



Ingredients & Heating Guide



2024 ~ 2025

Weekly Menu Rotation Calendar

JULY 2024

	MON	TUES	WED	THU	FRI	SAT	SUN
WEEK 3	1	2	3	4	5	6	7
WEEK 4	8	9	10	11	12	13	14
WEEK 5	15	16	17	18	19	20	21
WEEK 6	22	23	24	25	26	27	28
WEEK 1	29	30	31				

JANUARY 2025

	MON	TUES	WED	THU	FRI	SAT	SUN
WEEK 5			1	2	3	4	5
WEEK 1	6	7	8	9	10	11	12
WEEK 2	13	14	15	16	17	18	19
WEEK 3	20	21	22	23	24	25	26
WEEK 4	27	28	29	30	31		

AUGUST 2024

	MON	TUES	WED	THU	FRI	SAT	SUN
WEEK 1				1	2	3	4
WEEK 2	5	6	7	8	9	10	11
WEEK 3	12	13	14	15	16	17	18
WEEK 4	19	20	21	22	23	24	25
WEEK 5	26	27	28	29	30	31	

FEBRUARY 2025

	MON	TUES	WED	THU	FRI	SAT	SUN
WEEK 4						1	2
WEEK 5	3	4	5	6	7	8	9
WEEK 6	10	11	12	13	14	15	16
WEEK 1	17	18	19	20	21	22	23
WEEK 2	24	25	26	27	28		

SEPTEMBER 2024

	MON	TUES	WED	THU	FRI	SAT	SUN
WEEK 5							1
WEEK 6	2	3	4	5	6	7	8
WEEK 1	9	10	11	12	13	14	15
WEEK 2	16	17	18	19	20	21	22
WEEK 3	23	24	25	26	27	28	29
WEEK 4	30						

MARCH 2025

	MON	TUES	WED	THU	FRI	SAT	SUN
WEEK 2						1	2
WEEK 3	3	4	5	6	7	8	9
WEEK 4	10	11	12	13	14	15	16
WEEK 5	17	18	19	20	21	22	23
WEEK 6	24	25	26	27	28	29	30
WEEK 1	31						

OCTOBER 2024

	MON	TUES	WED	THU	FRI	SAT	SUN
WEEK 4		1	2	3	4	5	6
WEEK 5	7	8	9	10	11	12	13
WEEK 6	14	15	16	17	18	19	20
WEEK 1	21	22	23	24	25	26	27
WEEK 2	28	29	30	31			

APRIL 2025

	MON	TUES	WED	THU	FRI	SAT	SUN
WEEK 1		1	2	3	4	5	6
WEEK 2	7	8	9	10	11	12	13
WEEK 3	14	15	16	17	18	19	20
WEEK 4	21	22	23	24	25	26	27
WEEK 5	28	29	30				

NOVEMBER 2024

	MON	TUES	WED	THU	FRI	SAT	SUN
WEEK 2					1	2	3
WEEK 3	4	5	6	7	8	9	10
WEEK 4	11	12	13	14	15	16	17
WEEK 5	18	19	20	21	22	23	24
WEEK 6	25	26	27	28	29	30	

MAY 2025

	MON	TUES	WED	THU	FRI	SAT	SUN
WEEK 5				1	2	3	4
WEEK 6	5	6	7	8	9	10	11
WEEK 1	12	13	14	15	16	17	18
WEEK 2	19	20	21	22	23	24	25
WEEK 3	26	27	28	29	30	31	

DECEMBER 2024

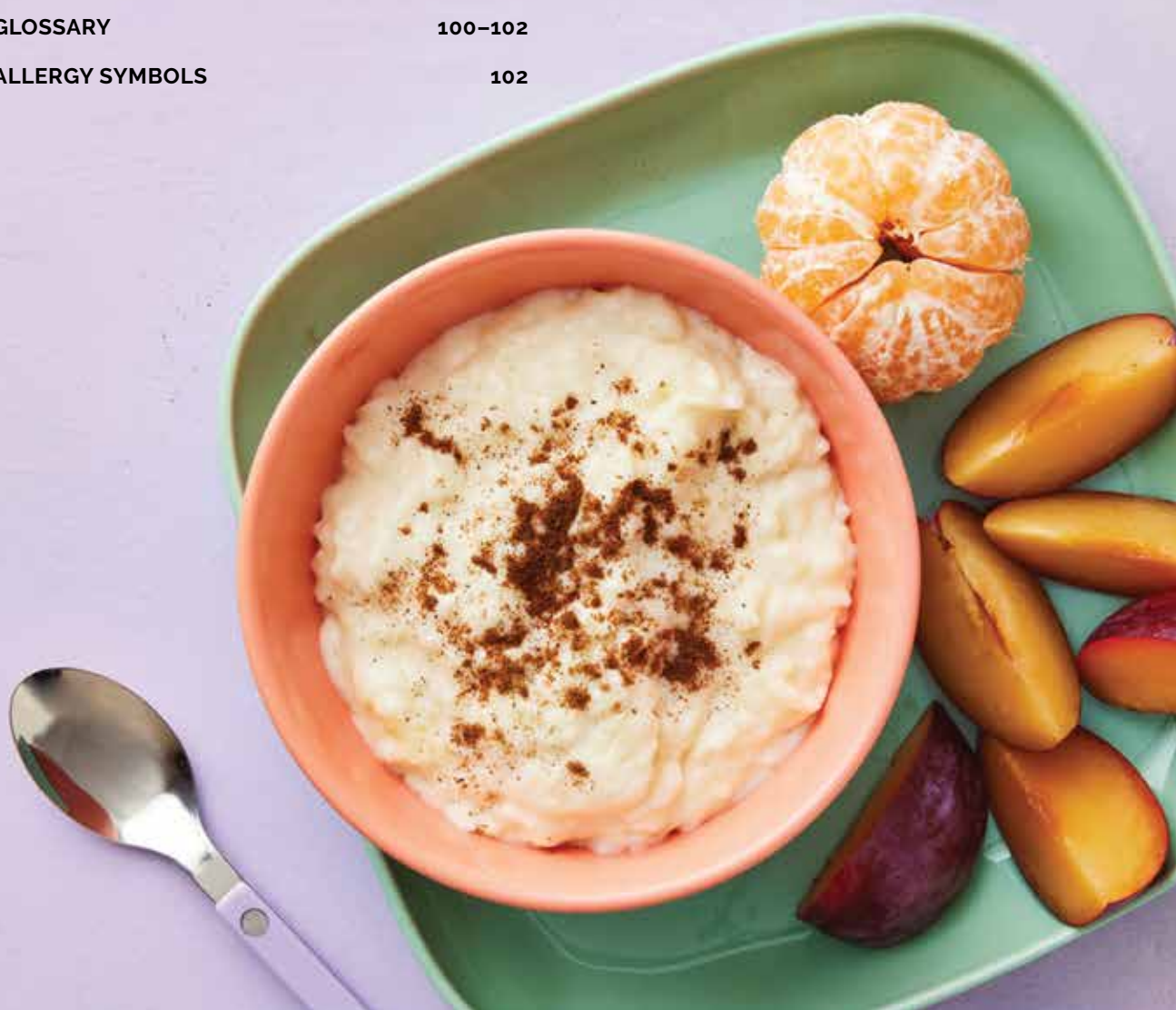
	MON	TUES	WED	THU	FRI	SAT	SUN
WEEK 6							1
WEEK 1	2	3	4	5	6	7	8
WEEK 2	9	10	11	12	13	14	15
WEEK 3	16	17	18	19	20	21	22
WEEK 4	23	24	25	26	27	28	29
WEEK 5	30	31					

JUNE 2025

	MON	TUES	WED	THU	FRI	SAT	SUN
WEEK 3							1
WEEK 4	2	3	4	5	6	7	8
WEEK 5	9	10	11	12	13	14	15
WEEK 6	16	17	18	19	20	21	22
WEEK 1	23	24	25	26	27	28	29
WEEK 2	30						

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Tips & reminders

Fruit and vegetable storage guidelines

Stone fruits, tomatoes, mangoes, melons, apples, and pears will continue to ripen if left sitting out on a counter top, while items like grapes, citrus, cucumber, capsicum, watermelon and berries will deteriorate and should be refrigerated. Bananas in particular ripen very quickly, and will also speed the ripening of any nearby fruits. Pack vegetables loosely in the refrigerator. The closer they are, the quicker they will deteriorate.

Don't store certain fruits and vegetables together

Fruits that give off high levels of ethylene (the ripening agent) can prematurely ripen and spoil surrounding fruit and vegetables. All fruit and vegetables emit ethylene, some more than others. High ethylene producers are apples, ripe bananas, rockmelon and tomatoes.

Ethylene producers can work to your advantage if you want to speed up the ripening process of some unripe fruit. For example, by putting an apple in a bag with an unripe pear this will help the pear ripen more quickly. If you want to increase the life of already ripe produce make sure to keep them away from the ethylene producers.

Cleaning of fruit & vegetables

- Unpack fruit boxes on the day of delivery. Melons, cucumbers and tomatoes in particular should always be stored in the fridge.
- Fruit kept in the delivery boxes will ripen at a much faster rate than normal. Melons also carry a higher risk of food borne illness if not handled correctly.
- All whole fruits supplied by KGF have not been washed or treated in any way. Please ensure that you thoroughly wash and sanitise all whole fruit and vegetables prior to consumption.



Where to store for the best flavour and shelf life

STORE IN THE REFRIGERATOR

Apples (> 2 days)	Cherry	Mushrooms
Apricots	Tomatoes	Oranges/Citrus
Broccoli	Cucumbers	Rockmelons
Carrots	Grapes	Sprouts
Cauliflower	Leafy greens	Watermelon
Celery	Lettuce	

STORE ON BENCH & REFRIGERATE WHEN RIPE

Mangoes	Pears	Stone Fruit
Nectarines	Plums	
Peaches	Pineapples	

STORE ON BENCH TOP

Apples (< 2 days)	Bananas
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General

- All food items should only be consumed on the date specified on the label in accordance with the rotational menus.
- It is not recommended by KGF to freeze food items of any kind with the exception of those items ordered through the "KGF Pantry" section of the KGF website. These items are supplied specifically upon request only and the label will clearly request continued freezing of these products by your centre. These items are available for supply in bulk quantities only.
- In general, if you have any problems with your delivery, in any way (ie food over temperature or items missing), please contact the KGF office by phone ASAP to give us the opportunity to resolve the issue.
- Your centre will be notified via email of any changes or updates to this Ingredients & Heating Guide.
- When contacting the KGF office always have your centre code available to assist office staff with centre identification.

Deliveries

- Food products must be refrigerated and held below 5°C until the time comes for reheating the meals for serving.
- Please do not return payments, special requests or notes of any kind inside the returned delivery boxes. Always contact the KGF office directly.
- We request that all correspondence is made directly with the KGF office or via the website. Do not notify delivery drivers of anything relating to food or changes in delivery plans.



Allergies & numbers

- Allergy updates and number variations must be submitted by **Tuesday 3pm** in order for the following weeks' requirements to be accurately calculated. There is no flexibility to this requirement.
- For a thorough explanation and guide on updating allergy and intolerance profiles, go to the menu bar at the top of the 'Updates Home Page', click on the 'Video Tutorials' tab and watch the 'PLACING AN ORDER' video tutorial.
- All children must keep their allergy ID number for the term of that child's stay in your centre. This removes any confusion in identifying children with allergies for KGF and centre staff.



Watch here

PLACING
AN ORDER



Return of ice packs from delivery

- Ice packs must be returned daily.
- Take away/disposable tamper proof containers are not required to be returned.
- Cardboard delivery boxes are single use only and do not need to be returned.

Daily packing sheet

- This is a sheet of paper provided daily with your food delivery. It identifies your centre code, the day the food is provided for service and a breakdown of all ingredients and food quantities.

It also includes an itemised list of the allergy meals supplied for the day, a list of the children that can eat the main meal (in green) and the children who cannot eat the morning or afternoon tea snack (in red). It is the responsibility of the centre to supply alternative morning and afternoon tea items for these children. You will also see the page number of the ingredients and heating guide to help find the cooking instructions.



Watch here

READING
YOUR DAILY
PACK SHEET



Instruction guidelines

Temperature Checks

- It is a regulation requirement of centres to test and log the food temperature on delivery of food items. A Food Receiving Log template form is available to download on the Kids Gourmet Food website.
- If your centre has food delivered shortly before you open, the temperature testing must be done immediately by staff.
- A probe digital thermometer is the required method of testing this temperature. KGF does not recommend the use of "gun" laser thermometers.
- Thermometers need to be clean and sanitised before and after each use.
- **When testing core temperatures, be sure to check wet products only, ie. sauces or baby purees.**
- **Unsuitable products for probe temperature testing include baked goods and breads.**
- When testing dishes served in disposable trays, be sure the thermometer tip is inserted into the middle of the product and not submerged too deeply. Probe thermometers are highly sensitive and the product temperature will be inaccurate when touching the plastic tray.
- If you do not get a reading of 5°C or below, test a second product to be sure.
- If you continue to have a reading of above 5°C, call the KGF office for replacement product as soon as possible.
- All lunch meals that require heating will need to reach 75°C before use.
- For a thorough explanation and guide on checking the temperature go to the menu bar at the top of the 'Updates Home Page', click on the 'Video Tutorials' tab and watch the 'UNPACKING YOUR ORDER' video tutorial.



Thermometer Calibration

To ensure an accurate temperature reading of your food you need to regularly calibrate your thermometer. We recommend using a digital probe thermometer to test the food. These can be ordered from our pantry. Below is the Food Authority Guide to calibrating a thermometer.

Calibration

Thermometers must be accurate to $\pm 1^{\circ}\text{C}$. Temperature measuring devices should be calibrated every six months by a nominated person (eg cook, director, afternoon shift) and results recorded.

Calibrating a hand-held probe thermometer

Hand-held thermometers can be calibrated using the ice point check and boiling point check.

Ice point (0°C)

1. Fill a cup with crushed ice or small ice cubes and add a little water (no more than $\frac{1}{3}$ of the ice quantity) to make ice slurry
2. Place thermometer probe in the centre of the cup so it touches the ice and water, but does not touch the base of the cup
3. Leave for 5-10 minutes, then stir
4. Take the reading. If the thermometer is accurate it should read 0°C .

Boiling point (100°C)

1. Boil some water in a pot
2. Place thermometer probe in the centre of the pot so it does not touch the bottom
3. Leave until a steady reading can be taken (a few minutes)
4. Take the reading while the water is still boiling. Do not remove from the heat. If the thermometer is accurate it should read 100°C .

Acceptable margin of error (tolerance)

If thermometers are less than 1°C over or under the correct reading (eg $\pm 0.5^{\circ}\text{C}$, $\pm 1^{\circ}\text{C}$), the temperature difference should be noted and allowed for when reading the temperature for monitoring purposes.

Corrective action for being outside margin of error (non-compliant with tolerance)

If thermometers are more than 1°C over or under the correct reading (eg $\pm 2^{\circ}\text{C}$), they should be replaced or repaired.

For more information on using a thermometer visit the Food Standards website www.foodstandards.gov.au

Lunch food service trays

- These trays are designed for heating in the oven up to 190°C OR the microwave oven on a high setting.
- Despite the excellent quality of these trays, they are designed for single use only. That is, considered disposable by KGF. This is a food safety regulation. However they are 100% recyclable.

Please refer to our Recycling and Sustainability Policy for further details

- These trays (CPET) and protective film lid (CPET) are comprised of food safe material that is appropriate for food heating and chilling. These materials do not contain BPA.

Use one of the following options when reheating, along with the KGF Ingredients & Heating Guide

Leaving the protective film in place:

- Do not remove plastic film prior to heating.
- Pierce the plastic film with a fork 3–4 times to allow steam to escape while cooking.
- Film is easily removed after the food has been heated.

Removing the film before heating:

- To remove the film cut around the inside edge with a sharp knife prior to heating.
- The film is heat sealed on, you will not be able to peel it off when the food product is chilled.

