



INGREDIENTS & ALLERGENS

Roast Pork

Ingredients

Pork roast

Potato

Pumpkin

Vegetables

Gravy

Allergens

Lactose

MSG

Sulphites



INGREDIENTS & ALLERGENS

Roast Beef

Ingredients

Beef topside

Potato

Pumpkin

Vegetables

Gravy

Allergens

Lactose

MSG

Sulphites



INGREDIENTS & ALLERGENS

Roast Chicken

Ingredients

Chicken breast
Potato
Pumpkin
Vegetables
Gravy

Allergens

Lactose
MSG
Sulphites



INGREDIENTS & ALLERGENS

Medley of Roast Vegetables

Ingredients

Pumpkin

Potato

Zucchini

Cherry tomatoes

Red capsicum

Carrot

Red onion

Cauliflower

Eggplant

Mushrooms

Gravy powder

Allergens

Lactose

MSG



INGREDIENTS & ALLERGENS

Chicken Prawn Linguine

Ingredients

Chicken breast

Raw prawns

White wine

Garlic

Tomato

Thickened Cream

Vegetables

Linguine pasta

Lemon

Parmesan cheese

Allergens

Crustacea

Lactose

Gluten

Garlic



INGREDIENTS & ALLERGENS

Penne Carbonara

Ingredients

Bacon
Penne pasta
Mushrooms
Vegetables
Brown onion
Crushed garlic
White wine
Thickened cream
Parmesan cheese
Cornflour (Maize)
Parsley

Allergens

Gluten
Lactose



INGREDIENTS & ALLERGENS

Vegetable Lasagne

Ingredients

Lasagne sheets

Red onion

Garlic

Thickened cream

Cornflour (Maize)

White wine

Parmesan cheese

Crushed tomato

Cheese

Sweet potato

Red capsicum

Jap pumpkin

Eggplant

Ricotta

Zucchini

Mushrooms

Allergens

Gluten

Garlic

Lactose



INGREDIENTS & ALLERGENS

Vegetable Curry

Ingredients

Red onion
Crushed garlic
Crushed ginger
Masala spices
Basmati rice
Carrots
Crushed tomato
Turmeric powder
Cauliflower
Jap pumpkin
Cumin
Potato
Green beans
Peas
Baby spinach
Mustard seeds
Chickpeas
Yoghurt
Coriander

Allergens

Garlic
Mustard
Soy
Lactose



INGREDIENTS & ALLERGENS

Lamb Korma

Ingredients

Lamb
Red onion
Crushed garlic
Crushed ginger
Masala spices
Basmati rice
Carrots
Celery
Cashews
Crushed tomato
Green beans
Peas
Star anise
Green cardamon
Coconut cream
Coriander bunch
Potato

Allergens

Garlic
Celery
Nuts



INGREDIENTS & ALLERGENS

Char Siu Pork Loin

Ingredients

Pork loin

Garlic

Ginger

Sesame oil

Char siu paste

Balsamic vinegar

Soy sauce

Rice

Shallots

Vegetables

Allergens

Sesame

Gluten

Garlic

Lactose

Soy

MSG



INGREDIENTS & ALLERGENS

Beef Rissoles

Ingredients

Beef mince
Bacon
Egg
Carrots
Garlic
Brown onion
Tomato sauce
Worcestershire
sauce
Potato
Pumpkin
Vegetables
Breadcrumbs
Gravy

Allergens

Fish
Gluten
Lactose
MSG
Egg
Sulphites



INGREDIENTS & ALLERGENS

Pork Sausages

Ingredients

Pork sausages

Potato

Vegetables

Gravy

Allergens

Gluten

Soy

Sulphites

Lactose

MSG



INGREDIENTS & ALLERGENS

Braised Lamb Shank

Ingredients

Lamb shank

Carrot

Celery

Brown onion

Crushed garlic

Dried rosemary

Tomato paste

Potato

Vegetables

Allergens

Celery

Lactose



INGREDIENTS & ALLERGENS

Beef Silverside

Ingredients

Beef silverside

Wholegrain
mustard

Cornflour (Maize)

Potato

Vegetables

Allergens

Mustard

Lactose



INGREDIENTS & ALLERGENS

Barramundi with lemon & parsley sauce

Ingredients

Barramundi

Butter

Cream

Vegetable stock
powder

Lemon pepper

Lemon

Parsley

Potato

Vegetables

Allergens

Fish

Lactose

MSG

Celery



INGREDIENTS & ALLERGENS

Tuna Pasta Mornay

Ingredients

Raw Tuna

Pasta

Thickened cream

Vegetables

Cheese Flour

Cornflour (Maize)

Crushed garlic

White wine

Allergens

Seafood

Gluten

Lactose

Garlic



INGREDIENTS & ALLERGENS

Beef & Mushroom Pie

Ingredients

Pie shell
Beef topside roast
Black pepper
Crushed garlic
Celery
Brown onion
Red wine
Gravy powder
Mushrooms
Eggs
Vegetables

Allergens

Garlic
Lactose
Soy
Celery
MSG
Sulphites
Egg



INGREDIENTS & ALLERGENS

Beef mince pie

Ingredients

Pie shells
Beef mince
Bacon
Brown onion
Gravy powder
Egg
Cheese
Vegetables

Allergens

Gluten
Lactose
Soy
MSG
Sulphites
Egg



INGREDIENTS & ALLERGENS

Chicken, leek & asparagus quiche

Ingredients

Quiche Shell
Carrots
Celery
Brown onion
Thickened cream
Eggs
Chicken Breast
Crushed garlic
White wine
Vegetables
Cornflour (Maize)
Cheese

