



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

Tuscan Chicken Linguine

Ingredients

Chicken breast
Linguine pasta
Vegetables
Thickened cream
Crushed garlic
Napoli sauce
White wine
Parmesan cheese
Pine nuts

Allergens

Gluten
Lactose
Pine nuts



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

Linguine Prima Vera

Ingredients

Vegetables
Linguine pasta
White wine
Crushed garlic
Thickened cream
Cornflour (Maize)
Pesto
Parsley
Basil

Allergens

Gluten
Lactose
Sulphites
MSG



INGREDIENTS & ALLERGENS

Chickpea Dahl Curry

Ingredients

Chickpeas
Red lentils
Green lentils
Red onion
Brown onion
Tomatoes
Coriander
Coconut cream
Ground cinnamon
Star anise
Turmeric powder
Curry powder
Crushed garlic
Crushed ginger

Allergens

Soy
Gluten



INGREDIENTS & ALLERGENS

Mongolian beef

Ingredients

Beef
Crushed garlic
Crushed ginger
Cornflour (Maize)
Soy sauce
Sweet soy sauce
Brown onion
Capsicum green
Capsicum red
Carrot
Jasmine rice

Allergens

Soy
Colourants
Gluten
Soy
Sulphites



INGREDIENTS & ALLERGENS

Chicken tikka masala

Ingredients

Allergens

Chicken thigh fillet

Crushed garlic

Crushed ginger

Masala spice

Red onion

Crushed tomatoes

Brown onion

Carrot

Capsicum red

Capsicum green

Basmati rice

Tumeric powder

Ground cinnamon



INGREDIENTS & ALLERGENS

Beef Rissoles

Ingredients

Beef mince
Carrots
Celery
Brown onion
Tomato sauce
Worcestershire
sauce
Potato
Pumpkin
Vegetables
Gravy

Allergens

Celery
Fish
Gluten
Lactose
MSG
Sulphites



INGREDIENTS & ALLERGENS

Mustard Diane Pork Loin

Ingredients

Pork
Brown onion
Crushed garlic
Worcestershire
sauce
Tomato sauce
BBQ sauce
Potato
Vegetables
Gravy
Parmesan cheese
Balsamic vinegar
Rosemary

Allergens

Gluten
Fish
Lactose
MSG
Sulphites



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

Salmon barramundi mornay

Ingredients

Barramundi

Salmon

Butter

Thickened cream

Vegetable stock
powder

Cornflour (Maize)

Quiche shells

Lemon

Parsley

Potato

Vegetables

Allergens

Fish

Lactose

MSG

Celery

Gluten

Soy



INGREDIENTS & ALLERGENS

Pepper steak pie

Ingredients

Pie shells
Beef
Cracked pepper
Brown onion
Gravy powder
Egg
Vegetables

Allergens

Gluten
Lactose
Soy
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

Curry Chicken Pie

Ingredients

Chicken thighs

Pie shells

Peas

Brown onion

Crushed garlic

Crushed ginger

Curry powder

Ground tumeric

Carrot

Egg

Vegetables

Allergens

Gluten

Lactose

Soy

Egg



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

Allergens

Celery
Lactose
Gluten
Soy
Eggs

Options:

Ham
Chicken breast



INGREDIENTS & ALLERGENS

Turkey Waldorf Slaw

Ingredients

Turkey breast
Iceberg lettuce
Cherry tomatoes
Cucumber
Green cabbage
Celery
Green apple
Carrots
Eschallots
Cheese
Eggs
Croutons
Mayonnaise
Dijon mustard
Apple cider
vinegar
Walnuts

Allergens

Celery
Lactose
Soy
Gluten
Egg
Sulphites
Mustard
Nuts



INGREDIENTS & ALLERGENS

Sandwiches (assorted)

Ingredients

White bread
Wholemeal bread
Margarine

Chicken breast
Lettuce
Mayonnaise

Egg
lettuce

Ham
Cheese
Tomato

Allergens

Gluten
Soy
Lactose
Egg



INGREDIENTS & ALLERGENS

Sweet Chilli Chicken Wrap

Ingredients

Chicken breast

Iceberg lettuce

Tomato

Red onion

Cheese

Sweet chilli sauce

Sour cream

Tortilla

Allergens

Lactose

Gluten



INGREDIENTS & ALLERGENS

Grilled Vegetable Wrap

Ingredients

Pumpkin
Red capsicum
Red onion
Eggplant
Baby spinach
Tomato
Zucchini
Pesto
Mayonnaise
Tortilla

Allergens

Gluten
Egg
Lactose
MSG
Sulphites



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

Chicken Corn Chowder

Ingredients

Bread roll
Butter
Chicken thigh fillet
Brown onion
Celery
Creamed corn
Corn
Potato
Bacon
Leek
Chicken stock
powder

Allergens

Gluten
Lactose
Celery
Soy



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

Peach Apricot Crumble Cake

Ingredients

Butter
Caster sugar
Self-raising flour
Eggs
Vanilla essence
Milk
Tinned peaches
Tinned apricots
Rolled oats
Dessicated
coconut
Custard

Allergens

Lactose
Gluten
Egg



INGREDIENTS & ALLERGENS

Passionfruit Cheesecake

Ingredients

Butter
Arrowroot biscuit
Gingernut biscuit
Cream cheese
Gelatine
Thickened cream
Caster sugar
Vanilla essence
Lemon
Passionfruit pulp
Berry coulis

Allergens

Lactose
Soy
Gluten



INGREDIENTS & ALLERGENS

Trio of Mousse

Ingredients

Nestle Chocolate
Mousse

Nestle Vanilla
Mousse

Nestle Caramel
Mousse

Thickened cream
Milk

White chocolate
melts

Dark chocolate
melts

Allergens

Lactose

Soy

Sulphites



INGREDIENTS & ALLERGENS

Pineapple carrot cake

Ingredients

Carrots
Vegetable oil
Raw sugar
Eggs
Self-raising flour
Ground cinnamon
Allspice
Crushed ginger
Pineapple slices
Sour cream
Icing sugar
Walnuts

Allergens

Egg
Gluten
Lactose
Nuts