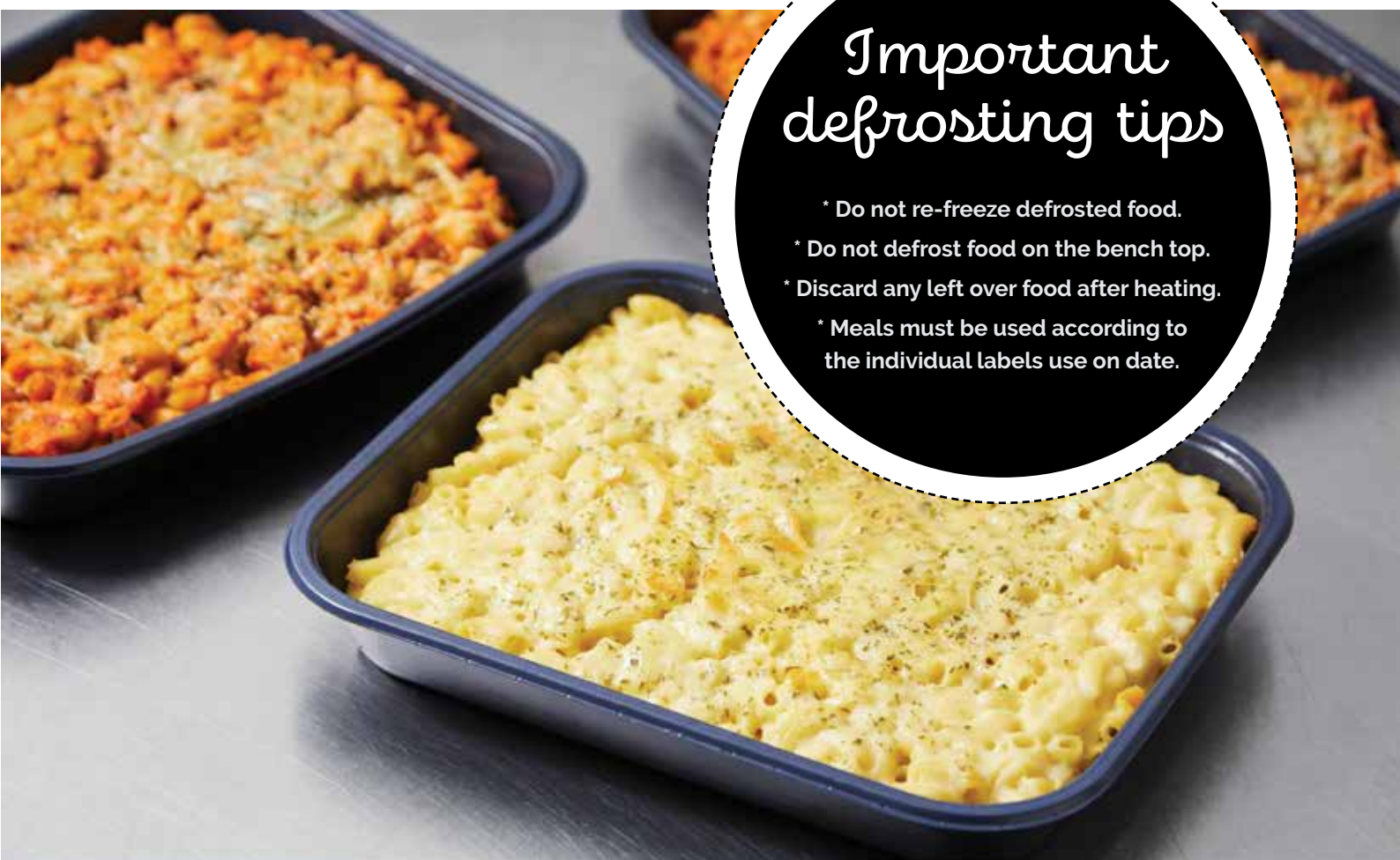
Defrosting procedure

(Frozen centres only or specific frozen add-ons)

- Ensure food is thoroughly defrosted before reheating.
- Frozen food should be defrosted in a microwave or refrigerator – never on the bench top.
- If defrosting in the refrigerator, ensure frozen food items are placed on the bottom shelf to avoid moisture dripping onto other food items.
- Allow a minimum of 24 hours when defrosting food in the refrigerator to ensure the item is thawed all the way to the centre.
- Baked items such as biscuits and muffins do not require re-heating. Defrost in the fridge only, then serve at room temperature. If you are ever unsure please refer back to instructions for individual items contained within this guide.
- When defrosting in a microwave ensure you reheat the food immediately after defrosting. Ensure food is mixed thoroughly and reheated to 75°C.
- Reheat food to 75°C or hotter and transfer contents to service containers.
- Check the temperature of the food with a washed and sanitised probe thermometer after reheating. Allow to cool to an appropriate eating temperature before serving.

Important defrosting tips

- * Do not re-freeze defrosted food.
- * Do not defrost food on the bench top.
- * Discard any left over food after heating.
- * Meals must be used according to the individual labels use on date.



Instruction guidelines

Water bath heating instructions

1. **Please watch our Instructional video on reheating and always read the Roband Operating Instructions prior to use.**
2. Ensure the perforated element guard is in place, covering the heating element.
3. Turn on the power supply at the wall. Ensure the power cable is not in contact with hot parts of the machine when in use.
4. Using the 3 litre jug provided, fill the water bath with 10 litres of fresh warm water.
5. Place the lid on the water bath and turn on the water bath to the highest temperature setting to preheat the water in preparation for reheating the food items.
6. Allow approximately 30mins for the water to reach boiling temperature.
7. Place the food pouches (unopened) into the simmering water. Pouches must be defrosted when heating in water bath.

Maximum number of pouches at a time: 4 large size or 6 small size.

If the pouches are not significantly submerged, add more hot water.



8. **REHEATING TIME – minimum of 50mins and not more than 1hr.** Reheating times may vary depending on the volume of pouches and the food density within each of the pouches.
9. The food should be reheated to a minimum of **75°C** before transferring to service containers. **Pierce bag when taking temperature.** (Note: the water bath temperature gauge does not reflect the food temperature).
10. If the food has not reached the minimum temperature of **75°C**, transfer contents into a microwave safe container and heat in microwave until it reaches the required temperature.
11. Follow the Water Bath Cleaning Instructions after every use.

Water bath cleaning instructions

1. Turn off the power supply at the wall switch. Allow time for the unit and water to cool before proceeding further.
2. Hold the 3 litre jug supplied by KGF under the safety water tap, release the used water in batches until the water storage tank is empty.
3. Refill the tank with hot soapy water and wash out the tank. This is made easier by holding a dish cloth with metal tongs.
4. Repeat step 2.
5. Rinse out with clean warm water, ensuring the tank is spotlessly clean.
6. The Water bath is now ready for its next use.



Safety Tip 1



Always wear heat proof gloves when handling the metal lid, as well as the hot food pouches.

Safety Tip 2



Before opening the lid, tilt the lid releasing the steam from the back to avoid any burns to the arms.



Equipment & Staff Routine

To get the most benefit from KGF you need to ensure your kitchen staff have the equipment to make the operation seamless & efficient.

Remember the name of the game is to minimise staff time requirements.

KGF strongly advise all staff associated with food service and the KGF ordering process to view the KGF Online Tutorial Videos available on the KGF website

EQUIPMENT

EQUIPMENT PROVIDED BY OR AVAILABLE FROM KGF

Décor rice dishes used for reheating and serving, water bath with lid and perforated element guard, colour coded plastic chopping boards, digital probe thermometer, long handled wire scoop, 3 litre plastic jug

OTHER EQUIPMENT

Large scoops or ladles, baking trays, heat resistant oven gloves, knives, long handled metal tongs, platters for serving fruit and morning/afternoon tea items, fan forced oven, microwave, colander

FOOD PREP & STAFFING GUIDE

(50 – 70 PLACE CENTRE EXAMPLE)

8:00 – 9:00

- Prepare fruit and raw vegetable platters
- Warm & serve morning tea baked items
- Preheat water bath in preparation for lunch reheating and service
 - Organise Lunch meals for easy reheating
- Ensure individual allergy meals are in place ready for use

9:00 – 10:30

- General duties unrelated to kitchen operations ie relieve floor staff while on breaks etc

10:30 – 12:30

- Begin the warming process using appropriate equipment, ie water bath, oven or microwave
 - Clean up morning tea dishes
 - Organise food trolleys for lunch service
 - Warm individual allergy meals
 - Clean up Lunch dishes
 - Accept next day food delivery
- Record all temperature and food hygiene requirements

12.30 – 1:00

- Staff lunch break

1:00 – 2:00

- Organise fridge and clean down equipment
- Prepare fruit and raw vegetable platters
- Warm & serve afternoon tea baked items

Frequently asked questions

What is my centre code?

This is an important method of centre identification used by our kitchen staff, packers, drivers and administration staff. Please be aware of your centre code, it will be used to identify your food delivery boxes, daily packing sheet and allergy meals.

This code may be found on all confirmation emails, your daily packsheets, invoices and after logging into the KGF Website.

When contacting the KGF office please identify your centre with your centre code.

Our menus

Main Menu

Main Menu for Children 1 – 5 years of age

This menu can include hot lunch, morning, afternoon tea & fruit.

Puree Menu

Baby Purees 4 – 12 months, approx

Fine puree supplied fresh daily.

For alternate purees, please see pantry items on page 20.

Allergy Alternatives A, B & more

Allergy & Intolerance Alternate Menu

Lunch Meal only. This menu is provided when a child is unable to eat ingredients provided on the Main Menu.

KGF Alternate menus are based around the following allergens (Eggs, Nuts, Milk, Wheat, Gluten, Soy, Fish, Sesame and their products and Lupins.

Menus cannot be issued for children with extensive allergies, intolerances or cultural choices outside the common allergens.

Menu V Vegetarian Menu

Lunch Meal only. This menu is provided when a child is unable to eat meat based ingredients provided on the Main Menu as requested by you.

Notify KGF of allergies/intolerances, vegetarian and cultural preference via the Updates Home Page.

How do I update my meal quantities?

For a thorough explanation and guide on updating meal quantities, go to the menu bar at the top of the 'Updates Home Page', click on the 'Video Tutorials' tab and watch the 'PLACING AN ORDER' video tutorial.

It is important this section is accurate and up to date as all calculations for billing and meal portion information is generated from this information.

Forward ordering is possible by selecting the desired week on the right hand side of the Updates Home Page.

It is important that you click 'Submit Changes' after making any updates. You will receive an immediate return email confirming your order. If you do not receive the return email your order has NOT been submitted correctly. Please call the KGF office if you have continued difficulty on 1300 870 054.

The online updates system is fully automated.

Any updates made incorrectly will not be double checked by KGF staff and will result in incorrect deliveries. It is your responsibility to enter your NUMBERS and allergy profiles correctly when updating.

When calculating food volume requirements, KGF uses an average portion 'formula' to calculate required amounts and/or exact amounts for certain items/dishes. If your centre finds the KGF 'formula' is not working adequately, please call the KGF office on 1300 870 054.



Adding/amending children with allergies

Reasons for children being listed on the allergy/intolerance page include – allergies, intolerances, vegetarian, special dietary requirements, cultural and parental preferences.

KGF has a clear black and white policy towards allergies. The child can either eat it or they can not. We do not accept making our own “judgement” on appropriateness of ingredients and neither should you.

You will need to create an allergy profile for each child with preferences. This can be done when you place your weekly order through your home page on the KGF website.

It is important that you click ‘Submit Changes’ after making updates to allergy profiles. You will receive an immediate return email confirming your order. If you do not receive the return email your order has NOT been submitted correctly.

Please call the KGF office if you have continued difficulty on 1300 870 054.

The online updates system is a fully automated system. Any updates made incorrectly will not be double checked by KGF staff and will result in incorrect deliveries. It is your responsibility to enter your numbers and allergy profiles correctly.

Please note that not all general food items are listed on the ‘Manage Allergy Profile’ page, just those that concern Kids Gourmet Food menu items. The only exception to this rule is that we have included eggs and nuts at the base of this page. Please be rest assured that we do not have these items in our kitchen and we do not use them in any of our food items or recipes. We include them on the Manage Allergy Profile page for your peace of mind.

For a thorough explanation and guide on updating allergy and intolerance profiles, go to the menu bar at the top of the 'Updates Home Page', click on the 'Video Tutorials' tab and watch the PLACING AN ORDER.

Is there an update deadline date?

Yes, all updates for the following week must be submitted online by **Tuesday 3pm**. The website will ‘block out’ dates after the cut off time has been reached. As this online ordering system is fully automated KGF is unable to accept changes beyond the cut off time.

Why didn't I receive an allergy meal today?

You will not automatically receive an allergy meal each day. On a daily basis, KGF cross references the food we are cooking with your food and potential allergy requirements from the updated allergy profiles.

If your child is able to eat the main meal we will NOT provide an alternative meal. These children will be noted in green font on the Daily Packing Sheet under the ingredients list that they are able to eat the main meal provided.

Please note: Specifically labelled allergy/intolerance alternate meals are only provided for lunch items.

What are the known allergens?

FSANZ list of allergies are: wheat, milk, soy, fish, shellfish, sesame, eggs, peanut, tree nuts, lupins. KGF label all food that contain these ingredients as: wheat, gluten, oats, rye, barley, sulphites, milk, soy, seafood, sesame, eggs, nuts and lupins.



Frequently asked questions

Do I need to update every week?

No – we will continue to supply your centre indefinitely from your last updated order until you make any amendments or changes. That applies to both updating of numbers and updating of allergy/intolerance information.

Public holidays

KGF does not deliver on State Wide Public Holidays, so you are not required to notify us of this. The website will block these days out on your order and invoice.

Please be aware that we may issue a 'Temporary Menu' on weeks that contain a Public Holiday. This will be emailed to you and available to download from the website at least one week prior to the date for you to display in your centre.

I am missing an item(s) of food. What do I do?

Every day you will receive a Daily Packing Sheet with your order. It is important that you check off the Daily Packing Sheet against food items received. If after checking you are definitely missing an item(s), please call the KGF office on 1300 870 054 immediately.

A container of food is broken. What do I do?

Please call the KGF Office on 1300 870 054 immediately.

Ingredients & Heating Guide

Our Ingredients & Heating Guide is a detailed document outlining all of our menu items. In addition it contains 'Tips and Reminders' on how to re-heat and serve our food, as well as an annual calendar indicating the calendar week relating to the 6 week menu rotation. It is important that you keep this book somewhere safe and accessible to all staff, in particular the kitchen. If you require additional copies they are available to order through the KGF pantry.

How do I find ingredients for a menu item?

All centres are provided with a Ingredients & Heating Guide annually. These guides are updated and redistributed mid year. All ingredient items are listed including a detailed Comprehensive Ingredients List providing details on brand names and ingredients of dry goods.

The food temperature is above 5°C upon delivery. What do I do?

Food temperature should be no greater than 5°C upon delivery. When unpacking your order it is important that you check the temperature of food and keep a record.

We provide a Food Temperature Receiving Log under the 'Documents and Downloads' tab on the website.

Should you find that food temperatures are greater than 5°C upon delivery, please call the KGF office on 1300 870 054 immediately.

Temperature checks when receiving food delivery

Using a digital probe thermometer, fold a pouch of food around the digital probe. Do not pierce the pouch at this point. See page 4 for more information.

Testing one item daily will provide a reliable sample temperature. KGF recommends testing the protein item as this would usually be the highest risk item delivered. The thermometers reading must be made at the time of delivery or if the food is delivered prior to your opening time, as soon as possible after your arrival.

Please see the 'Unpacking your order' Video Tutorial on the KGF website for our recommended method for testing.

Digital probe thermometers are available for purchase via the pantry on the KGF website.

Morning tea & afternoon tea for allergy children

Allergy alternate meals are only provided for lunch meals. There will be no alternative sent to you for morning and afternoon tea. It is up to the centre to provide these meals for children with specific dietary and allergy needs.

Muffins and biscuits that are free of gluten, dairy, egg and soy are available on the website. They are baked to cater for the known allergens and may not be relevant for all children with allergies. There is multiple flavour varieties and different package sizes.

You will need to order these items separately from the Pantry on the KGF website.

There is also an extensive list of other allergy alternative products available to purchase on the KGF Pantry.

Pantry products

A large number of additional items are available for purchase through the online pantry. These include Digital Probe Thermometers and Birthday Cakes along with an extensive list of food, kitchen and food service related sundries. Purees made from simple ingredients are also available, these may be useful when babies are starting on solids or have intolerances.

If a product is out of stock we will endeavour to deliver as soon as the product becomes available. You will be contacted by customer service to arrange another appropriate delivery day.

KGF Drivers

Our delivery drivers are very busy delivering to centres. If you have any questions regarding your order or delivery specifics, please contact the KGF office directly. We request that all centre communication comes through our Head Office or website.

Why do we provide birthday cakes?

Many centres have a strict policy of no nuts or egg products coming into their centre. When celebrating a birthday it is difficult to control parent supply.

To avoid parents purchasing bakery cakes made in an environment of Nuts and Eggs, we have available to purchase Vanilla and Chocolate Birthday Cakes.

These can be ordered from the KGF Pantry under Birthday Cakes. The cakes are undecorated allowing the child the ability to decorate his or her cake as a fun activity. The cakes size allows portions for approximately 12–15 children.

Certification, related documentation & forms

Review this section regularly as we provide a variety of related certificates, documents and forms.

KGF updates these documents from time to time without notice but will inform you more specifically when there are updates or changes to items that require your immediate attention.

Go to the Updates Home Page, (see the Document Downloads tab, then File Downloads). This can be found on the menu bar at the top of the 'Updates Home Page'.

Bulk emails

KGF regularly send bulk emails regarding menu changes, temporary menus or general information. These emails are sent to all KGF customers and may occasionally be irrelevant to your centre. This is the most efficient way for KGF to communicate with all centres at once. Please let us know if you do not receive regular email correspondence from KGF and we can update your details.

I need another copy of the menus

Our menus are available online through the 'Documents and Downloads' tab. This also applies to any temporary menus during public holidays. These can be downloaded at any time.

Centre feedback

We always encourage and appreciate feedback and constructive criticism from centres about all aspects of KGF. Feel free to send us an email or use the Contact note function on our website.



*We are here
to help!*

Anything we haven't answered?
Call the KGF office on 1300 870 054 or email
customerservice@kidsgourmetfood.com.au

Recycling & Sustainability Policy



WORKING TOWARDS A SUSTAINABLE FUTURE

Kids Gourmet food is always looking for better ways to ensure sustainability works for our business. We are making positive choices to limit our impact on the environment. Recycling enables us to cut unnecessary wastage and costs, and in turn encourage a culture of sustainability amongst staff and customers to benefit our future generations.

At KGF we follow the waste hierarchy and ask the questions: how can we avoid, reduce, reuse or recycle.



AVOID

We ask: Do we need it?

FOOD WASTE

To avoid food waste, we ensure produce from our suppliers is in good condition and that we have not over-ordered. We order fresh fruit and vegetables without excess packaging, leaves or foliage to reduce landfill. Our fresh fruit and vegetables are delivered direct from the produce markets in bulk or commercial quantities. This packaging is minimal and 100% recyclable.

