

Sweet soy sauce

Balsamic vinegar

Pasta

Mixed vegetables

Allergens

Dairy

Soy

Sesame

Peanut

Tree nuts

Wheat

Gluten

Sulphites

Fish

Mustard

Celery



INGREDIENTS & ALLERGENS

Corned Beef

Ingredients

Corned beef
Vegetables
Potatoes
Mustard sauce
Milk
Butter

Allergens

Wheat
Gluten
Yeast extract
Dairy



INGREDIENTS & ALLERGENS

Pork Sausages

Ingredients

Pork sausages

Onion

Apple

Potato

Vegetables

Gravy

Milk

Butter

Allergens

Pork

Soy

Wheat

Gluten

Sulphites

Dairy



INGREDIENTS & ALLERGENS

Lamb Rissoles

Ingredients

Lamb rissoles

Onion

Rosemary

Potatoes

Mixed vegetables

Gravy

Allergens

Sulphites

Soybean

Dairy

Crustacea

Egg

Fish

Wheat

Gluten

Cream

Yeast extract



INGREDIENTS & ALLERGENS

Lamb Shanks

Ingredients

Lamb
Celery
Carrot
Onion
Garlic
Tomato
Rosemary
Mint sauce
Potatoes
Vegetables
Milk
Butter

Allergens

Gluten
Yeast extract
Dairy



INGREDIENTS & ALLERGENS

Parmesan Crusted Fish

Ingredients

Fish
Potatoes
Beans
Carrots
Parsley
Lemon rind
Butter
Milk
Parmesan cheese
Lemon pepper
Breadcrumbs
Bechamel sauce
mix

Allergens

Fish
Dairy
Gluten
Soy
Maize
Yeast extract



INGREDIENTS & ALLERGENS

Beef Chow Mein

Ingredients

Beef mince

Cabbage

Carrot

Eschallots

Garlic

Onion

Celery

Capsicum

Honey soy sauce

Hokkien noodles

Allergens

Wheat

Gluten

Molasses

Yeast extract



INGREDIENTS & ALLERGENS

Vegetarian Mac & Cheese

Ingredients

Macaroni

Carrot

Zucchini

Broccoli

Eschallots

Cheese

Milk

Mustard

Garlic

Allergens

Wheat

Gluten

Egg

Soy

Maize

Yeast extract

Vinegar

Sugar



INGREDIENTS & ALLERGENS

Key Lime Pie

Ingredients

Almonds

Egg

Butter

Condensed milk

Cream

Sugar

Limes

Biscuits

Allergens

Wheat

Gluten

Tree nuts

Soy

Sesame

Peanut

Dairy



INGREDIENTS & ALLERGENS

Snack Box

Ingredients

Cherry tomatoes
Celery
Cucumber
Carrot
Jatz biscuits
Kabana sausage
Hummus

Allergens

Sesame
Tree nuts
Wheat
Gluten
Dairy
Egg
Soy
Celery



INGREDIENTS & ALLERGENS

Garden Salad

Ingredients

Lettuce
Capsicum
Eschallots
Tomato
Cucumber
Carrot
Onion
Croutons
Egg
Beetroot
Pineapple
Cheese

Allergens

Egg
Dairy
Wheat
Gluten

Add-ons:
Ham
Chicken
(Dairy, Soy)



INGREDIENTS & ALLERGENS

Chicken Caesar Salad

Ingredients

Lettuce

Egg

Bacon

Caesar dressing

Chicken

Parmesan cheese

Allergens

Egg

Dairy

Soy

Dairy



INGREDIENTS & ALLERGENS

Sandwiches - Various

Ingredients

White or
wholemeal bread

Margarine

Turkey

Cranberry sauce

Egg

lettuce

Ham

Cheese

Tomato

Allergens

Gluten

Wheat

Sesame

Egg

Peanuts

Soy

Tree nuts

Lupin

Dairy



INGREDIENTS & ALLERGENS

Chocolate Raspberry Cheesecake

Ingredients

Chocolate biscuits
Butter
Ground almonds
Cream cheese
Sugar
Dark chocolate
Cream
Raspberries

Allergens

Egg
Dairy
Wheat
Gluten
Soy
Tree nuts



INGREDIENTS & ALLERGENS

Pineapple Crumble

Ingredients

Pineapple
Oats
Butter
Egg
Flour
Milk
Brown sugar
White sugar
Coconut
Vanilla essence

Allergens

Dairy
Egg
Sulphites



INGREDIENTS & ALLERGENS

Pumpkin Soup

Ingredients

Pumpkin
Carrot
Onion
Potato
Vegeta stock
Cumin
Cream

Allergens

Celery
Dairy



INGREDIENTS & ALLERGENS

Pea and Ham Soup

Ingredients

Green split peas

Bacon hock

Potato

Carrot

Onion

Celery

Garlic

Vegeta stock

Allergens

Celery

Dairy



INGREDIENTS & ALLERGENS

Chicken & Vegetable Soup

Ingredients

Chicken
Onions
Zucchini
Creamed corn
Garlic
Vegeta stock
Ceery
Carrots
Capsicum
Chicken stock

Allergens

Milk
Yeast extract



INGREDIENTS & ALLERGENS

Beef & Vegetable Soup

Ingredients

Beef
Garlic
Onions
Carrots
Celery
Capsicum
Beef stock

Allergens

Soy
Wheat
Sulphites



INGREDIENTS & ALLERGENS

Ham Steaks with Pineapple

Ingredients

Ham steak
Vegetables
Potato wedges
Pineapple

Allergens

Maize
Gluten
Soy