



## 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  
Tumeric 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

#### Allergens

Celery  
Lactose  
Gluten  
Soy  
Eggs

#### Options:

Ham  
Chicken breast



## 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

#### Allergens

Gluten  
Soy  
Lactose  
Egg

Egg  
lettuce

Ham  
Cheese  
Tomato



## 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

#### Allergens

Celery  
Sesame  
Soy  
Lactose  
Nuts

Option:  
Kabana



## 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

## Zucchini Slice

Ingredients	Allergens
Eggs	Egg
Cream	Gluten
Bacon	Lactose
Zucchini	
Onion/Shallots	
Vegetables	
Flour	
Tomato relish	
Cheese	
Milk	



## INGREDIENTS & ALLERGENS

### Small garden salad

#### Ingredients

Lettuce  
Onions/Shallots  
Tomato  
Cucumber  
Carrots  
Beetroot

#### Allergens