Excess food production is donated to Food Bank or Oz Harvest, additionally KGF makes a regular donation to a local charity organisation for distribution to families in need – we have done this since 2012.

PAPER WASTE

We have moved to paperless systems such as electronic messaging, limiting what we print in-house and sending computer generated notices to our centres. Online documents including menus and access to our 'Ingredients and Heating Guide' also minimise the need for printing.



REDUCE

We ask: Do we need so much?

FOOD

We store perishable items immediately in refrigerated or frozen storage to maintain food safety, quality and reduce wastage. We order food from local suppliers that deliver fresh produce when needed. Buying locally reduces travel time which helps to reduce transport emissions.

PACKAGING

As we order ingredients in bulk, the products we use to produce our meals arrive with minimal packaging. Fruit, vegetables, meat, pasta, rice etc have minimal packaging which we ensure is recycled appropriately.



REUSE

We ask: Can we use it again?

FOAM BOXES

Foam delivery boxes have been phased out of our delivery process over the past two years. All delivery boxes are now cardboard and completely recyclable.

ICE SHEETS

Our ice sheets are reusable. Our drivers collect them daily, then they are washed and reused as many times as possible.



RECYCLE

We ask: Can someone else use it or turn it into a new product?

We diligently recycle all of our cardboard, paper, tins and cans, discarded foam boxes, plastic bottles and containers.

About our packaging

BLACK FOOD TRAYS

These are made from CPET and can be recyclable after being washed. They are single use for food items however could be used by your centre for storage or craft projects after washing.

SUGAR CANE TRAYS

These new trays are made from a sugar cane mulch and are eco-friendly, compostible and bio-degradable. Upon removal of the inner plastic lining you can dispose of with your normal rubbish where they will then break down and not contribute to landfill. We aim to transition all black plastic trays to this new variety as they become available.

ALLERGY & BABY FOOD CONTAINERS

These are all recyclable. We package the baby purees using varying sizes depending on the number of babies being fed each day (ie. one container for 5 babies). However single serve portions for allergy meals is necessary due to the high risk of cross contamination of allergens.

PLASTIC FOOD SERVICE BAGS

The bags we use for our food are cut to the exact size required and sealed without off cuts or wastage. The food remains in the bag throughout the heating process, saving excess dishes, water for washing and time. Single serve packaging is necessary to meet food hygiene requirements.

LINER BAGS

These are categorised as a soft plastic, soft plastics are 100% recyclable.

METAL TINS & CANS

We recycle all metals from goods we use in our food preparation.

CARDBOARD & PAPER

All cardboard and paper waste is collected daily and sent to a recycling facility. During 2021 we have stopped using plix foam trays for the packaging of muffins and bread items. These food items are now packaged on cardboard trays which are 100% recyclable.

Recycling guide for centers

See below for recycling classifications for plastics, and the recycling and reuse information for each type:

#1 – PET (Polyethylene Terephthalate)

#2 – HDPE (High-Density Polyethylene)

#5 – PP (Polypropylene)



BLACK FOOD TRAYS

Appropriate for centres to recycle in co-mingle recycling



PLASTIC FOOD SERVICE BAGS

Appropriate for centres to recycle in co-mingle recycling



ALLERGY & BABY FOOD CONTAINERS

Appropriate for centres to recycle in co-mingle recycling

Healthy eating guidelines

Which foods should I eat and how much?

The Australian Dietary Guidelines provide up-to-date advice about the amount and kinds of foods and drinks that we need regularly for health and well-being.

By providing children with the recommended amounts from the Five Food Groups and limiting the foods that are high in saturated fat, added sugars and added salt, they will get enough of the nutrients essential for good health, growth and development.

The amount of food children need from the Five Food Groups depends on their age, gender, height, weight and physical activity levels. For example, a 3 year old boy requires 1 serve of fruit a day, but an 11 year old boy needs 2 serves of fruit a day.

Children who are taller, more physically active or in the higher end of their age band (and not overweight or obese) may be able to have additional serves of the Five Food Groups or unsaturated spreads and oils or discretionary choices.

How much is a serve?

It's helpful to get to know the recommended serving sizes and serves per day so that children eat and drink the right amount of the nutritious foods they need for health.

The 'serve size' is a set amount that doesn't change. It is used along with the 'serves per day', to work out the total amount of food required from each of the Five Food Groups. 'Portion size' is the amount the child actually eats and this will depend on what their energy needs are. Some children's portion sizes are smaller than the 'serve size' and some are larger. Children may eat smaller amounts more often if they choose.

How many serves a day?

Children rarely eat exactly the same way each day and it is common to have a little more on some days than others. However, on average, the total of their portion sizes should end up being similar to the number of serves they need each day.

If a child eats a portion smaller than the 'serve size' they will need to eat from the Food Groups more often. If a child's portion size is larger than the 'serve size', then they will need to eat from the Food Groups less often.

For further information go to www.eatforhealth.gov.au





MEET OUR NUTRITIONIST Kelly Richardson

KGF's Gourmet Nutritionist has a passion for creating nourishing recipes that the whole family will enjoy.

British born, Kelly's background as a Masters of Sports Nutrition, has led her to educating people on why certain foods improve health and wellbeing, with a particular dedication to child development, fertility, gut health, hormone balance and disease recovery. Kelly empowers her clients with the tools they need to improve their relationship with food, including educating them on ingredients, what to cook and how to cook it.

"Being a mum of two, I know how important it is to feed your child well and what a difference healthy food can make to a child's behaviour, digestive system, sleep, and learning. Being a full-time working-mum, I also understand the anxiety and stress that comes along with trying to ensure your child gets the best nutrition whilst in childcare.

Working with Kids Gourmet Food menus has been so personal to me. Knowing that together we are helping


to provide the best nutritional start for these young children, as well as giving parents the reassurance that your little ones are enjoying delicious, home-style cooked meals that will grow your child's love of healthy food. These menus are both healthy and varied, using seasonal ingredients which provide an abundance of nutrients and fresh produce at each meal and snack."

Kelly Richardson BSc., MSC.Nutritionist




Serving size guidelines

VEGETABLES AND LEGUMES/BEANS – STANDARD SERVE 75G (100-350KJ)			
	2-3 YRS	4-8 YRS	WHAT IS A STANDARD SERVE?
BOYS	2.5 Serves	4.5 Serves	<ul style="list-style-type: none"> • ½ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin) • ½ cup cooked, dried or canned beans, peas or lentils* • 1 cup green leafy or raw salad vegetables • ½ cup sweet corn • ½ medium potato or other starchy vegetables (sweet potato, taro or cassava) • 1 medium tomato
GIRLS	2.5 Serves	4.5 Serves	



FRUIT – STANDARD SERVE 150G (350KJ)			
	2-3 YRS	4-8 YRS	WHAT IS A STANDARD SERVE?
BOYS	1 Serve	1.5 Serves	<ul style="list-style-type: none"> • 1 medium apple, banana, orange or pear • 2 small apricots, kiwi fruits or plums • 1 cup diced or canned fruit (with no added sugar) <p>Or only occasionally:</p> <ul style="list-style-type: none"> • 125ml (½ cup) fruit juice (with no added sugar) • 30g dried fruit (eg. 4 dried apricot halves, 1½ tbsp of sultanas)
GIRLS	1 Serve	1.5 Serves	



GRAIN (CEREAL) FOODS, MOSTLY WHOLEGRAIN/HIGH CEREAL FIBRE VARIETIES – STANDARD SERVE (500KJ)			
	2-3 YRS	4-8 YRS	WHAT IS A STANDARD SERVE?
BOYS	4 Serve	4 Serves	<ul style="list-style-type: none"> • 1 slice (40g) bread • ½ medium (40g) roll or flat bread • ½ cup (75–120g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa • ½ cup (120g) cooked porridge • ⅔ cup (30g) wheat cereal flakes • ¼ cup (30g) muesli • 3 (35g) crispbreads • 1 (60g) crumpet • 1 small (35g) English muffin or scone
GIRLS	4 Serve	4 Serves	



LEAN MEATS & POULTRY, FISH, EGGS, TOFU, NUTS /SEEDS & LEGUMES/BEANS – STANDARD SERVE (500-600KJ)			
	2-3 YRS	4-8 YRS	WHAT IS A STANDARD SERVE?
BOYS	1 Serves	1.5 Serves	<ul style="list-style-type: none"> • 65g cooked lean meats such as beef, lamb, veal, pork, goat or kangaroo • 80g cooked lean poultry such as chicken or turkey (100g raw) • 100g cooked fish fillet (about 115g raw weight) or one small can of fish • 2 large (120g) eggs • 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas (preferably with no added salt) • 170g tofu • 30g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste (no added salt)
GIRLS	1 Serves	1.5 Serves	

MILK, YOGHURT, CHEESE AND/OR ALTERNATIVES, MOSTLY REDUCED FAT – STANDARD SERVE (500-600KJ)			
	2-3 YRS	4-8 YRS	WHAT IS A STANDARD SERVE?
BOYS	1 Serve	1.5 Serves	<ul style="list-style-type: none"> • 1 cup (250ml) fresh, UHT long life, reconstituted powdered milk or buttermilk • ½ cup (120ml) evaporated milk • 2 slices (40g) or 4x3x2cm cube of hard cheese such as cheddar • ½ cup (120g) ricotta cheese • ¾ cup (200g) yoghurt • 1 cup (250ml) soy, rice or other cereal drink with at least 100mg of added calcium per 100ml
GIRLS	1 Serve	1.5 Serves	

To meet additional energy needs, extra serves from the Five Food Groups or unsaturated spreads and oils, or discretionary choices may be needed by children who are not overweight but are taller, more active or older in their age band.

An allowance for unsaturated spreads and oils for cooking, or nuts and seeds can be included in the following quantities:

- 4–5g per day for children 2–3 years of age;
- 7–10g per day for children 3–12 years of age;
- 11–15g per day for children 12–13 years of age; and
- 14–20g per day for adolescents 14–18 years of age.

For further information go to www.eatforhealth.gov.au

Did you know...

Kids Gourmet Food uses this guide as the framework for menu development.

Daily Menus provide a minimum of 50% of the recommended daily intake of all nutrients required every day.

Hero foods

Acai

Acai berries are loaded high in anti-oxidents which are beneficial for your brain, heart and overall health. They contain healthy fats and fibres.

Apples

Packed with phytochemicals, apples are high in soluble fibre. Contributes significantly to protection against degenerative diseases and provides enhanced dental health.

Bananas

An excellent source of potassium, vitamin B6 and folate. Also a great source of fibre and energy. Vitamin B6 is important for maintaining healthy brain function. Potassium is critical to the body's fluid balance, nerve impulse transmissions and muscle contractions.

Beetroot

A good source of folate, fibre and potassium. Assists in lowering blood pressure, boosts stamina, fights inflammation, anti-cancer and detoxification properties.

Bran

One of the richest sources of dietary fibre. Fibre and fibre-rich foods are known to be beneficial for colon health and healthy blood glucose regulation.

Broccoli

Excellent source of vitamin C, good source of beta carotene and folate. Significant amounts of protein, calcium, iron, potassium, minerals and high in fibre.

Brown rice

Brown rice is significantly higher in fibre than white rice, and also contains more selenium, vitamin E, magnesium, phosphorus and manganese. Fibre and fibre-rich foods are known to be beneficial for colon health and healthy blood glucose regulation.

Buckwheat

High in protein and fibre and a good source of iron and magnesium. Protein is essential to build and repair tissues is an important building block of bones, muscles, skin and blood. Magnesium is important for providing structure to bone tissue. Iron is an essential nutrient whose major function is transporting oxygen in the blood, a deficiency of which may lead to fatigue.

Buttermilk

Buttermilk is an excellent low fat source of protein and healthy bacteria derived from the process of churning milk into butter. Buttermilk contains riboflavin which is a B vitamin that is vital for your body's energy production systems. Riboflavin also helps regulate your body's amino acids, which make up proteins.

Capsicum

An excellent source of beta carotene and Vitamin C+E. Beta carotene is a pro-vitamin A carotenoid, meaning it is converted to Vitamin A in the body. Vitamin A is important for eye health, especially for night vision. It is also important for the growth and health of cells

Carrots

An excellent source of beta carotene and vitamin C. Beta carotene is a pro-vitamin A carotenoid, meaning it is converted to vitamin A in the body. Vitamin A is important for eye health, especially for night vision. It is also important for the growth and health of cells.

Cheese, milk and yoghurt

Milk, cheese and yoghurt are naturally full of important nutrients such as calcium and protein. Dairy consumption is also associated with healthy teeth and bones. Providing a range of vitamins and minerals such as Vitamin A, B12, magnesium, phosphorus, potassium, riboflavin (B2) and zinc, dairy foods have numerous health benefits.

Chia

Chia is a superfood all-star, loaded with antioxidants, vitamins, minerals, fibre, protein and alpha-linolenic acid (omega 3). Protein is essential to build and repair tissues and is an important building block of bones, muscles, skin and blood. Fibre and fibre-rich foods are known to be beneficial for colon health and healthy blood glucose regulation.

Cocoa

Good source of antioxidants such as procyanidins and flavanoids, which may impart anti-aging properties. Cocoa also contains a high level of flavonoids, specifically epicatechin, which may have beneficial cardiovascular effects on health.

Edamame (soy bean)

Soybeans are a complete protein, rich in isoflavones, a type of phytoestrogen. The proteins contain significant amounts of essential amino acids. Soy is a good source of protein for vegetarians and vegans or for people who want to reduce the amount of meat they eat.

Flax/linseed

Flaxseeds are the richest source of plant lignans, and a good source of fibre and alpha-linolenic acid (omega 3). Plant lignans are classified as phytoestrogens, which are thought to reduce the risk of hormone-related cancers. Omega-3 is considered a 'heart healthy' fat.

Farro

Farro is an extremely nutritious ancient wheat grain. It is an excellent source of protein, fiber, magnesium, zinc, antioxidants and some B vitamins. Farro can provide twice as much fibre and protein as a serve of quinoa. It can also provide a lot of benefits for heart and brain health and for anyone living with diabetes

Honey

Natural alternative sweetener to cane sugar, containing small amounts of calcium, zinc and iron. While honey takes longer to digest than table sugar and provides more sustained energy, it should still be consumed in moderation.

Legumes – lentils/beans/ split peas

Legumes are a significant source of protein, dietary fibre, carbohydrates and micronutrients, including folate, thiamin, manganese, magnesium and iron. Fibre and fibre-rich foods are known to be beneficial for colon health and healthy blood glucose regulation. Legumes are a good source of protein for vegetarians and vegans or for people who want to reduce the amount of meat they eat.

Meat

Protein is essential to build and repair tissues, is an important building block of bones, muscles, skin and blood. Hair and nails are mostly made of protein.

Oats

High in water soluble vitamins, iron, zinc and magnesium. Magnesium is essential for ATP (energy) production and heart health. Zinc is important for immunity, cell growth and division, sleep, mood, sense of taste and smell, eye and skin health.

Paneer Cheese

Paneer is an excellent source of protein and calcium, particularly for vegetarians. This cheese contains all 9 essential amino acids and is also an excellent source of zinc which helps to build strong immune systems and reduce inflammation.

Pepitas (pumpkin seeds)

Good source of magnesium, zinc, and plant based (omega 3). Magnesium is essential for ATP (energy) production and heart health. Zinc is important for immunity, cell growth and division, sleep, mood, sense of taste and smell, eye and skin health.

Pumpkin

An excellent source of beta carotene and vitamin C. Beta carotene is a pro-vitamin A carotenoid, meaning it is converted to vitamin A in the body. Vitamin A is important for eye health, especially for night vision. It is also important for the growth and health of cells.

Quinoa

An excellent source of iron, magnesium, potassium, phosphorus, zinc and other minerals. High in protein and a good source of B-complex vitamins.

Raisins/sultanas

High in natural sugars and therefore a sweet treat, they also provide small amounts of some vitamins, minerals, protein and dietary fibre.

Spelt

An ancient grain with a slightly lower gluten content than regular wheat, so therefore kinder to the digestive system for people with wheat sensitivities. It is a good source of protein and fibre with a higher amino acid profile than traditional wheat flours.

Sunflower seeds

A good source of protein, dietary fibre, B vitamins and the antioxidant properties of vitamin E. The seeds contain many trace minerals but are especially good sources of magnesium, phosphorus and potassium.

Sweet potatoes

An excellent source of beta carotene (vitamin A) and vitamin C. Beta carotene is a pro-vitamin A carotenoid, meaning it is converted to vitamin A in the body. Vitamin A is important for eye health, especially for night vision. It is also important for the growth and health of cells.

Tomatoes

Excellent source of lycopene. Lycopene helps to prevent UV damage from the sun, protecting against skin cancer. While lycopene is best known for its anti-cancer properties, it has also been extensively studied for its beneficial cardiovascular effects. Tomatoes are a great source of Vitamin C, potassium, folate and Vitamin K.

Wholemeal flour

Wholegrain wheat flour contains vitamins, minerals and protein. It is more nutritious than refined white flour. Whole grain is a good source of calcium, iron, fibre, and other minerals like selenium.

Our menu focus

Bone and muscle health – calcium

Calcium is important for bone and teeth health as well as assisting blood clotting, muscle contraction and transmission of nerve impulses. While dairy foods are a good source of calcium, plant based foods such as fruit and vegetables are also good sources of calcium.

KGF provides calcium daily in the form of numerous dairy components as well as dates, sunflower, linseed and sesame seeds.

Blood glucose control – legumes

Legumes are a nutrient dense food group, with a low glycaemic index for blood glucose control. Providing a range of essential nutrients including protein, carbohydrates, dietary fibre, minerals and vitamins.