Allergens

Gluten
Lactose
Soy
Garlic
Egg
Celery



INGREDIENTS & ALLERGENS

Vegetarian Quiche

Ingredients

Quiche shells

Eggs

Carrot

Celery

Brown onion

Crushed garlic

Basil

Roasted capsicum

Cherry tomatoes

Pumpkin

Vegetables

Thickened cream

Fetta cheese

Cornflour (Maize)

Allergens

Gluten

Lactose

Soy

Celery

Egg

Lactose



INGREDIENTS & ALLERGENS

Garden Salad

Ingredients

Iceberg lettuce
Cherry tomatoes
Cucumber
Red capsicum
Celery
Green apple
Carrot
Eschallots
Cheese
Croutons
Egg

Options:

Ham
Chicken breast

Allergens

Celery
Lactose
Gluten
Soy
Eggs



INGREDIENTS & ALLERGENS

Pumpkin, fetta & rocket salad

Ingredients

Iceberg lettuce
Cherry tomatoes
Cucumber
Red capsicum
Celery
Jap pumpkin
Fetta cheese
Carrots
Rocket
Eggs
Green Goddess
dressing
Eschallots
Balsamic vinegar

Allergens

Celery
Gluten
Lactose
Egg
Soy



INGREDIENTS & ALLERGENS

Sandwiches (assorted)

Ingredients

White bread
Wholemeal bread
Margarine

Corned beef
Mustard pickles
Lettuce
Tomato
Cheese

Egg
Lettuce

Ham
Cheese
Tomato

Allergens

Gluten
Soy
Lactose
Egg



INGREDIENTS & ALLERGENS

Chicken Caesar Wrap

Ingredients

Chicken Breast
Iceberg lettuce
Bacon
Lemons
Parmesan cheese
Mayonnaise
Crushed garlic
Tortilla

Allergens

Lactose
Gluten
Eggs
Garlic



INGREDIENTS & ALLERGENS

Egg salad wrap

Ingredients

Egg
Mayonnaise
Tortilla
Lettuce
Onion
Vegetables

Allergens

Gluten
Egg



INGREDIENTS & ALLERGENS

Snack box

Ingredients

Cherry tomatoes

Celery

Carrot

Baby cucumber

Carrot

Hummus

Cheese

Jatz biscuits

Option:

Kabana

Allergens

Celery

Sesame

Soy

Lactose

Nuts



INGREDIENTS & ALLERGENS

Pumpkin Soup

Ingredients

Bread roll

Butter

Pumpkin

Brown onion

Celery

Vegetable stock
powder

Carrot

Sweet potato

Potato

Thickened cream

Allergens

Gluten

Lactose

Celery

MSG



INGREDIENTS & ALLERGENS

Pea & Ham Soup

Ingredients

Bread roll
Butter
Brown onion
Celery
Split peas
Ham
Bacon hock
Carrot
Crushed garlic
Chicken stock
powder

Allergens

Gluten
Lactose
Celery
Soy



INGREDIENTS & ALLERGENS

Potato & Leek Soup

Ingredients

Bread roll

Butter

Leeks

Brown onion

Celery

White wine

Stock Powder -

Vegetable

Potato

Thickened cream

Allergens

Gluten

Lactose

Celery

MSG



INGREDIENTS & ALLERGENS

Beef & Vegetable Soup

Ingredients

Bread roll
Butter
Beef bones
Brown onion
Celery
Soup mix
Potato
Carrot
Leek

Allergens

Gluten
Lactose
Celery
Soy
Lupin



INGREDIENTS & ALLERGENS

Vegetable & barley soup

Ingredients

Bread roll
Butter
Brown onion
Carrot
Celery
Parsley
Leek
Barley
Vegetable stock
powder

Allergens

Gluten
Lactose
MSG
Celery



INGREDIENTS & ALLERGENS

Sticky Date Pudding

Ingredients

Dates
Self-raising flour
Raw sugar
Ground cinnamon
Allspice
Butter
Vanilla essence
Thickened cream
Milk
Eggs

Allergens

Lactose
Gluten
Egg



INGREDIENTS & ALLERGENS

New York Cheesecake

Ingredients

Butter
Arrowroot biscuit
GF
Gingernut biscuit
GF
Cream cheese
Gelatine
Eggs
Thickened cream
Caster sugar
Vanilla essence
Lemons
Cornflour (Maize)
Berry coulis

Allergens

Lactose
Egg
Soy



INGREDIENTS & ALLERGENS

Trio of Mousse

Ingredients

Nestle Mousse
(Chocolate,
Caramel &
Vanilla)

Thickened cream
Milk

Chocolate melts
(White & dark)

Allergens

Lactose
Soy
Sulphites



INGREDIENTS & ALLERGENS

Chicken Enchilada

Ingredients

Chicken thigh fillet

Tortilla

Red capsicum

Red onion

Crushed tomato

Cumin

Coriander

Cheese

Crushed garlic

Rice

Black beans

Allergens

Gluten

Lactose

Garlic



INGREDIENTS & ALLERGENS

Cajun Gumbo

Ingredients

Ham
Chorizo
Prawns
Chicken thigh fillet
Crushed garlic
Green capsicum
Brown onion
Crushed tomato
Celery
Plain flour
Butter
Dried thyme
Cayenne pepper
Okra
Rice

Allergens

Lactose
Soy
Crustacea
Garlic
Celery
Gluten



INGREDIENTS & ALLERGENS

Meatloaf

Ingredients

Beef mince
Pork mince
Gravy
Breadcrumbs
Potato
Crushed garlic
Brown onion
Eggs
Crushed tomato
Vegetables
Plain flour
Butter
Dried thyme

Allergens

Lactose
MSG
Sulphites
Gluten
Garlic
Egg
Celery