



## 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

### 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

### Green Thai Chicken Curry

#### Ingredients

Chicken breast

Lemongrass

Kaffir lime

Lemongrass

Coconut cream

Garlic

Ginger

Galangal

Palm sugar

Coriander

Jasmine rice

Green chilli

Fish sauce

Green curry paste

#### Allergens

Soy

Sesame

Garlic

Crustacean

Fish products



## 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

### Slow Cooked Beef Brisket

#### **Ingredients**

Beef brisket

Ground coffee

Brown sugar

Cayenne pepper

Smokey BBQ rub

Red wine

Dark chocolate

Gravy powder

Mashed potatoes

Vegetables

#### **Allergens**

Garlic



## 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 Cakes

#### Ingredients

Salmon  
Cornflour  
Cream  
Vegetable stock  
powder  
Lemon pepper  
Shallots  
Panko crumbs  
Eggs  
Lemon  
Parsley  
Potato  
Vegetables

#### Allergens

Fish  
Lactose  
MSG  
Celery  
Gluten  
Eggs



## 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

### Chicken, leek & mushroom pie

#### **Ingredients**

Pie shell

Garlic

Chicken

Leeks

Mushrooms

White wine

Cornflour

Chicken stock

Vegetables

Potatoes

#### **Allergens**

Gluten

Garlic



## 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

### Seafood salad

#### Ingredients

Lettuce

Shallots

Celery

Cucumber

Tomato

Mayonnaise

Tomato sauce

Tobasco sauce

Lemon

Carrot

Seafood extender

#### Allergens

Fish

Crustacea

Soy

Lactose



## 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

### 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

### Cream of mushroom soup

#### **Ingredients**

Mushrooms

Garlic

Onion

White wine

Cream

Vegetable stock

#### **Allergens**

Lactose

Garlic



## 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

### Pineapple Coconut Cake

#### **Ingredients**

Butter

Sugar

Self-raising flour

Eggs

Vanilla essence

Coconut

Pineapple

Custard

#### **Allergens**

Lactose

Gluten

Egg



## INGREDIENTS & ALLERGENS

### Blueberry Cheesecake

#### **Ingredients**

Biscuit base  
Cream cheese  
Sugar  
Vanilla  
Lemon  
Blueberries  
Eggs  
Cornflour  
Cream

#### **Allergens**

Lactose  
Eggs  
Gluten



## INGREDIENTS & ALLERGENS

### Trio of Mousse

#### **Ingredients**

Nestle Mousse

Thickened cream

Berry coulis

Milk

#### **Allergens**

Lactose

Soy

Sulphites



## INGREDIENTS & ALLERGENS

### Beef Casserole

#### Ingredients

Beef topside

Red wine

Butter

SR Flour

Cheese

Parsley

Onion

Celery

Carrot

Potato

Gravy

Garlic

#### Allergens

Gluten

Lactose

MSG

Sulphites

Celery

Garlic



## INGREDIENTS & ALLERGENS

### Mixed bean salad

#### **Ingredients**

Baked beans

Kidney beans

Butter beans

Pinto beans

Black beans

Green beans

Red onion

Capsicum

Tomato

Garlic

Coriander

Parsley

Chilli

Red wine vinegar

Olive oil

Corn chips

Sour cream

Cheese

Guacamole

#### **Allergens**

Lactose