They are also a good source of B-group vitamins (especially folate), iron, zinc, calcium and magnesium. KGF regularly include white beans, chickpeas, lentils and red kidney beans in the meals providing many health benefits.

Defend and protect – phytochemicals

Colours and flavours of fruit and vegetables are provided by phytochemicals. They contribute significantly to protection against degenerative diseases. KGF provides a selection of fresh fruit and raw vegetables every day, twice a day, ensuring your child receives a 'rainbow' of phytochemicals to choose from.

Repair and thrive – protein

When a child's body is growing, repairing or replacing tissue, proteins are required. Proteins are also important for fluid balance and transportation of substances such as vitamins, minerals and oxygen around the body. Therefore we need protein in our diet on a regular basis. While meat and dairy are excellent sources of protein, tofu, vegetables and greens also provide protein in smaller quantities.

KGF provides a wide variety of proteins daily such as beef, chicken, lamb, quinoa, soy, legumes and chia seeds to complement the growing needs of children.

Specialised maintenance – Vitamin A

Vitamin A, one of the fat soluble vitamins, is important for the maintenance and health of specialised tissue such as the retina in the eye, and aids in the growth and health of skin and mucus membranes.

An excellent source of vitamin A is provided in the form of beta-carotene and carotenoids found in orange, yellow and red foods. Excellent sources of vitamin A are found in sweet potato, pumpkin, apricot and corn, all regularly used by KGF.

Supporting good health – wholegrains/seeds

Grains are high in carbohydrates, low in fat, good sources of protein, and provide varying amounts of fibre, vitamins and minerals such as iron, magnesium, iodine and B-group vitamins including folate and thiamin.

KGF use an extensive list of whole grains in the meals such as brown rice, corn, wholemeal flour, flaxseed and quinoa.

Growth, development and immunity – zinc

Zinc is an essential trace element that is vital for normal growth and development and required for over 200 enzymatic reactions in the body, one example being protein digestion. Zinc is important for skin integrity, cell replication, bone formation, neurological health as well as being instrumental in the immune response, brain function and the ability to reproduce.

Trace amounts of zinc features almost daily on the KGF menu in the form of beef, chicken, yoghurt, cheese and chickpeas, therefore helping children meet their daily needs.

Did you know...

A balanced diet with a variety of textures and flavours is essential for children under 5. What children eat is important in helping them to grow healthy and strong.



Available from our Pantry

Transitional Mashers

Slow Cooked, Small Chunks,
Lightly Mashed

Ideal for 9 – 15 month olds

Set of 10, 480ml containers

2 x 5 flavour varieties as follows

CHICKEN, CREAMED CORN, CAULIFLOWER & RISSONI PASTA

Chicken thighs, creamed corn, cauliflower,
wheat pasta, potato, onion, garlic, canola oil,
mixed herbs, vegetable stock (contains yeast).

MACARONI WITH VEGETABLES, QUINOA & WHITE BEANS

Wheat pasta, carrot, sweet potato, pumpkin,
white beans, quinoa, crushed tomato, mixed herbs,
garlic, vegetable stock (contains yeast).

LAMB MINISTRONE STEW, PEARL BARLEY & SWEET POTATO

Lamb shoulder, pearl barley, crushed tomato, carrot,
sweet potato, potato, celery, onion, garlic, mixed herbs,
canola oil.

CHICKEN AND VEGETABLE RISOTTO

Chicken thighs, carrot, sweet potato, pumpkin,
arborio rice, onion, garlic, canola oil, mixed herbs,
vegetable stock (contains yeast).

BEEF BOLOGNAISE, COUS COUS & CARROTS

Beef mince, crushed tomatoes, cous cous (durum
wheat), carrot, celery, onion, garlic, canola oil.

Purees

Plain Fruit & Vegetables,
Smooth Blended

Ideal for 4 – 12 month olds and
vegetarians

Set of 10, 300 ml containers

APPLE

PEAR

PUMPKIN

POTATO

SWEET POTATO

CARROT

GREEN VEGETABLE COMBINATION

MIXED VEGETABLE VARIETIES

MIXED FRUIT VARIETIES



Allergy alternate food items

Allergy alternate muffins and biscuits, gluten free crackers, gluten free crispbread, jasmine and brown rice portions, wheat pasta portions.

Birthday cakes

Chocolate and vanilla plain birthday cakes.

Dairy products & refrigerated items

Milk, bulk sliced cheese, margarine, yoghurts.

Biscuits & crackers

Rice & corn thins, arrowroot biscuits, savoury crackers, water crackers.

Breakfast cereals

Corn flakes, oats, rice bubbles, weetbix.

Dry goods & general pantry items

Spreads, honey, vegemite, UHT full cream milk.

Frozen food items

Suitable for children in the solids transition stages,
Transitional Mashies 9 – 15 months
Purees 4 – 6 months
Sliced brown bread
Sliced white bread
Sliced raisin bread

Childrens cutlery

Child size metal cutlery, child size serving tongs.

Kitchen utensils & serving dishes

Chopping boards, reheating bowls, kitchen serving utensils, water bath trays.

Food Safety Instruments

Probe thermometers.

Fruits & Vegetables

Seasonal fruit and vegetable boxes.



Watch here

ORDERING
PANTRY
ITEMS



Looking for
something else?

For the full list of available
items refer to KGF website
www.kidsgourmetfood.com.au





Lunches

one to five years

KGF lunches are a combination of flavours, textures, cultures and nutrition.

Each meal contains a daily serve of lean meat (red or white) or non-meat alternative, up to 2 serves of vegetables and 1 serve of bread/cereals/rice/pasta to comply with the national daily dietary guidelines for children in care.

We use where possible, low allergen ingredients so most children can eat the main meal. Alternative meals are offered for those children with allergies, intolerances and cultural or parental preferences when they cannot eat the main meal.

BBQ CHICKEN, SWEET POTATO, PINEAPPLE & CHEESE PIZZA WITH SALAD



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (178.5g)
Energy (kJ)	819.0	1460
Protein (g)	8.9	15.8
Fat		
– Total (g)	7.6	13.6
– Saturated (g)	3.5	6.3
Carbohydrate		
– Total (g)	21.8	38.9
– Sugar (g)	3.5	6.2
Dietary fibre (g)	1.4	3.5
Sodium (mg)	315.0	563.0



NUTRITION White Meat, Dairy, Protein, Iron

⌚ 1hr

INGREDIENTS:: Pizza slabs*, chicken thighs, shredded cheese*, crushed tomato*, pineapple crushed*, BBQ sauce*, sweet potato, roast capsicum*, zucchini, onion, canola oil.

INGREDIENTS: Lettuce, cucumber, tomato.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
BBQ Chicken Pizza, Capsicum, Sweet Potato & Pineapple	Warm in 180°C oven for 10 – 12 minutes	–	1 Slab of pizza serves up to 4 children	Contains: Wheat, gluten, milk, barley
Lettuce, Cucumber & Tomato Salad	Slice lettuce, and serve with cucumber and tomato as an accompaniment	Large lettuce serves up to 30 children	–	Contains: None

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Vegetarian Pizza with Sweet Potato, Capsicum, Zucchini, Corn & Cheese	INGREDIENTS: Pizza base*, cheddar cheese* (shredded), tomato puree*, red peppers*, sweet potato, zucchini, corn kernels*, onion, canola oil. INGREDIENTS: Lettuce, cucumber, tomato.	Contains: Wheat, gluten, milk
V2	Vegetarian Pizza with Sweet Potato, Capsicum, Zucchini, Corn & Non-Dairy Cheese	INGREDIENTS: Pizza base*, Non-Dairy Cheese*, tomato puree*, red peppers*, sweet potato, zucchini, corn kernels*, onion, canola oil. INGREDIENTS: Lettuce, cucumber, tomato.	Contains: Wheat, gluten

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Chicken Pizza with Sweet Potato, Capsicum, Pineapple, Non-Dairy Cheese	INGREDIENTS: Pizza base*, chicken, tomato puree*, sweet potato, pineapple, red peppers*, Spanish onion, canola oil, non-dairy cheese*. INGREDIENTS: Lettuce, cucumber, tomato.	Contains: Wheat, gluten
A2	Gluten Free Chicken Pizza with Sweet Potato, Capsicum, Pineapple, Non-Dairy Cheese	INGREDIENTS: Gluten free pizza base*, chicken, tomato puree*, sweet potato, pineapple, red peppers*, Spanish onion, canola oil, non-dairy cheese*. INGREDIENTS: Lettuce, cucumber, tomato.	Contains: Soy
A3	BBQ Chicken with Sweet Potato, Capsicum, Corn & Brown Rice	INGREDIENTS: Chicken, red peppers*, corn kernels*, sweet potato, green beans, peas, carrot, canola oil, paprika, Spanish onions, garlic, brown rice, curry powder*, vegetable stock*. INGREDIENTS: Lettuce, cucumber, tomato.	Contains: None

BEEF & BLACK BEAN WITH RICE



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (265g)
Energy (kJ)	636.0	1685.4
Protein (g)	8.8	23.3
Fat		
– Total (g)	1.7	4.5
– Saturated (g)	0.4	1.1
Carbohydrate		
– Total (g)	23.9	63.3
– Sugar (g)	1.8	4.8
Dietary fibre (g)	1.1	2.8
Sodium (mg)	205.0	543.3



NUTRITION Red Meat, High Protein, Iron, Fibre

🕒 1hr

INGREDIENTS: Beef, carrot, onion, red peppers*, salted black beans*, garlic, ginger*, canola oil, soy sauce*, sugar, tapioca*, gravy powder*, vegetable stock powder*, water chestnuts*. **INGREDIENTS:** Rice, canola oil.

VEGETABLE OPTIONS VARY DAILY: Broccoli, carrot, zucchini, cauliflower, green peas, green beans, corn kernels.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Beef & Black Bean	Warm in microwave or place pouch in Water Bath	Pouch serves up to 9 children	–	Contains: Wheat, gluten, soy
Rice	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 12 children	Small pouch serves up to 6 children	Contains: None
Vegetables	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 30 children	Small pouch serves up to 15 children	Check contents as varies daily

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Chinese Black Bean Tofu with Rice	INGREDIENTS: Tofu*, sweet potato, white beans, black beans (salted)*, carrot, red peppers*, peas, water chestnuts*, onion, garlic, ginger*, canola oil, gravy powder*, tapioca*, sugar, soy sauce (gluten free)*, jasmine rice.	Contains: Soy

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Chinese Beef Stew with Rice	INGREDIENTS: Beef, white beans, potato, corn kernels*, carrot, red peppers*, onion, garlic, ginger*, canola oil, gravy powder*, tapioca*, sugar, worcestershire sauce*, jasmine rice.	Contains: None
A2	Beef & Quinoa Rissoles, Rice with Pumpkin Lentil Sauce	INGREDIENTS: Beef, quinoa, rice flour, mixed herbs, salt, jasmine rice, canola oil, pumpkin, red lentils, cinnamon.	Contains: None
B1	Beef, Rice & Vegetables	INGREDIENTS: Beef, rice, daily vegetables.	Contains: None

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BEEF & TOMATO BOLOGNAISE WITH PASTA



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (218g)
Energy (kJ)	719.0	1567.4
Protein (g)	10.8	23.5
Fat		
– Total (g)	3.9	8.5
– Saturated (g)	1.4	0.1
Carbohydrate		
– Total (g)	21.9	47.7
– Sugar (g)	1.7	3.7
Dietary fibre (g)	1.9	4.2
Sodium (mg)	223.0	486.1



NUTRITION Red Meat, Iron, High Protein

🕒 1hr

INGREDIENTS: Beef, carrot, celery, tomato paste*, crushed tomato*, brown lentils, garlic, canola oil, gravy powder*, mixed herbs, rice flour.

INGREDIENTS: Wheat pasta*, canola oil.

VEGETABLE OPTIONS VARY DAILY: Broccoli, carrot, zucchini, cauliflower, green peas, green beans, corn kernels.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Beef & Tomato Bolognese	Warm in microwave or place pouch in Water Bath	Pouch serves up to 9 children	–	Contains: None
Pasta	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 12 children	Small pouch serves up to 6 children	Contains: Wheat, gluten
Vegetables	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 30 children	Small pouch serves up to 15 children	Check contents as varies daily

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Spinach & Ricotta Pasta with Rich Tomato Sauce	INGREDIENTS: Wheat pasta*, spinach, crushed tomato*, ricotta cheese, apple, cheddar cheese* (shredded), garlic, canola oil, mixed herbs.	Contains: Wheat, gluten, milk
V2	Spinach, Lentil & Tomato Sauce with Wheat Pasta, Non-Dairy Cheese	INGREDIENTS: Wheat pasta*, lentils, potato, spinach, crushed tomato*, apple, garlic, canola oil, mixed herbs, non-dairy cheese*.	Contains: Wheat, gluten

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Beef Bolognese with Rice & Corn Pasta	INGREDIENTS: Beef, carrot, tomato paste*, crushed tomato*, celery, brown lentils, garlic, canola oil, gravy powder*, mixed herbs, rice flour, rice and corn pasta*.	Contains: None
A2	Beef & Quinoa Rissoles, Pumpkin & Lentil Sauce with Rice Noodles	INGREDIENTS: Beef, quinoa, rice flour, mixed herbs, pumpkin, red lentils, cinnamon, salt, rice noodles, canola oil.	Contains: None
B1	Beef, Pasta & Vegetables	INGREDIENTS: Beef, wheat pasta*, daily vegetables.	Contains: Wheat, gluten

BEEF & TOMATO LASAGNE WITH CHEESE BÉCHAMEL SAUCE



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (274g)
Energy (kJ)	626.0	1715.2
Protein (g)	8.8	24.1
Fat		
– Total (g)	5.7	15.6
– Saturated (g)	2.8	0.4
Carbohydrate		
– Total (g)	14.5	39.7
– Sugar (g)	1.9	5.2
Dietary fibre (g)	1.8	4.3
Sodium (mg)	264.0	723.4



NUTRITION Red Meat, High Protein, Dairy, Iron

🕒 1hr

INGREDIENTS: Beef, carrot, celery, tomato paste*, crushed tomato*, gravy powder*, rice flour, mixed herbs, wheat pasta*, red lentils, canola oil, milk, cream, cheddar cheese* (shredded), garlic, onion, tapioca*, vegetable stock powder*.

VEGETABLE OPTIONS VARY DAILY: Broccoli, carrot, zucchini, cauliflower, green peas, green beans, corn kernels.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Beef & Tomato Lasagne	Heat in the oven at 180°C for 40 – 50 minutes or until golden brown	Large tray serves up to 12 children	Small tray serves up to 6 children	Contains: Wheat, gluten, milk
Vegetables	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 30 children	Small pouch serves up to 15 children	Check contents as varies daily

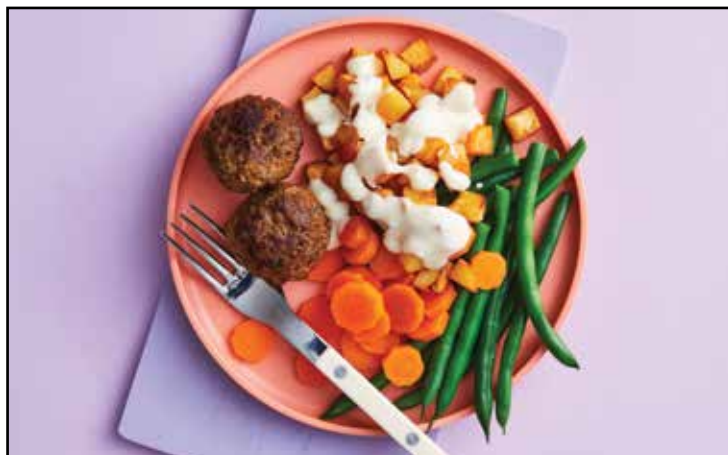
VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Vegetable Lasagne with Cheese Béchamel Sauce	INGREDIENTS: Sweet potato, carrot, peas, corn kernels*, green beans, broccoli, apple, crushed tomato*, gravy powder*, wheat pasta*, canola oil, milk, cream, cheddar cheese* (shredded), garlic, tapioca*, vegetable stock powder*, rice flour, mixed herbs.	Contains: Wheat, gluten, milk
V2	Roasted Vegetable & Tomato Sauce with Wheat Pasta, Non-Dairy Cheese	INGREDIENTS: Sweet potato, carrot, peas, corn kernels*, green beans, broccoli, apple, crushed tomato*, gravy powder*, wheat pasta*, canola oil, garlic, tapioca*, vegetable stock powder*, rice flour, mixed herbs, non-dairy cheese*.	Contains: Wheat, gluten

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Beef & Tomato Bolognaise with Wheat Pasta	INGREDIENTS: Wheat pasta*, beef, carrot, celery, tomato paste*, crushed tomato*, red lentils, gravy powder*, rice flour, mixed herbs, canola oil.	Contains: Wheat, gluten
A2	Beef & Tomato Bolognaise with Rice Noodles	INGREDIENTS: Rice noodles, beef, carrot, tomato paste*, crushed tomato*, red lentils, celery, gravy powder*, rice flour, mixed herbs.	Contains: None
A3	Beef, Rice Noodles, Carrot Tarragon Sauce	INGREDIENTS: Beef, rice noodles*, carrot, tarragon, white beans, golden syrup, canola oil.	Contains: None

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BEEF & TOMATO MEATBALLS WITH CREAMY POTATO BAKE



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (200g)
Energy (kJ)	371.0	1094.5
Protein (g)	5.8	17.1
Fat		
– Total (g)	3.0	8.9
– Saturated (g)	1.7	0.2
Carbohydrate		
– Total (g)	8.5	25.1
– Sugar (g)	2.0	5.9
Dietary fibre (g)	0.7	2.0
Sodium (mg)	152.0	448.4



NUTRITION Red Meat, Protein, Dairy, Iron

🕒 1hr

INGREDIENTS: Beef, rice, rolled oats, bread crumbs*, seasoning mix*, carrot, tomato paste*, canola oil, garlic, worcestershire sauce*, honey, mixed herbs, parsley.

