



## INGREDIENTS & ALLERGENS

### *Chicken & Asparagus Pie*

#### **Ingredients**

Chicken  
Milk  
Cheese  
Lemon juice  
Garlic  
Shallots  
Asparagus  
Onion  
Parsley  
Thyme  
Mixed herbs  
Vegetables  
Potatoes  
Peas

#### **Allergens**

Egg  
Sesame  
Peanuts  
Tree nuts  
Lupin  
Gluten  
Dairy  
Soy





## INGREDIENTS & ALLERGENS

### *Lamb & Rosemary Pie*

#### **Ingredients**

Diced lamb  
Rosemary  
Mixed herbs  
Onion  
Garlic  
Tomato soup  
Beef stock  
Plain flour  
Pie shells  
Sweet potato  
Beans

#### **Allergens**

Gluten  
Wheat  
Soy  
Fish  
Mustard  
Dairy  
Celery  
Sulphites



## INGREDIENTS & ALLERGENS

### *Steak & Kidney Pie*

#### **Ingredients**

Beef  
Kidney  
Garlic  
Carrot  
Celery  
Onion  
Potatoes  
Peas  
Nutmeg  
Bush spice  
Worcestershire  
sauce

#### **Allergens**

Fish  
Dairy  
Soy  
Celery  
Mustard  
Sulphites  
Wheat  
Gluten  
Egg  
Peanuts  
Tree nuts  
Sesame  
Lupin



**INGREDIENTS & ALLERGENS**

*Roast Chicken*

**Ingredients**

Chicken

Potato

Pumpkin

Mixed vegetables

Golden Roast  
gravy

**Allergens**

Sulphites

Soy

Dairy

Egg

Fish

Crustacea

Celery



## INGREDIENTS & ALLERGENS

### *Roast Pork*

#### **Ingredients**

Pork

Potato

Pumpkin

Mixed vegetables

Golden Roast  
gravy

#### **Allergens**

Sulphites

Soy

Dairy

Egg

Fish

Crustacea



## INGREDIENTS & ALLERGENS

### *Roast Beef*

#### **Ingredients**

Beef

Potato

Pumpkin

Mixed vegetables

Rich beef gravy

#### **Allergens**

Wheat

Fish

Dairy

Soy

Celery

Mustard

Crustacea

Sulphites



## INGREDIENTS & ALLERGENS

### *Butter Chicken*

#### **Ingredients**

Chicken

Cream

Onion

Garlic

Capsicum

Zucchini

Rice

Mixed vegetables

Patak's Butter  
Chicken Sauce

#### **Allergens**

Wheat

Gluten

Dairy

Soy

Almonds

Tree nuts

Peanuts

Soybean

Egg





## INGREDIENTS & ALLERGENS

### *Vegetable Primavera*

#### **Ingredients**

Tomatoes  
Zucchini  
Broccoli  
Snow peas  
Mushrooms  
Basil  
Garlic  
Salt  
Pepper  
Cream  
Parmesan  
Butter  
Olive oil  
Pasta

#### **Allergens**

Dairy  
Wheat  
Soy  
Gluten





## INGREDIENTS & ALLERGENS

### *Beef Lasagne*

#### **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

### *Chicken & Broccoli Carbonara*

#### **Ingredients**

Chicken  
Broccoli  
Onion  
Garlic  
Eschallots  
Mushrooms  
Cream  
Cheese  
Pasta

#### **Allergens**

Dairy  
Soy  
Wheat  
Gluten



## INGREDIENTS & ALLERGENS

### *Devilled Sausages*

#### **Ingredients**

Pork sausages

Onion

Carrot

Capsicum

Celery

Apples

Tomato

Garlic

Paprika

Worcestershire  
sauce

Seeded mustard

Potatoes

Mixed vegetables

#### **Allergens**

Pork

Soy

Wheat

Gluten

Sulphites

Fish



## INGREDIENTS & ALLERGENS

### *Lamb Rissoles*

#### **Ingredients**

Lamb rissoles

Onion

Rosemary

Potatoes

Mixed vegetables

Golden Roast  
gravy

#### **Allergens**

Sulphites

Soybean

Dairy

Crustacea

Egg

Fish

Wheat

Gluten

Cream



## INGREDIENTS & ALLERGENS

### *Lamb Shanks*

#### **Ingredients**

Lamb  
Celery  
Carrot  
Onion  
Garlic  
Tomato  
Rosemary  
Mint sauce  
Potatoes  
Vegetables

#### **Allergens**

Gluten



## INGREDIENTS & ALLERGENS

### *Sweet & Sour Chicken*

#### **Ingredients**

Chicken

Onion

Garlic

Capsicum

Zucchini

Carrot

Peas

Corn

Eschallots

Egg

Five spice powder

Sweet soy sauce

Sesame oil

Rice

#### **Allergens**

Soy

Peanut

Egg

Sesame

Wheat

Gluten

Sulphites



## INGREDIENTS & ALLERGENS

### *Chicken, Mushroom & Leek Casserole*

#### **Ingredients**

Chicken

Mushroom

Leek

Carrot

Celery

Cherry tomatoes

Onion

Eschallots

Garlic

Parsley

Tarragon

Mixed herbs

Golden roast

Mixed vegetables

#### **Allergens**

Dairy

Soy

Sulphites

May contain:

Egg

Fish

Crustacea



## INGREDIENTS & ALLERGENS

### *Crumbed Steak*

#### **Ingredients**

Steak  
Bread crumbs  
Mixed herbs  
Potato  
Gravy  
Mixed vegetables

#### **Allergens**

Wheat  
Egg  
Gluten  
Fish  
Dairy  
Soy  
Crustacea  
Sulphites  
Mustard  
Celery





## INGREDIENTS & ALLERGENS

### *Crumbed Fish*

#### **Ingredients**

Fish  
Milk  
Butter  
Parsley  
Potato  
Carrot  
Beans  
Lemon  
Mixed vegetables

#### **Allergens**

Maize  
Dairy  
Soy



## INGREDIENTS & ALLERGENS

### *Snack Box*

#### **Ingredients**

Cherry tomatoes  
Celery  
Cucumber  
Carrot  
Jatz biscuits  
Kabana sausage

#### **Allergens**

Sesame  
Tree nuts  
Wheat  
Gluten  
Dairy  
Egg  
Soy  
Celery



## INGREDIENTS & ALLERGENS

### *Asian Chicken Salad*

#### **Ingredients**

Chicken  
Wombok  
Carrot  
Onion  
Capsicum  
Eschallots

#### **Allergens**

Sesame  
Soy beans  
Gluten  
Wheat



## 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

### *Raspberry Cheesecake*

#### **Ingredients**

Raspberry  
Cream cheese  
Sugar  
Eggs  
Vanilla  
Yoghurt  
Kiwi fruit  
Strawberry  
Cream  
Butter  
Biscuits (Nice)

#### **Allergens**

Egg  
Dairy  
Wheat  
Gluten  
Soy  
Tree nuts  
Peanut  
Sesame  
Kiwi fruit



## INGREDIENTS & ALLERGENS

### *Sticky Date Pudding*

#### **Ingredients**

Dates

Bicarbonate of  
soda

Butter

Brown sugar

Cream

Self-raising flour

Eggs

#### **Allergens**

Wheat

Gluten

Dairy

Eggs





## INGREDIENTS & ALLERGENS

### *Apple Crumble*

#### **Ingredients**

Apple  
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

### *Potato, Bacon & Leek Soup*

#### **Ingredients**

Vegeta stock  
Potato  
Bacon  
Leek  
Eschallots  
Cream

#### **Allergens**

Celery  
Dairy