



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

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

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

Zucchini Slice

Ingredients

Eggs
Cream
Bacon
Zucchini
Onion/Shallots
Vegetables
Flour
Tomato relish
Cheese
Milk

Allergens

Egg
Gluten
Lactose



INGREDIENTS & ALLERGENS

Small garden salad

Ingredients

Lettuce
Onions/Shallots
Tomato
Cucumber
Carrots
Beetroot

Allergens