INGREDIENTS: Potato, milk, cheddar cheese* (shredded), cream, onions, garlic, mixed herbs, canola oil, vegetable stock powder*, tapioca starch.

VEGETABLE OPTIONS VARY DAILY: Broccoli, carrot, zucchini, cauliflower, green peas, green beans, corn kernels.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Beef & Tomato Meatballs	Remove from packaging. Heat in 180°C oven for 10 minutes or warm in the microwave until heated through to the correct temperature	–	2 Pieces per child	Contains: Wheat, gluten, oats
Creamy Potato Bake	Heat in oven at 180°C for 40 – 50 minutes until golden brown	1 Large tray serves up to 16 children	1 Small tray serves up to 9 children	Contains: Milk
Vegetables	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 30 children	Small pouch serves up to 15 children	Check contents as varies daily

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Chickpea Patties with Creamy Potato Bake	INGREDIENTS: Chickpeas, white beans, rolled oats, creamed corn*, sweet potato, potato, farro, breadcrumbs*, salt, mixed herbs, curry powder*. INGREDIENTS: Potato, milk, cheddar cheese* (shredded), cream, onions, garlic, mixed herbs, canola oil, vegetable stock powder*, tapioca*.	Contains: Wheat, gluten, milk, oats
V2	Chickpea Patties with Roasted Potatoes & Gravy	INGREDIENTS: Chickpeas, white beans, rolled oats, creamed corn*, sweet potato, potato, farro, breadcrumbs*, salt, mixed herbs, curry powder*, canola oil, gravy powder*.	Contains: Wheat, gluten, oats

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Beef & Quinoa Rissolo with Roasted Potatoes & Gravy	INGREDIENTS: Beef, quinoa, rice flour, mixed herbs, potato, canola oil, crushed tomato*, gravy powder*.	Contains: None
A2	Beef & Quinoa Rissolo with Roasted Potato & Carrot & Tarragon Sauce	INGREDIENTS: Beef, quinoa, rice flour, mixed herbs. INGREDIENTS: Potato, carrot, white beans, canola oil, tarragon, thyme, golden syrup, salt.	Contains: None
B1	Beef, Potato & Vegetables	INGREDIENTS: Beef, potato, daily vegetables.	Contains: None

BEEF MEATBALLS, VEGETABLE RATATOUILLE WITH PASTA



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (200g)
Energy (kJ)	788.0	1572.8
Protein (g)	12.2	24.4
Fat		
– Total (g)	2.9	5.8
– Saturated (g)	1.1	0.1
Carbohydrate		
– Total (g)	26.9	53.7
– Sugar (g)	2.9	5.8
Dietary fibre (g)	2.1	4.3
Sodium (mg)	256.0	511.0



NUTRITION Red Meat, High Protein, Iron, High Vegetable

🕒 1hr

INGREDIENTS: Beef, rolled oats, bread crumbs*, seasoning mix*, rice, carrot, tomato paste*, canola oil, worcestershire sauce*, garlic, honey, mixed herbs, parsley. **INGREDIENTS:** Wheat pasta*, canola, oil.

INGREDIENTS: Crushed tomato*, carrot, onion, zucchini, tomato paste*, white beans, eggplant, split peas, celery, canola oil, garlic, sugar, rice flour, salt, basil, parsley, oregano.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Beef Meatballs	Remove from packaging. Heat in 180°C oven for 10 minutes or warm in the microwave until heated through to the correct temperature	–	2 Pieces per child	Contains: Wheat, gluten, oats
Pasta	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 12 children	Small pouch serves up to 6 children	Contains: Wheat, gluten
Vegetable Ratatouille	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 30 children	Small pouch serves up to 15 children	Contains: None

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Vegetable Balls with Wheat Pasta & Ratatouille	INGREDIENTS: Potato, white beans, creamed corn*, green peas, brown rice, rolled oats, farro, breadcrumbs*, mixed herbs, salt, wheat pasta*, canola oil. INGREDIENTS: Crushed tomato*, carrot, onion, zucchini, tomato paste*, white beans, eggplant, split peas, celery, canola oil, garlic, sugar, rice flour, salt, basil, parsley, oregano.	Contains: Wheat, gluten, oats

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Beef & Quinoa Rissole, Ratatouille, Rice & Corn Pasta	INGREDIENTS: Beef, quinoa, rice flour, mixed herbs, rice and corn pasta*. INGREDIENTS: Crushed tomato*, carrot, onion, zucchini, tomato paste*, white beans, eggplant, split peas, celery, canola oil, garlic, sugar, rice flour, salt, basil, parsley, oregano.	Contains: None
A2	Beef & Rice Noodles with Roasted Eggplant Sauce	INGREDIENTS: Beef, eggplant, white beans, canola oil, mixed herbs, coriander, cumin, turmeric, salt, rice noodles.	Contains: None
B1	Beef, Wheat Pasta & Vegetables	INGREDIENTS: Beef, wheat pasta*, daily vegetables.	Contains: Wheat, gluten

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BEEF STROGANOFF WITH MUSHROOMS & RICE



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (265g)
Energy (kJ)	702.0	1860.3
Protein (g)	7.5	19.9
Fat		
– Total (g)	3.9	10.3
– Saturated (g)	1.9	5.0
Carbohydrate		
– Total (g)	24.0	63.6
– Sugar (g)	1.8	4.8
Dietary fibre (g)	1.1	2.9
Sodium (mg)	161.0	426.7



NUTRITION Red Meat, Dairy, Protein, Iron

⌚ 1hr

INGREDIENTS: Beef, carrot, celery, crushed tomato*, tomato paste*, mushrooms*, sour cream, brown lentils, cream, garlic, gravy powder*, gherkins*, rice flour, canola oil, smoked paprika*.

INGREDIENTS: Rice, canola oil.

VEGETABLE OPTIONS VARY DAILY: Broccoli, carrot, zucchini, cauliflower, green peas, green beans, corn kernels.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Beef Stroganoff with Mushrooms	Warm in microwave or place pouch in Water Bath	Pouch serves up to 9 children	–	Contains: Milk
Rice	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 12 children	Small pouch serves up to 6 children	Contains: None
Vegetables	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 30 children	Small pouch serves up to 15 children	Check contents as varies daily

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Chickpea & Potato Stroganoff with Rice	INGREDIENTS: Chickpea, potato, rice, carrot, crushed tomato*, mushrooms*, apple, sour cream, garlic, gravy powder*, canola oil, smoked paprika*.	Contains: Milk
V2	Chickpea, Potato, Mushroom & Tomato Stew with Rice	INGREDIENTS: Chickpea, potato, rice, carrot, crushed tomato*, mushrooms*, apple, garlic, gravy powder*, canola oil, smoked paprika*.	Contains: None

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Beef, Mushroom & Tomato Stew with Rice	INGREDIENTS: Beef, rice, carrot, celery, crushed tomato*, tomato paste*, mushrooms*, brown lentils, garlic, gravy powder*, rice flour, canola oil, smoked paprika*, gherkins*.	Contains: None
A2	Beef Meatballs, Roasted Eggplant Sauce with Rice	INGREDIENTS: Beef, eggplant, white beans, mixed herbs, coriander, cumin, turmeric, canola oil, salt, rice.	Contains: None
B1	Beef, Rice & Vegetables	INGREDIENTS: Beef, rice, daily vegetables.	Contains: None

BEEF, MUSHROOM & EGGPLANT PASTA BAKE



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (176g)
Energy (kJ)	662.0	1161.8
Protein (g)	7.1	12.5
Fat		
– Total (g)	3.2	5.6
– Saturated (g)	1.5	0.1
Carbohydrate		
– Total (g)	23.9	41.9
– Sugar (g)	1.7	3.0
Dietary fibre (g)	2.0	3.5
Sodium (mg)	129.0	226.4



NUTRITION Red Meat, Dairy, Iron, Protein

🕒 1hr

INGREDIENTS: Beef strips, pumpkin, mushroom*, eggplant, carrot, spinach, crushed tomato*, tomato paste*, onion, mixed herbs, garlic, cream, red lentils, rice flour, gravy powder*, wheat pasta*, canola oil, cheddar cheese* (shredded).

VEGETABLE OPTIONS VARY DAILY: Broccoli, carrot, zucchini, cauliflower, green peas, green beans, corn kernels.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Beef, Mushroom & Eggplant Pasta Bake	Heat in the oven at 180°C for 40 – 50 minutes or until golden brown	Large tray serves up to 12 children	Small tray serves up to 6 children	Contains: Wheat, gluten, milk
Vegetables	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 30 children	Small pouch serves up to 15 children	Check contents as varies daily

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Pumpkin, Mushroom, Chickpea & Spinach Pasta Bake	INGREDIENTS: Chickpeas, pumpkin, mushroom*, carrot, spinach, crushed tomato*, tomato paste*, onion, mixed herbs, garlic, rice flour, gravy powder*, wheat pasta*, canola oil, cheddar cheese* (shredded).	Contains: Wheat, gluten, milk
V2	Pumpkin, Mushroom & Chickpea sauce with Pasta	INGREDIENTS: Pumpkin, chickpeas, mushroom*, carrot, spinach, crushed tomato*, tomato paste*, onion, mixed herbs, garlic, rice flour, gravy powder*, wheat pasta*, canola oil, non-dairy cheese*.	Contains: Wheat, gluten

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Beef, Pumpkin & Mushroom with Wheat Pasta	INGREDIENTS: Beef strips, pumpkin, mushroom, carrot, spinach, crushed tomato*, red lentils, tomato paste*, onion, mixed herbs, garlic, rice flour, gravy powder*, wheat pasta*, canola oil.	Contains: Wheat, gluten
A2	Beef, Pumpkin & Mushroom with Rice Noodles	INGREDIENTS: Beef strips, mushroom, carrot, pumpkin, spinach, crushed tomato*, red lentils, tomato paste*, onion, mixed herbs, garlic, rice flour, gravy powder*, canola oil, rice noodles.	Contains: None
A3	Beef, Rice Noodles, Pea & Zucchini Sauce	INGREDIENTS: Beef, rice noodles*, peas, zucchini, white beans, thyme, canola oil.	Contains: None

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BEEF, POTATO & EGGPLANT KORMA WITH RICE



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (265g)
Energy (kJ)	702.0	1860.3
Protein (g)	8.0	21.2
Fat		
– Total (g)	3.6	9.5
– Saturated (g)	1.4	3.7
Carbohydrate		
– Total (g)	24.1	63.9
– Sugar (g)	1.5	4.0
Dietary fibre (g)	1.3	3.5
Sodium (mg)	223.0	591.0

NUTRITION Red Meat, Protein, Iron

🕒 1hr

INGREDIENTS: Beef, tomato paste*, crushed tomatoes*, eggplant, korma paste*, potato, coconut*, canola oil, onions, red lentils, garlic, tapioca*, vegetable stock powder*.

INGREDIENTS: Rice, canola oil.

VEGETABLE OPTIONS VARY DAILY: Broccoli, carrot, zucchini, cauliflower, green peas, green beans, corn kernels.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Beef, Potato & Eggplant Korma	Warm in microwave or place pouch in Water Bath	Pouch serves up to 9 children	–	Contains: None
Rice	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 12 children	Small pouch serves up to 6 children	Contains: None
Vegetables	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 30 children	Small pouch serves up to 15 children	Check contents as varies daily

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Spinach, Potato & Eggplant Korma with Rice	INGREDIENTS: Spinach, crushed tomatoes*, eggplant, brown lentils, korma paste*, carrot, potato, apple, coconut*, canola oil, onions, garlic, corn kernels*, jasmine rice.	Contains: None

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Beef Meatballs, Pumpkin & Lentil Sauce with Rice	INGREDIENTS: Beef, quinoa, rice flour, mixed herbs, pumpkin, red lentils, cinnamon, salt, canola oil, jasmine rice.	Contains: None
B1	Beef, Rice & Vegetables	INGREDIENTS: Beef, rice, daily vegetables.	Contains: None

BRAZILIAN CHICKEN & BLACK BEAN STEW WITH FLAT BREAD



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (214g)
Energy (kJ)	534.0	1142.8
Protein (g)	6.7	14.3
Fat		
– Total (g)	4.0	8.6
– Saturated (g)	1.2	2.6
Carbohydrate		
– Total (g)	14.7	31.5
– Sugar (g)	3.6	7.7
Dietary fibre (g)	2.6	5.6
Sodium (mg)	221.0	472.9



NUTRITION White Meat, Protein, Wholegrain

⌚ 1hr

INGREDIENTS: Chicken, red peppers*, carrot, corn kernels, turtle beans, zucchini, tomato paste, canola oil, onion, tapioca starch (thickflo) tempero baiano spice paste (onion, cumin, coriander, thyme, basil, garlic, nutmeg, smoked paprika*, cayenne pepper, oregano. salt).

INGREDIENTS: Flat bread*.

INGREDIENTS: Lettuce, cucumber.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Brazilian Chicken & Black Bean Stew	Warm in microwave or place pouch in Water Bath	Small pouch serves up to 9 children	–	Contains: None
Flat Breads	Warm in microwave or oven	1 per child	–	Contains: Wheat, gluten
Lettuce & Cucumber	Wash and slice lettuce and serve with cucumber	Large lettuce serves up to 30 children	Small pouch serves up to 15 children	Contains: None

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Brazilian Bean & Potato Stew, Flat Breads, Lettuce, Cucumber	<p>INGREDIENTS: Potato, sweet potato, red peppers*, carrot, corn kernels, turtle beans, tapioca thickflo*, zucchini, tomato paste, canola oil, onion, spice blend: tempero baiano spice paste (onion, cumin, coriander, thyme, basil, garlic, nutmeg, smoked paprika*, cayenne pepper, oregano. salt).</p> <p>INGREDIENTS: Lettuce, cucumber, flat bread*.</p>	Contains: Wheat, gluten

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Brazilian Chicken & Black Bean Stew, GF Bread, Lettuce, Cucumber	<p>INGREDIENTS: Chicken, red peppers*, carrot, corn kernels, turtle beans, zucchini, tomato paste, canola oil, onion, tapioca thickflo*, tempero baiano spice paste (onion, cumin, coriander, thyme, basil, garlic, nutmeg, smoked paprika*, cayenne pepper, oregano. salt).</p> <p>INGREDIENTS: Lettuce, cucumber, gluten free bread*.</p>	Contains: None
A2	Chicken & Rice with Green Pea Zucchini Sauce	INGREDIENTS: Chicken, jasmine rice, peas, zucchini, white beans, thyme, canola oil, salt.	Contains: None

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BUTTER CHICKEN WITH NATURAL YOGHURT & RICE



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (265g)
Energy (kJ)	674.0	1786.1
Protein (g)	7.4	19.6
Fat		
– Total (g)	3.2	8.5
– Saturated (g)	1.7	4.5
Carbohydrate		
– Total (g)	24.0	63.6
– Sugar (g)	2.3	6.1
Dietary fibre (g)	1.3	3.5
Sodium (mg)	220.0	583.0



NUTRITION White Meat, Dairy

⌚ 1hr

INGREDIENTS: Chicken, natural yoghurt, carrot, crushed tomato*, tomato paste*, coconut*, milk, cream, onion, garlic, vegetable stock powder*, tapioca*, canola oil, butter chicken curry paste*.

INGREDIENTS: Rice, canola oil.

VEGETABLE OPTIONS VARY DAILY: Broccoli, carrot, zucchini, cauliflower, green peas, green beans, corn kernels.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Butter Chicken with Natural Yoghurt	Warm in microwave or place pouch in Water Bath	Pouch serves up to 9 children	–	Contains: Milk
Rice	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 12 children	Small pouch serves up to 6 children	Contains: None
Vegetables	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 30 children	Small pouch serves up to 15 children	Check contents as varies daily

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Roasted Vegetable Coconut Curry with Jasmine Rice	INGREDIENTS: White beans, sweet potato, peas, potato, carrot, corn kernels*, natural yoghurt, crushed tomato*, tomato paste*, coconut*, milk, cream, onion, garlic, vegetable stock powder*, tapioca*, butter chicken curry paste*, rice, canola oil.	Contains: Milk
V2	White Bean & Vegetable Coconut Curry with Jasmine Rice	INGREDIENTS: White beans, sweet potato, carrot, peas, corn kernels*, coconut*, crushed tomato*, apple, canola oil, onion, garlic, curry powder*, garam masala*, rice.	Contains: None

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Chicken Coconut Curry & Jasmine Rice	INGREDIENTS: Rice, chicken, carrot, corn kernels*, peas, coconut*, crushed tomato*, apple, canola oil, onion, garlic, curry powder*, garam masala*.	Contains: None
A2	Chicken, Jasmine Rice with Carrot & Tarragon	INGREDIENTS: Chicken, jasmine rice, carrot, white bean, canola oil, tarragon, thyme, golden syrup, salt.	Contains: None
B1	Chicken, Rice & Vegetables	INGREDIENTS: Chicken, rice, daily vegetables.	Contains: None

CHEESY TOMATO & WHITE BEAN SAUCE WITH PASTA



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (218g)
Energy (kJ)	703.0	1532.5
Protein (g)	5.0	10.9
Fat		
– Total (g)	5.5	12.0
– Saturated (g)	3.5	0.4
Carbohydrate		
– Total (g)	23.1	50.4
– Sugar (g)	2.6	5.7
Dietary fibre (g)	1.9	4.2
Sodium (mg)	204.0	444.7



NUTRITION Protein, Dairy, Iron

⌚ 1hr

INGREDIENTS: Crushed tomato*, white beans, cheddar cheese* (shredded), milk, cream, onion, garlic, tomato paste*, canola oil, mixed herbs, tapioca*.

