



INGREDIENTS & ALLERGENS

Chicken & Mushroom Pie

Ingredients

Chicken
Mushrooms
Onion
Garlic
Thyme
Lemon pepper
Vegeta
Bechamel sauce
Pie shells
Egg
Olive oil
Italian herbs

Allergens

Dairy
Soy
Wheat
Gluten
Egg



INGREDIENTS & ALLERGENS

Beef & Onion Pie

Ingredients

Beef mince
Nutmeg
Onion
Garlic
Salt
Pepper
Worcestershire
sauce
Pie shells
Balsamic glaze
Egg
Bush spice
Olive oil

Allergens

Fish
Wheat
Gluten
Sulphites
Egg



INGREDIENTS & ALLERGENS

Creamy broccoli & cauliflower pie

Ingredients

Onion
Shallots
Garlic
Parsley
Vegeta
Broccoli
Cauliflower
Milk
Cheese
Bechamel sauce
Pie shells
Egg
Italian herbs

Allergens

Dairy
Milk
Soy
Wheat
Gluten
Egg



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

Mediterranean Pasta

Ingredients

Basil
Olives
Spinach
Cherry tomatoes
Capsicum
Sundried
tomatoes
Garlic
Onion
Zucchini
Pasta

Allergens

Wheat
Gluten
Soy



INGREDIENTS & ALLERGENS

Creamy Pesto Chicken

Ingredients

Chicken
Shallots
Basil
Parmesan
Nuts
Lemon
Garlic
Lemon pepper
Vegeta
Cream
Sundried
tomatoes
Zucchini
Spinach

Allergens

Nuts
Milk
Egg
Dairy
Wheat
Gluten



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

Meatballs in Tomato Sauce

Ingredients

Pork mince
Onion
Garlic
Sweet soy
Italian herbs
Allspice
Rice
Carrot
Capsicum
Egg
Tomato soup

Allergens

Soy
Wheat
Gluten
Sulphites
Egg



INGREDIENTS & ALLERGENS

Seasonal Vegetable Casserole

Ingredients

Onions
Garlic
Vegeta
Oregano
Bay leaves
Carrot
Capsicum
Parsnip
Swede
Celery
Turnip
Zucchini
Mushrooms
Tinned tomatoes
Kidney beans

Allergens

Soy
Milk
Sesame
Peanut
Tree nuts



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

Fish with Lemon & Dill Sauce

Ingredients

Fish

Lemon

Dill

Butter

Bechamel sauce

Parsley

Vegetables

Potato

Allergens

Milk

Soy



INGREDIENTS & ALLERGENS

Chicken Casserole

Ingredients

Chicken

Onion

Garlic

Tarragon

Shallots

Carrots

Celery

Cherry tomatoes

Mushrooms

Golden Roast

gravy

Allergens

Milk

Sulphites



INGREDIENTS & ALLERGENS

Falafel, rice & tomato relish

Ingredients

Chickpeas
Baking soda
Sesame seeds
Cumin
Pepper
Garlic
Onion
Dill
Coriander
Parsley
Rice
Tomato relish

Allergens

Sesame seeds

(Tinned chickpeas
- gluten, wheat,
soy)



INGREDIENTS & ALLERGENS

Chicken Parmigiana

Ingredients

Chicken
Ham
Napolitana
sauce
Potato wedges
Cheese
Vegetables

Allergens

Soy
Milk
Sesame
Peanuts
Tree nuts
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 Waldorf Salad

Ingredients

Lettuce
Mayonnaise
Walnuts
Apple
Celery
Chicken
Grapes
Shallots
Parsley
Egg
Croutons

Allergens

Nuts
Egg
Wheat
Gluten



INGREDIENTS & ALLERGENS

Sandwiches – Various

Ingredients

White or
wholemeal bread

Margarine

Roast chicken

Lettuce

Mayonnaise

Egg

lettuce

Ham

Cheese

Tomato

Allergens

Gluten

Wheat

Sesame

Egg

Peanuts

Soy

Tree nuts

Lupin

Dairy



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
Celery
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

Caramel Cheesecake

Ingredients

Cream cheese

Eggs

Butter

Vanilla essence

Caramel syrup

Sugar

Sour cream

Allergens

Wheat

Gluten

Soy

Egg

Milk

Tree nuts

Peanuts

Sesame

Dairy



INGREDIENTS & ALLERGENS

Sticky date pudding with custard

Ingredients

Dates
Bi-carb soda
S.R. flour
Brown sugar
Butter
Cream
Sugar
Eggs

Allergens

Dairy
Wheat
Gluten
Egg



INGREDIENTS & ALLERGENS

Apple & blackberry crumble

Ingredients

S.R. flour

Sugar

Eggs

Butter

Milk

Apples

Blackberries

Oats

Brown sugar

Coconut

Allergens

Dairy

Wheat

Gluten

Eggs

Sulphites