INGREDIENTS: Wheat pasta*, canola oil.

VEGETABLE OPTIONS VARY DAILY: Broccoli, carrot, zucchini, cauliflower, green peas, green beans, corn kernels.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Cheesy Tomato & White Bean Sauce	Warm in microwave or place pouch in Water Bath	Pouch serves up to 9 children	–	Contains: Milk
Pasta	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 12 children	Small pouch serves up to 6 children	Contains: Wheat, gluten
Vegetables	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 30 children	Small pouch serves up to 15 children	Check contents as varies daily

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Cheesy Tomato & White Bean Sauce with Pasta	NO VEGETARIAN MEAL PROVIDED TODAY AS THE MAIN MEAL IS A VEGETARIAN DISH. PLEASE SEE MAIN MEAL	–

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Chunky Roasted Vegetable & Tomato Sauce with Wheat Pasta	INGREDIENTS: Wheat pasta*, white beans, sweet potato, potato, carrot, pumpkin, broccoli, corn kernels*, apple, crushed tomato*, garlic, mixed herbs, canola oil.	Contains: Wheat, gluten
A2	Chunky Roasted Vegetable & Tomato Sauce with Rice & Corn Pasta	INGREDIENTS: Rice & corn pasta*, white beans, sweet potato, potato, carrot, pumpkin, broccoli, corn kernels*, apple, crushed tomato*, garlic, mixed herbs, canola oil.	Contains: None
A3	Red Lentil, Pumpkin & Coconut Stew, Sweet Potato, White Beans with Rice Noodles	INGREDIENTS: Red lentils, pumpkin, coconut*, sweet potato, white beans, carrot, zucchini, sugar, salt, thyme, rice noodles.	Contains: None

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CHICKEN & CHEESY SPINACH SAUCE WITH PASTA



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (218g)
Energy (kJ)	794.0	1730.9
Protein (g)	8.7	19.0
Fat		
– Total (g)	6.8	14.8
– Saturated (g)	3.6	0.5
Carbohydrate		
– Total (g)	21.9	47.7
– Sugar (g)	2.6	5.7
Dietary fibre (g)	1.8	3.9
Sodium (mg)	224.0	488.3



NUTRITION White Meat, High Protein, Iron

🕒 1hr

INGREDIENTS: Chicken, crushed tomato*, tomato paste*, spinach, cheddar cheese* (shredded), milk, cream, canola oil, onion, garlic, tapioca*, vegetable stock powder*, mixed herbs.

INGREDIENTS: Wheat pasta*, canola oil.

VEGETABLE OPTIONS VARY DAILY: Broccoli, carrot, zucchini, cauliflower, green peas, green beans, corn kernels.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Chicken & Cheesy Spinach Sauce	Warm in microwave or place pouch in Water Bath	Pouch serves up to 9 children	–	Contains: Milk
Pasta	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 12 children	Small pouch serves up to 6 children	Contains: Wheat, gluten
Vegetables	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 30 children	Small pouch serves up to 15 children	Check contents as varies daily

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Cheesy Tomato, Pumpkin & Spinach Sauce with Pasta	INGREDIENTS: Pumpkin, white beans, crushed tomato*, tomato paste*, spinach, cheddar cheese* (shredded), milk, cream, canola oil, onion, garlic, tapioca*, vegetable stock powder*, mixed herbs, wheat pasta*.	Contains: Wheat, gluten, milk
V2	Pumpkin, Spinach & Tomato Sauce with Wheat Pasta, Non-Dairy Cheese	INGREDIENTS: Wheat Pasta*, Pumpkin, white beans, spinach, onion, garlic, crushed tomato*, mixed herbs, apple, canola oil, corn kernels*, non-dairy cheese.	Contains: Wheat, gluten

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Chicken, Tomato & Spinach Sauce with Wheat Pasta	INGREDIENTS: Chicken, wheat pasta*, spinach, onion, garlic, crushed tomato*, mixed herbs, apple, canola oil, corn kernels*.	Contains: Wheat, gluten
A2	Chicken, Tomato & Spinach Sauce with Rice & Corn Pasta	INGREDIENTS: Chicken, rice & corn pasta*, spinach, onion, garlic, crushed tomato*, mixed herbs, apple, canola oil, corn kernels*.	Contains: None
B1	Chicken, Pasta & Vegetables	INGREDIENTS: Chicken, wheat pasta*, daily vegetables.	Contains: Wheat, gluten

CHICKEN & CORN RISOLE WITH MACARONI CHEESE PASTA BAKE



NUTRITIONAL INFORMATION		
	Average Qty (100g)	Per Serve (244g)
Energy (kJ)	762.0	1859.3
Protein (g)	8.8	21.5
Fat		
– Total (g)	7.7	18.8
– Saturated (g)	4.1	0.8
Carbohydrate		
– Total (g)	17.9	43.7
– Sugar (g)	3.2	7.8
Dietary fibre (g)	1.7	4.1
Sodium (mg)	384.0	937.0



NUTRITION	White Meat, Dairy, Iron, Fibre, High Protein	🕒 1hr
<p>INGREDIENTS: Chicken, creamed corn*, carrot, tomato paste*, worcestershire sauce*, bread crumbs*, seasoning mix*, parsley, mixed herbs, garlic.</p> <p>INGREDIENTS: Wheat pasta*, milk, white beans, bread crumbs*, cheddar cheese (shredded)*, cream, garlic, canola oil, vegetable stock powder*, tapioca*, parsley.</p> <p>VEGETABLE OPTIONS VARY DAILY: Broccoli, carrot, zucchini, cauliflower, green peas, green beans, corn kernels.</p>		

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Chicken & Corn Rissole	Remove from packaging. Heat in 180°C oven for 10 minutes or warm in microwave	–	2 Pieces per child	Contains: Wheat, gluten
Macaroni & Cheese Pasta Bake	Heat in the oven at 180°C for 40 – 50 minutes or until golden brown	Large tray serves up to 16 children	Small tray serves up to 9 children	Contains: Wheat, gluten, milk
Vegetables	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 30 children	Small pouch serves up to 15 children	Check contents as varies daily

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Falafel Balls, Macaroni Cheese Bake	INGREDIENTS: Falafel balls*. INGREDIENTS: Wheat pasta*, milk, white beans, bread crumbs*, cheddar cheese* (shredded), cream, garlic, canola oil, vegetable stock powder*, tapioca*, parsley.	Contains: Wheat, gluten, milk
V2	Falafel Balls, Wheat Pasta with Carrot & Tarragon Sauce	INGREDIENTS: Falafel balls*. INGREDIENTS: Carrot, white beans, canola oil, tarragon, thyme, golden syrup, salt, wheat pasta*.	Contains: Wheat, gluten

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Chicken & Corn Rissoles, Wheat Pasta with Carrot & Tarragon Sauce	INGREDIENTS: Chicken, creamed corn*, carrot, tomato paste*, worcestershire sauce*, bread crumbs*, seasoning mix*, parsley, mixed herbs, garlic. INGREDIENTS: Carrot, white beans, canola oil, tarragon, thyme, golden syrup, salt, wheat pasta*.	Contains: Wheat, gluten
A2	Chicken & Chia Rissole, Rice & Corn Pasta with Carrot & Tarragon Sauce	INGREDIENTS: Chicken, chia seeds, rice flour, mixed herbs. INGREDIENTS: Carrot, white beans, canola oil, tarragon, thyme, golden syrup, salt, rice and corn pasta*.	Contains: None
B1	Chicken, Pasta & Vegetables	INGREDIENTS: Chicken, wheat pasta*, daily vegetables.	Contains: Wheat, gluten

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CHICKEN & LENTIL RAGOUT WITH COUSCOUS



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (290g)
Energy (kJ)	463.0	1342.7
Protein (g)	5.7	16.5
Fat		
– Total (g)	2.2	6.4
– Saturated (g)	0.4	1.2
Carbohydrate		
– Total (g)	15.7	45.5
– Sugar (g)	2.0	5.8
Dietary fibre (g)	1.6	4.6
Sodium (mg)	116.0	336.4



NUTRITION White Meat, Protein, Iron

⌚ 1hr

INGREDIENTS: Chicken, brown lentils, tomato passata*, carrots, mixed herbs*, onion, vegetable stock powder*, salt, potato flakes*, rice flour, tapioca*, canola oil.

INGREDIENTS: Couscous *, water.

VEGETABLE OPTIONS VARY DAILY: Broccoli, carrot, zucchini, cauliflower, green peas, green beans, corn kernels.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Chicken Lentil Ragout	Heat sauce tray in oven or microwave until internal temperature reaches over 75°C	–	Small tray serves up to 9 portions	Contains: None
Wholemeal Couscous	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 12 children	Small pouch serves up to 6 children	Contains: Wheat, gluten
Vegetables	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 30 children	Small pouch serves up to 15 children	Check contents as varies daily

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Vegetable Chickpea & Tomato Ragout with Couscous	INGREDIENTS: Chickpeas, tomato passata*, onion, carrot, zucchini, potato, corn kernels, vegetable stock powder*, rice flour, tapioca*, canola oil, mixed herbs*, couscous*.	Contains: Wheat, gluten

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Chicken, Tomato & Lentil Ragout with Rice	INGREDIENTS: Chicken, brown lentils, canola oil, tomato passata*, mixed herbs*, onion, carrots, vegetable stock powder*, salt, potato flakes*, rice flour, tapioca thickflo*, rice.	Contains: None
A2	Chicken, Jasmine Rice, Carrot & Tarragon Sauce	INGREDIENTS: Chicken, rice, carrot, white beans, tarragon, thyme, golden syrup*, salt, canola oil.	–
B1	Chicken, Couscous, Vegetables	INGREDIENTS: Chicken, couscous*, daily vegetables.	Contains: None

CHICKEN & SAUSAGE PAELLA WITH YELLOW RICE



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (265g)
Energy (kJ)	654.0	1733.1
Protein (g)	6.0	15.9
Fat		
– Total (g)	3.6	9.5
– Saturated (g)	1.2	3.2
Carbohydrate		
– Total (g)	23.1	61.2
– Sugar (g)	1.8	4.8
Dietary fibre (g)	1.4	3.7
Sodium (mg)	243.0	644.0

NUTRITION White Meat, Red Meat, Protein, Iron

⌚ 1hr

INGREDIENTS: Chicken, beef sausage*, red peppers*, crushed tomatoes*, carrot, parsley, vegetable stock powder*, onion, canola oil, garlic, paprika, oregano, salt, tapioca starch (thickflo), turmeric jasmine rice.

INGREDIENTS: Turmeric jasmine rice.

VEGETABLE OPTIONS VARY DAILY: Broccoli, carrot, zucchini, cauliflower, green peas, green beans, corn kernels.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Chicken & Sausage Paella Sauce	Warm in microwave or place pouch in Water Bath	–	Small pouch serves up to 8 children	Contains: None
Yellow Rice	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 12 children	Small pouch serves up to 6 children	Contains: None
Vegetables	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 30 children	Small pouch serves up to 15 children	Check contents as varies daily

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Sweet Potato & Legume Paella with Yellow Rice	INGREDIENTS: Sweet potato, lentils, green beans, red peppers*, crushed tomatoes*, carrot, parsley, onion, canola oil, vegetable stock powder*, garlic, paprika, oregano, salt, tapioca starch (thickflo), turmeric, jasmine rice.	–

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Chicken Paella (No Sausage) with Yellow Rice	INGREDIENTS: Chicken, red peppers*, crushed tomatoes*, carrot, parsley, vegetable stock powder*, onion, canola oil, garlic, paprika, oregano, salt, tapioca starch (thickflo), turmeric, jasmine rice.	Contains: None
A2	Chicken & Rice with Green Pea Zucchini Sauce	INGREDIENTS: Chicken, jasmine rice, white beans, peas, zucchini, thyme, salt, canola oil	Contains: None

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CHICKEN & ZUCCHINI MEATBALLS WITH TOMATO CAPSICUM SAUCE & PASTA



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (231g)
Energy (kJ)	683.0	1577.7
Protein (g)	8.8	20.3
Fat		
– Total (g)	3.6	8.3
– Saturated (g)	1.0	2.3
Carbohydrate		
– Total (g)	22.2	51.3
– Sugar (g)	2.8	6.5
Dietary fibre (g)	1.4	3.2
Sodium (mg)	167.0	385.8



NUTRITION White Meat, Protein, Iron

⌚ 1hr

INGREDIENTS: Chicken mince, zucchini, onion, garlic, oat flour, lemon juice, vegetable stock powder*, rice flakes*, canola oil, seasoning mix*.

INGREDIENTS: Tomato passata*, onion, garlic, mixed herbs*, red pepper strips*, vegetable stock powder*, lemon juice, tapioca*, canola oil. **INGREDIENTS:** Durum wheat semolina.

VEGETABLE OPTIONS VARY DAILY: Broccoli, carrot, zucchini, cauliflower, green peas, green beans, corn kernels.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Chicken Zucchini Balls	Remove from packaging. Heat in 180°C oven for 10 minutes or warm in the microwave until heated through to the correct temperature	–	2 Pieces per child	Contains: Wheat, gluten, oats
Pasta	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 12 children	Small pouch serves up to 6 children	Contains: Wheat, gluten
Tomato Sauce	Warm in microwave or place pouch in Water Bath	–	Small pouch serves up to 15 children	Contains: None
Vegetables	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 30 children	Small pouch serves up to 15 children	Check contents as varies daily

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Vegetable Balls, Wheat Pasta, Tomato Capsicum Sauce	INGREDIENTS: Pasta, potato, farro, oats, brown rice, white beans, bread crumbs, canola oil, Tomato passata*, onion, garlic, mixed herbs*, red pepper strips*, vegetable stock powder*, lemon juice, tapioca*.	Contains: Wheat, gluten, oats

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Chicken Chia Rissoles, Rice Corn Pasta, Tomato Capsicum Sauce	INGREDIENTS: Chicken mince, chia seeds, rice flour, canola oil, tomato passata*, onion, garlic, mixed herbs*, red pepper strips*, vegetable stock powder*, lemon juice, tapioca*, canola oil, rice & corn pasta*.	Contains: None
A2	Chicken Chia Balls, Rice Noodles, Pea & Zucchini Sauce	INGREDIENTS: Chicken, chia seeds, rice flour, mixed herbs, rice noodles, peas, zucchini, white beans, thyme, salt, canola oil.	Contains: None
B1	Chicken, Pasta, Daily Vegetables	INGREDIENTS: Chicken, pasta*, daily vegetables.	Contains: Wheat, gluten

CHICKEN KORMA WITH POTATO, EGGPLANT & RICE



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (254g)
Energy (kJ)	701.0	1780.5
Protein (g)	6.6	16.8
Fat		
– Total (g)	3.8	9.7
– Saturated (g)	1.9	4.8
Carbohydrate		
– Total (g)	25.1	63.8
– Sugar (g)	2.0	5.1
Dietary fibre (g)	1.1	2.7
Sodium (mg)	209.0	530.9



NUTRITION White Meat, High Vegetable, Protein, Dairy

🕒 1hr

INGREDIENTS: Chicken, tomato paste*, crushed tomato*, eggplant, potato, onion, canola oil, natural yoghurt, KGF Korma paste*, coconut*, milk, garlic, cream, tapioca*, vegetable stock powder*.

INGREDIENTS: Rice, canola oil.

VEGETABLE OPTIONS VARY DAILY: Broccoli, carrot, zucchini, cauliflower, green peas, green beans, corn kernels.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Chicken Korma with Potato & Eggplant	Warm in microwave or place pouch in Water Bath	Pouch serves up to 9 children	–	Contains: Milk
Rice	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 12 children	Small pouch serves up to 6 children	Contains: None
Vegetables	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 30 children	Small pouch serves up to 15 children	Check contents as varies daily

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Spinach, Potato & Eggplant Korma with Rice	INGREDIENTS: Spinach, crushed tomatoes*, eggplant, brown lentils, korma paste*, carrot, potato, apple, coconut*, canola oil, onions, garlic, corn kernels*, jasmine rice.	Contains: None

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Chicken Coconut Curry & Jasmine Rice	INGREDIENTS: Rice, chicken, carrot, corn kernels*, peas, coconut*, crushed tomato*, apple, canola oil, onion, garlic, curry powder*, garam masala*.	Contains: None
A2	Chicken, Jasmine Rice with Carrot & Tarragon	INGREDIENTS: Chicken, jasmine rice, carrot, white bean, canola oil, tarragon, thyme, golden syrup, salt.	Contains: None
B1	Chicken, Rice & Vegetables	INGREDIENTS: Chicken, rice, daily vegetables.	Contains: None

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CHICKEN, APRICOT & SWEET POTATO STEW WITH RICE



NUTRITIONAL INFORMATION		
	Average Qty (100g)	Per Serve (265g)
Energy (kJ)	637.0	1688.1
Protein (g)	6.1	16.2
Fat		
– Total (g)	2.3	6.1
– Saturated (g)	0.6	1.6
Carbohydrate		
– Total (g)	25.3	67.0
– Sugar (g)	2.6	6.9
Dietary fibre (g)	1.3	3.4
Sodium (mg)	151.0	400.2

NUTRITION	White Meat, Iron, Fruit & Vegetable Base	🕒 1hr
INGREDIENTS: Chicken, apricot, sweet potato, red peppers*, crushed tomato*, tomato paste*, carrots, canola oil, garlic, gravy powder*, rice flour. INGREDIENTS: Rice, canola oil. VEGETABLE OPTIONS VARY DAILY: Broccoli, carrot, zucchini, cauliflower, green peas, green beans, corn kernels.		

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Chicken Apricot & Sweet Potato Stew	Warm in microwave or place pouch in Water Bath	Pouch serves up to 9 children	–	Contains: None
Rice	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 12 children	Small pouch serves up to 6 children	Contains: None
Vegetables	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 30 children	Small pouch serves up to 15 children	Check contents as varies daily

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Sweet Potato, White Beans & Apricot Stew with Rice	INGREDIENTS: White beans, sweet potato, red peppers*, apricot, crushed tomato*, tomato paste*, carrots, canola oil, garlic, gravy powder*, rice flour. INGREDIENTS: Rice, canola oil.	Contains: None

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Chicken & Rice with Green Pea & Zucchini Sauce	INGREDIENTS: Chicken, white beans, green peas, zucchini, mint, thyme, sugar, canola oil, salt, rice.	Contains: None
A2	–	NO A2 MEAL PROVIDED TODAY	–
B1	Chicken, Rice & Vegetables	INGREDIENTS: Chicken, rice, daily vegetables.	Contains: None

CHICKEN, TOMATO, ZUCCHINI & CHEESE PASTA BAKE



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (198g)
Energy (kJ)	650.0	1287.0
Protein (g)	7.4	14.7
Fat		
– Total (g)	6.0	11.9
– Saturated (g)	3.1	0.4
Carbohydrate		
– Total (g)	16.8	33.3
– Sugar (g)	3.2	6.3
Dietary fibre (g)	1.7	3.4
Sodium (mg)	267.0	528.7



NUTRITION White Meat, Dairy, Protein

🕒 1hr

INGREDIENTS: Chicken, wheat pasta*, zucchini, carrot, crushed tomato*, tomato paste*, milk, cream, cheddar cheese* (shredded), breadcrumbs*, tapioca*, vegetable stock powder*, canola oil, onion, garlic, mixed herbs.

VEGETABLE OPTIONS VARY DAILY: Broccoli, carrot, zucchini, cauliflower, green peas, green beans, corn kernels.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Chicken, Tomato, Zucchini & Cheese Pasta Bake	Heat in the oven at 180°C for 40 – 50 minutes or until golden brown	Large tray serves up to 12 children	Small tray serves up to 6 children	Contains: Wheat, gluten, milk
Vegetables	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 30 children	Small pouch serves up to 15 children	Check contents as varies daily

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Vegetable Pasta Bake with Cheese Sauce	INGREDIENTS: Sweet potato, zucchini, carrot, peas, corn kernels*, green beans, wheat pasta*, canola oil, crushed tomato*, garlic, onion, apple, mixed herbs, milk, cream, cheddar cheese* (shredded), vegetable stock powder*, tapioca*, bread crumbs*.	Contains: Wheat, gluten, milk
V2	Chunky Roasted Vegetable & Tomato Sauce with Wheat Pasta	INGREDIENTS: Wheat pasta*, white beans, sweet potato, potato, carrot, pumpkin, broccoli, corn kernels*, apple, crushed tomato*, garlic, mixed herbs, canola oil.	Contains: Wheat, gluten

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Chicken Tomato & Zucchini Bolognese with Wheat Pasta	INGREDIENTS: Chicken, zucchini, carrot, tomato paste*, crushed tomato*, onion, garlic, wheat pasta*, mixed herbs, canola oil, vegetable stock powder*, tapioca*.	Contains: Wheat, gluten
A2	Chicken Tomato & Zucchini Bolognese with Rice & Corn Pasta	INGREDIENTS: Chicken, zucchini, carrot, tomato paste*, crushed tomato*, onion, garlic, rice & corn pasta*, mixed herbs, canola oil, vegetable stock powder*, tapioca*.	Contains: None
B1	Chicken, Pasta & Vegetables	INGREDIENTS: Chicken, wheat pasta*, daily vegetables.	Contains: Wheat, gluten

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HONEY SOY CHICKEN HOKKIEN NOODLES



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (265g)
Energy (kJ)	455.0	1205.8
Protein (g)	6.2	16.4
Fat		
– Total (g)	1.5	4.0
– Saturated (g)	0.2	0.5
Carbohydrate		
– Total (g)	16.1	42.7
– Sugar (g)	4.3	11.4
Dietary fibre (g)	2.6	6.8
Sodium (mg)	262.0	694.3



NUTRITION White Meat, Protein, High Vegetable Content

🕒 1hr

INGREDIENTS: Chicken, carrot, celery, onion, red peppers*, water chestnuts*, canola oil, reduced sodium soy sauce*, honey, ginger*, garlic, Chinese 5 spice, tapioca starch (thickflo), hokkien noodles*, peas, corn, green beans, broccoli, edamame.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Honey Soy Chicken Sauce	Warm in microwave or place pouch in Water Bath	–	Small pouch serves up to 9 children	Contains: Soy, wheat, gluten
Hokkien Noodles	See noodle instruction sheet	Large pouch serves up to 10 children	–	Contains: Wheat, gluten
Vegetables	Warm in microwave or place pouch in Water Bath	–	Small pouch serves up to 15 children	Contains: Soy

PREPARATION INSTRUCTIONS

For optimum flavour results we recommend mixing all sauce, noodles and vegetable pouches together once heated.

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Honey Soy Tofu Hokkien Noodles	INGREDIENTS: Tofu*, carrot, celery, hokkien noodles*, green beans, peas, corn kernels, broccoli, edamame, onion, red peppers*, water chestnuts*, canola oil, reduced sodium soy sauce*, honey, ginger*, garlic, Chinese 5 spice, tapioca starch (thickflo).	Contains: Wheat, gluten, soy

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Chicken & Rice Noodle Stir Fry	INGREDIENTS: Chicken, rice noodles*, carrot, white beans, golden syrup, salt, ginger, chinese 5 spice, peas, corn, green beans, broccoli, canola oil.	Contains: None
B1	Chicken, Rice Noodles, Mixed Vegetables	INGREDIENTS: Chicken, rice noodles, daily vegetables.	Contains: None

ITALIAN BEEF MEATBALLS IN CREAMY TOMATO SAUCE WITH PASTA



NUTRITIONAL INFORMATION		
	Average Qty (100g)	Per Serve (233g)
Energy (kJ)	767.5	1788.3
Protein (g)	9.7	22.7
Fat		
– Total (g)	5.1	11.9
– Saturated (g)	0.3	0.0
Carbohydrate		
– Total (g)	23.2	54.1
– Sugar (g)	2.3	5.3
Dietary fibre (g)	1.6	3.8
Sodium (mg)	255.5	595.3



NUTRITION	Red Meat, Dairy, High Protein, Iron	1hr
<p>INGREDIENTS: Beef, carrot, rolled oats, rice, mixed herbs*, tomato paste*, bread crumbs*, seasoning mix*, honey, worchestershire sauce*, garlic, parsley, canola oil.</p> <p>INGREDIENTS: Crushed tomato, white beans, cheddar cheese* (shredded), milk, cream, onion, garlic, tomato paste*, canola oil, mixed herbs, tapioca*, sugar. INGREDIENTS: Wheat pasta*, canola oil.</p> <p>VEGETABLE OPTIONS VARY DAILY: Broccoli, carrot, zucchini, cauliflower, green peas, green beans, corn kernels.</p>		

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Italian Beef Meatballs	Remove from packaging. Heat in 180°C oven for 10 minutes or warm in microwave	–	2 Pieces per child	Contains: Wheat, gluten, oats
Creamy Tomato Sauce	Warm in microwave or place pouch in Water Bath	–	Small pouch serves up to 15 children	Contains: Milk
Pasta	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 12 children	Small pouch serves up to 6 children	Contains: Wheat, gluten
Vegetables	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 30 children	Small pouch serves up to 15 children	Check contents as varies daily

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Italian Vegetable Balls with Creamy Tomato Sauce & Pasta	INGREDIENTS: Potato, white beans, parsley, creamed corn*, green peas, brown rice, rolled oats, farro, breadcrumbs*, mixed herbs, salt, crushed tomato*, cheddar cheese* (shredded), milk, cream, onion, garlic, tomato paste*, canola oil, mixed herbs, tapioca*, wheat pasta*.	Contains: Wheat, gluten, milk, oats
V2	Italian Vegetable Balls, Wheat, Pasta & Tomato Sauce	INGREDIENTS: Potato, white beans, creamed corn*, green peas, brown rice, rolled oats, farro, breadcrumbs*, mixed herbs, salt, crushed tomato*, apple, onion, garlic, canola oil, non-dairy cheese*, wheat pasta*.	Contains: Wheat, gluten, oats

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Italian Beef Meatballs with Rich Tomato Sauce & Wheat Pasta	INGREDIENTS: Beef, carrot, rolled oats, rice, mixed herbs*, tomato paste, breadcrumbs*, seasoning mix*, honey, worchestershire sauce*, garlic, parsley, crushed tomato*, apple, wheat pasta*, canola oil.	Contains: Wheat, gluten, oats
A2	Beef & Quinoa Rissole, Rich Tomato Sauce with Rice & Corn Pasta	INGREDIENTS: Beef, quinoa, mixed herbs, rice flour, crushed tomato*, apple, onion, garlic, rice & corn pasta*, canola oil.	Contains: None
B1	Beef, Pasta & Vegetables	INGREDIENTS: Beef, wheat pasta*, daily vegetables.	Contains: Wheat, gluten

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JAPANESE CHICKEN BALLS, GREEN VEGETABLES, BROWN RICE & KATSU SAUCE



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (206g)
Energy (kJ)	751.0	1547.1
Protein (g)	7.9	16.3
Fat		
– Total (g)	3.6	7.4
– Saturated (g)	0.8	0.1
Carbohydrate		
– Total (g)	27.5	56.7
– Sugar (g)	2.2	4.5
Dietary fibre (g)	1.8	3.7
Sodium (mg)	309.0	636.5



NUTRITION White Meat, Protein, Wholegrain

🕒 1hr

INGREDIENTS: Chicken, flax meal, bread crumbs*, seasoning mix*, ginger*, soy sauce*, honey, sweet chilli sauce*, garlic, canola oil. **INGREDIENTS:** Brown rice. **INGREDIENTS:** Tomato paste*, worchestershire sauce*, soy sauce*, rice wine vinegar*, garlic, ginger*, rice flour, brown sugar, gravy powder*. **INGREDIENTS:** Edamame (whole baby soy beans), green peas, green beans, cabbage.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Japanese Chicken Balls	Remove from packaging. Heat in oven at 180°C for 10 minutes or warm in microwave until heated to correct temperature	–	2 Pieces per child	Contains: Wheat, gluten, soy
Brown Rice	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 12 children	Small pouch serves up to 6 children	Contains: None
Katsu Sauce	Warm in microwave or place pouch in Water Bath	–	Small pouch serves up to 15 children	Contains: Wheat, gluten, soy
Vegetables	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 30 children	Small pouch serves up to 15 children	Check contents as varies daily

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Silken Tofu & White Bean Balls, Green Vegetables with Brown Rice & Katsu Sauce	INGREDIENTS: Tofu, white beans, brown rice, creamed corn*, potato, green beans, edamame (whole baby soy beans), cabbage, green peas, bread crumbs*, ginger*, garlic, soy sauce*, honey, sweet chilli sauce*, tomato paste*, worchestershire sauce*, soy sauce*, rice wine vinegar*, garlic, ginger*, rice flour, brown sugar, gravy powder*, canola oil.	Contains: Wheat, gluten, soy

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Chicken Chia Meatballs, Green Vegetables, Brown Rice & Gravy	INGREDIENTS: Chicken, chia seeds, rice flour, mixed herbs, salt, brown rice, coconut milk* white beans, turmeric, lime leaf, canola oil.	Contains: None
A2	Chicken Chia Meatballs, Green Vegetables, Brown Rice, Turmeric Coconut Sauce	INGREDIENTS: Chicken, chia seeds, rice flour, mixed herbs, salt, cabbage, green peas, green beans, brown rice. INGREDIENTS: Coconut*, white beans, turmeric, lime leaf, canola oil.	Contains: None
B1	Chicken, Brown Rice & Vegetables	INGREDIENTS: Chicken, brown rice, daily vegetables.	Contains: None

LAMB & BEEF BIRYANI WITH FRAGRANT RICE



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (285g)
Energy (kJ)	370.0	1054.5
Protein (g)	5.0	14.3
Fat		
– Total (g)	1.8	5.1
– Saturated (g)	0.6	1.7
Carbohydrate		
– Total (g)	12.1	34.5
– Sugar (g)	1.6	4.6
Dietary fibre (g)	2.1	6.0
Sodium (mg)	82.0	233.7

NUTRITION Red Meat, Protein, Iron

🕒 1hr

INGREDIENTS: Beef mince, lamb mince, celery, spice paste (turmeric, onion, garlic, ginger*, garam masala*), potato, carrot, tomato passata*, brown lentils, vegetable stock powder*, lemon juice*, canola oil, tapioca*.

INGREDIENTS: Jasmine rice, spice paste (onion, garlic, ginger*, coriander, cumin, turmeric, paprika, garam masala*, salt, tomato paste*), lemon juice*, canola oil, water.

VEGETABLE OPTIONS VARY DAILY: Broccoli, carrot, zucchini, cauliflower, green peas, green beans, corn kernels.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Lamb & Beef Biryani	Heat sauce tray in oven or microwave until internal temperature reaches over 75°C	Pouch serves up to 9 children	–	Contains: None
Fragrant Rice	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 12 children	Small pouch serves up to 6 children	Contains: None
Vegetables	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 30 children	Small pouch serves up to 15 children	Check contents as varies daily

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Vegetarian Lentil Biryani, Fragrant Rice	INGREDIENTS: Lentils, carrot, potato, zucchini, tomato passata*, coconut cream*, onion, ginger*, garlic, coriander, chilli powder, tapioca*, jasmine rice, spice paste (onion, garlic, ginger*, coriander, cumin, turmeric, paprika, garam masala*, salt, tomato paste*), lemon juice*, canola oil.	Contains: None

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Beef Meatballs, Jasmine Rice, Roast Eggplant Sauce	INGREDIENTS: Beef, Rice, Eggplant, white beans, coriander, cumin, turmeric, canola oil.	Contains: None
A2	–	NO A2 MEAL PROVIDED TODAY	–
B1	Beef, Rice & Vegetables	INGREDIENTS: Beef, rice, daily vegetables.	Contains: None

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MASSAMAN CHICKEN & SWEET POTATO CURRY WITH RICE



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (265g)
Energy (kJ)	766.0	2029.9
Protein (g)	6.3	16.7
Fat		
– Total (g)	5.4	14.3
– Saturated (g)	3.7	9.8
Carbohydrate		
– Total (g)	25.7	68.1
– Sugar (g)	3.2	8.5
Dietary fibre (g)	1.5	4.0
Sodium (mg)	177.0	469.1

NUTRITION White Meat, Protein, Wholegrain

⌚ 1hr

INGREDIENTS: Chicken, potato, sweet potato, coconut cream*, massaman curry paste*, onion, vegetable stock powder*, turmeric, garlic, tapioca starch (thickflo), jasmine rice, canola oil.

INGREDIENTS: Jasmine rice, canola oil.

VEGETABLE OPTIONS VARY DAILY: Broccoli, carrot, zucchini, cauliflower, green peas, green beans, corn kernels.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Massaman Chicken Sweet Potato Curry	Warm in microwave or place pouch in Water Bath	Pouch serves up to 9 children	–	Contains: None
Jasmine Rice	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 12 children	Small pouch serves up to 6 children	Contains: None
Vegetables	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 30 children	Small pouch serves up to 15 children	Check contents as varies daily

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Vegetarian Massaman with Potato, Spinach, Lentils & Rice	INGREDIENTS: Potato, sweet potato, eggplant, spinach, lentils, coconut cream*, massaman curry paste*, onion, garlic, vegetable stock powder*, turmeric, tapioca thickflo*. INGREDIENTS: Jasmine rice, canola oil.	Contains: None

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Chicken & Rice with Carrot & Tarragon Sauce	INGREDIENTS: Chicken, carrot, white beans, jasmine rice, tarragon, thyme, golden syrup, salt.	Contains: None
B1	Chicken, rice, mixed vegetables	INGREDIENTS: Chicken, wheat pasta*, daily vegetables.	Contains: None

MEXICAN BEEF, BEAN & CORN SALSA, RICE WITH CORN CHIP CRUMBLE



NUTRITIONAL INFORMATION		
	Average Qty (100g)	Per Serve (270g)
Energy (kJ)	736.0	1987.2
Protein (g)	7.7	20.8
Fat		
– Total (g)	4.7	12.7
– Saturated (g)	1.1	3.0
Carbohydrate		
– Total (g)	24.2	65.3
– Sugar (g)	1.3	3.5
Dietary fibre (g)	1.8	4.9
Sodium (mg)	179.0	483.3

NUTRITION	Red Meat, High Protein, Iron	🕒 1hr
<p>INGREDIENTS: Beef, carrot, celery, crushed tomato*, tomato paste*, onion, garlic, canola oil, gravy powder*, rice flour, chipotle chilli powder*, smoked paprika*.</p> <p>INGREDIENTS: Rice, canola oil. INGREDIENTS: Corn chips*.</p> <p>INGREDIENTS: Corn kernels*, black turtle beans.</p>		

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Mexican Beef	Warm in microwave or place pouch in Water Bath	Pouch serves up to 9 children	–	Contains: None
Rice	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 12 children	Small pouch serves up to 6 children	Contains: None
Corn Chips	Crumble chips while in the bag	Bag serves up to 25 children	–	Contains: None
Corn & Bean Salsa	Serve chilled	Pouch serves up to 20 children	–	Contains: None

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Mexican Bean Stew with Rice, Corn Chips, Bean & Corn Salsa	<p>INGREDIENTS: Red kidney beans, white beans, carrot, potato, peas, crushed tomato*, apple, onion, garlic, canola oil, paprika, gravy powder*.</p> <p>INGREDIENTS: Rice, canola oil, corn chips*, corn kernels*, black turtle beans.</p>	Contains: None

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Beef & Quinoa Meatballs, Roasted Eggplant Sauce, Green Beans & Peas	INGREDIENTS: Beef, quinoa, rice flour, mixed herbs, eggplant, white beans, rice, salt, canola oil, coriander, cumin, turmeric.	Contains: None
A2	–	NO A2 MEAL PROVIDED TODAY	–
B1	Beef, Rice & Vegetables	INGREDIENTS: Beef, rice, daily vegetables.	Contains: None

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MINI CHICKEN SPINACH BURGERS WITH TOMATO RELISH, LETTUCE & CUCUMBER



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (200g)
Energy (kJ)	409.0	818.0
Protein (g)	7.0	14.0
Fat		
– Total (g)	1.7	3.4
– Saturated (g)	0.5	1.0
Carbohydrate		
– Total (g)	12.5	25.0
– Sugar (g)	2.4	4.8
Dietary fibre (g)	1.4	2.7
Sodium (mg)	309.0	618.0



NUTRITION White Meat, Iron, Wholegrain, Protein

1hr

INGREDIENTS: Chicken, spinach, carrot, tomato paste*, worcestershire sauce*, bread crumbs*, seasoning mix*, parsley, mixed herbs, garlic, honey, rolled oats, rice. **INGREDIENTS:** Slider bun*, lettuce, cucumber. **INGREDIENTS:** Crushed tomatoes*, onion, apple, water, canola oil, cumin, mustard, tapioca*, sugar, sambal oelek*, salt.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Chicken & Spinach Burger Patties	Remove from packaging. Heat in 180°C oven for 10 minutes or warm in the microwave	–	2 Pieces per child	Contains: Wheat, gluten, oats
Slider Buns	Warm in the microwave or oven	–	2 per child	Contains: Wheat, gluten, barley
Tomato Relish	Serve chilled	–	Small pouch serves up to 15 children	Contains: None
Lettuce/Cucumber	Slice lettuce and cucumber and serve as an accompaniment	Large lettuce serves up to 30 children	Large cucumber serves up to 30 children	Contains: None

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Mini Falafel Burgers with Tomato Relish, Lettuce/Cucumber	INGREDIENTS: Falafel Balls*. INGREDIENTS: Slider bun*, lettuce, cucumber. INGREDIENTS: Crushed tomatoes*, onion, apple, water, canola oil, cumin, mustard, tapioca*, sugar, sambal oelek*, salt.	Contains: Wheat, gluten, barley

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Chicken & Chia Rissolle, Gluten Free Bread, Alternate Capsicum Relish, Lettuce, Cucumber	INGREDIENTS: Chicken, chia seeds, rice flour, mixed herbs INGREDIENTS: Gluten free bread*, lettuce, cucumber. INGREDIENTS: Red peppers*, apple, onion, canola oil, mustard, tapioca*, sugar, salt.	Contains: None
A2	–	NO A2 MEAL PROVIDED TODAY	–
B1	Chicken, Rice & Vegetables	INGREDIENTS: Chicken, rice, daily vegetables.	Contains: None

MOROCCAN BEEF & LAMB TAGINE WITH COUSCOUS



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (290g)
Energy (kJ)	511.0	1481.9
Protein (g)	7.2	20.9
Fat		
– Total (g)	2.1	6.1
– Saturated (g)	0.3	0.9
Carbohydrate		
– Total (g)	17.2	49.9
– Sugar (g)	4.3	12.5
Dietary fibre (g)	2.4	7.0
Sodium (mg)	205.0	594.5



NUTRITION Red Meat, Protein, Wholegrain

🕒 1hr

INGREDIENTS: Beef strips, Lamb mince, chickpeas, carrot, sweet potato, red peppers*, tomato paste, crushed tomato*, ras el hanout*, vegetable stock powder*, onion, garlic, ginger*, honey, parsley, sultanas, tapioca thickflo*, canola oil. **INGREDIENTS:** Couscous*.

VEGETABLE OPTIONS VARY DAILY: Broccoli, carrot, zucchini, cauliflower, green peas, green beans, corn kernels.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Moroccan Beef & Lamb Tagine	Heat in the oven at 180°C for 40 – 50 minutes or until golden brown	–	Pouch serves up to 9 children	Contains: None
Couscous	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 12 children	Small pouch serves up to 6 children	Check Wheat, gluten
Vegetables	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 30 children	Small pouch serves up to 15 children	Check contents as varies daily

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Moroccan Chickpea & Potato Tagine with Couscous	INGREDIENTS: Chickpeas, potato, carrot, sweet potato, tomato paste, crushed tomato*, onion, garlic, ginger*, honey, red peppers*, ras el hanout*, vegetable stock powder*, tapioca thickflo*, parsley, sultanas. Couscous*, canola oil.	Contains: Wheat, gluten

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Moroccan Beef & Lamb Tagine With Rice	INGREDIENTS: Beef strips, Lamb mince, chickpeas, carrot, sweet potato, red peppers*, tomato paste, crushed tomato*, ras el hanout*, vegetable stock powder*, onion, garlic, ginger*, honey, parsley, sultanas, tapioca thickflo*, canola oil, jasmine rice.	Contains: None
A2	Beef & Rice with Turmeric Coconut Sauce	INGREDIENTS: Beef mince, white beans, coconut cream*, turmeric, lime leaves, salt, canola oil, jasmine rice	Contains: None

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PUMPKIN, SWEET POTATO & WHITE BEAN SOUP WITH WHOLEMEAL BREAD ROLL



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (245g)
Energy (kJ)	486.0	1190.7
Protein (g)	2.9	7.1
Fat		
– Total (g)	3.2	7.8
– Saturated (g)	1.8	4.4
Carbohydrate		
– Total (g)	18.8	46.1
– Sugar (g)	3.1	7.6
Dietary fibre (g)	1.8	4.3
Sodium (mg)	240.0	588.0



NUTRITION Protein, Vegetarian, Iron, Fibre, Dairy

⌚ 1hr

INGREDIENTS: Pumpkin, sweet potato, white beans, onions, potato*, sour cream, milk, cream, canola oil, garlic, parsley, vegetable stock powder*.

INGREDIENTS: Wholemeal roll*.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Pumpkin, Sweet Potato & White Bean Soup	Warm in microwave or place pouch in Water Bath	Pouch serves up to 5 children	–	Contains: Milk
Wholemeal Bread Roll	Warm in 180°C oven for 10 – 12 minutes or warm in microwave	1 Piece per child	–	Contains: Wheat, gluten, barley

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Pumpkin, Sweet Potato & White Bean Soup with Wholemeal Roll	NO VEGETARIAN MEAL PROVIDED TODAY AS THE MAIN MEAL IS A VEGETARIAN DISH. PLEASE SEE MAIN MEAL	–

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Pumpkin, Sweet Potato, White Bean & Coconut Soup with Wholemeal Roll	INGREDIENTS: Pumpkin, sweet potato, potato, white beans, coconut*, canola oil, onion, parsley. INGREDIENTS: Wholemeal roll*.	Contains: Wheat, gluten, barley
A2	Pumpkin, Sweet Potato, White Bean & Coconut Soup with Gluten Free Bread	INGREDIENTS: Pumpkin, sweet potato, potato, white beans, coconut*, canola oil, onion, parsley. INGREDIENTS: Gluten free bread*.	Contains: None

RED LENTIL & SPLIT PEA DHAL WITH RICE



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (265g)
Energy (kJ)	670.0	1775.5
Protein (g)	5.1	13.5
Fat		
– Total (g)	1.6	4.2
– Saturated (g)	0.8	2.1
Carbohydrate		
– Total (g)	28.9	76.6
– Sugar (g)	2.0	5.3
Dietary fibre (g)	2.6	6.8
Sodium (mg)	240.0	636.0

NUTRITION Protein, Vegetarian, Iron, Fibre

⌚ 1hr

INGREDIENTS: Red lentils, split peas, carrot, crushed tomato*, coconut*, tomato paste*, onion, canola oil, garlic, gravy powder*, garam masala*, curry powder*, rice flour.

INGREDIENTS: Rice, canola oil.

VEGETABLE OPTIONS VARY DAILY: Broccoli, carrot, zucchini, cauliflower, green peas, green beans, corn kernels.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Red Lentil & Split Pea Tomato Dhal	Warm in microwave or place pouch in Water Bath	Pouch serves up to 9 children	–	Contains: None
Rice	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 12 children	Small pouch serves up to 6 children	Contains: None
Vegetables	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 30 children	Small pouch serves up to 15 children	Check contents as varies daily

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Red Lentil & Split Pea Tomato Dhal with Rice	NO VEGETARIAN MEAL PROVIDED TODAY AS THE MAIN MEAL IS A VEGETARIAN DISH. PLEASE SEE MAIN MEAL	–

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Chicken & Rice with Green Pea & Zucchini Sauce	INGREDIENTS: Chicken, white beans, green peas, zucchini, mint, thyme, canola oil, sugar, salt, jasmine rice.	Contains: None
A2	–	NO A2 MEAL PROVIDED TODAY	–
B1	Chicken, Rice & Vegetables	INGREDIENTS: Chicken, rice, daily vegetables.	Contains: None

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SLOPPY JOE BEEF PIZZA WITH SWEET POTATO, CAPSICUM & CORN



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (244g)
Energy (kJ)	812.0	1981.3
Protein (g)	10.2	24.9
Fat		
– Total (g)	9.1	22.2
– Saturated (g)	4.5	11.0
Carbohydrate		
– Total (g)	16.8	41.0
– Sugar (g)	3.3	8.1
Dietary fibre (g)	1.2	3.40
Sodium (mg)	319.0	778.4



NUTRITION Red Meat, High Protein, Iron, Dairy

🕒 1hr

INGREDIENTS: Pizza base*, beef, shredded cheese*, onion, red peppers*, sweet potato, corn kernels*, tomato ketchup*, tomato paste*, sugar, canola oil, garlic, worcestershire sauce*, smoky paprika*, coriander, cumin, chipotle chilli powder*, gravy powder*, mustard, vegetable stock powder*.

INGREDIENTS: Lettuce, cucumber, tomato.

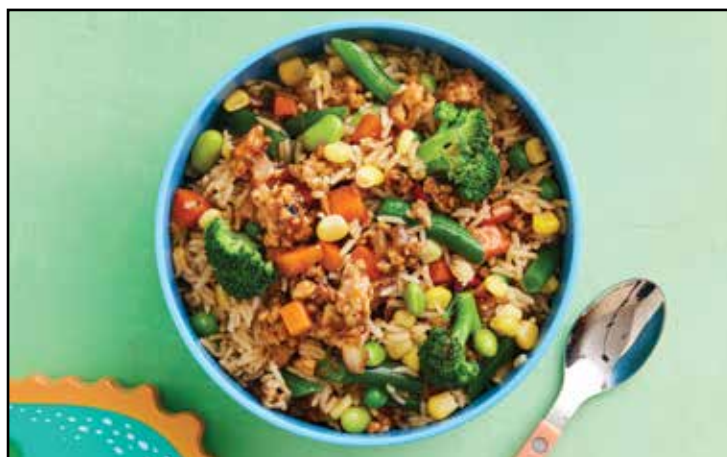
MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Sloppy Joe Beef Pizza with Sweet Potato, Capsicum & Corn	Warm in 180°C oven for 10 – 12 minutes.	–	1 Slab of pizza serves up to 4 children	Contains: Wheat, gluten, milk
Lettuce, Cucumber & Tomato Salad	Slice lettuce, and serve with cucumber and tomato as an accompaniment	Large lettuce serves up to 30 children	–	Contains: None

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Vegetarian Pizza with Sweet Potato, Capsicum, Zucchini, Corn & Cheese	INGREDIENTS: Pizza base*, cheddar cheese* (shredded), tomato puree*, red peppers*, sweet potato, zucchini, corn kernels*, onion, canola oil. INGREDIENTS: Lettuce, cucumber, tomato.	Contains: Wheat, gluten, milk
V2	Vegetarian Pizza with Sweet Potato, Capsicum, Zucchini, Corn & Non-Dairy Cheese	INGREDIENTS: Pizza base*, non-dairy cheese*, tomato puree*, red peppers*, sweet potato, zucchini, corn kernels*, onion, canola oil. INGREDIENTS: Lettuce, cucumber, tomato.	Contains: Wheat, gluten

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Smokey Beef Pizza, Sweet Potato, Capsicum & Non-Dairy Cheese	INGREDIENTS: Pizza base*, beef, onion, red peppers*, sweet potato, canola oil, smoky paprika*, coriander, cumin, mustard, crushed tomato*, non-dairy cheese*. INGREDIENTS: Lettuce, cucumber, tomato.	Contains: Wheat, gluten
A2	Gluten Free Smokey Beef Pizza, Sweet Potato, Capsicum & Non-Dairy Cheese	INGREDIENTS: Gluten free pizza base*, beef, onion, red peppers*, sweet potato, canola oil, smoky paprika*, coriander, cumin, mustard, crushed tomato*, non-dairy cheese*. INGREDIENTS: Lettuce, cucumber, tomato.	Contains: Soy
A3	Smoky Beef, Sweet Potato, Capsicum & Corn Brown Rice	INGREDIENTS: Beef, sweet potato, red peppers*, corn kernels*, peas, onion, canola oil, smoky paprika*, coriander, cumin, mustard, crushed tomato*, brown rice, curry powder*, vegetable stock powder*. INGREDIENTS: Lettuce, cucumber, tomato.	Contains: None

SWEET & SOUR CHICKEN AND VEGETABLE FRIED RICE



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (282g)
Energy (kJ)	381.0	1074.4
Protein (g)	6.1	17.2
Fat		
– Total (g)	2.5	7.1
– Saturated (g)	0.7	2.0
Carbohydrate		
– Total (g)	5.3	14.9
– Sugar (g)	3.3	9.3
Dietary fibre (g)	1.6	4.5
Sodium (mg)	253.0	713.5



NUTRITION White Meat, Protein, Iron

🕒 1hr

INGREDIENTS: Chicken mince, carrot, garlic, crushed pineapple*, red pepper strips*, white vinegar*, soy sauce*, kecap manis*, honey, chill powder, ginger*, garlic, tapioca*, canola oil.

INGREDIENTS: Brown rice, soy sauce*, canola oil.

VEGETABLES: Peas, corn kernels, green beans, broccoli, edamame.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Sweet & Sour Chicken Sauce	Warm in microwave or place pouch in Water Bath	–	Small pouch serves up to 15 children	Contains: Soy, wheat, gluten
Rice	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 8 children	–	Contains: Soy, wheat, gluten
Vegetables	Warm in microwave or place pouch in Water Bath	–	Small pouch serves up to 15 children	Contains: Soy

PREPARATION INSTRUCTIONS

For optimum flavour results we recommend mixing all sauce, rice and vegetable pouches together once heated. This is a rice heavy dish, lightly sauced.

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Tofu and Edamame Fried Rice	INGREDIENTS: Tofu*, carrot, brown rice, peas, corn, green beans, broccoli, edamame, red peppers*, garlic, white vinegar*, soy sauce*, kecap manis*, honey, ground ginger, chilli powder, tapioca*.	Contains: Soy, wheat, gluten

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Chicken Chia Rissole, Rice, Pumpkin Lentil Sauce	INGREDIENTS: Chicken, chia seeds, mixed herbs*, rice flour, brown rice, pumpkin, red lentil, cinnamon, canola oil.	Contains: None
A2	–	NO A2 MEAL PROVIDED TODAY	–
B1	Chicken, Rice & Vegetables	INGREDIENTS: Chicken, rice, daily vegetables.	Contains: None

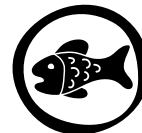
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TUNA, TOMATO & SPINACH PASTA BAKE



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (179g)
Energy (kJ)	753.0	1350.1
Protein (g)	8.6	15.4
Fat		
– Total (g)	8.4	15.1
– Saturated (g)	4.6	0.7
Carbohydrate		
– Total (g)	21.2	38.0
– Sugar (g)	3.2	5.7
Dietary fibre (g)	2.3	2.6
Sodium (mg)	334.0	598.9



NUTRITION Fish (White Meat), Dairy, Iron, Protein

🕒 1hr

INGREDIENTS: Tuna, wheat pasta*, spinach, ricotta cheese, tomato paste*, crushed tomato*, lemon juice, mixed herbs, milk, cream, cheddar cheese* (shredded), onions, canola oil, tapioca*, garlic, vegetable stock powder*, breadcrumbs*, corn flakes*, parsley.

VEGETABLE OPTIONS VARY DAILY: Broccoli, carrot, zucchini, cauliflower, green peas, green beans, corn kernels.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Tuna, Tomato & Spinach Pasta Bake	Heat in the oven at 180°C for 40 – 50 minutes or until golden brown	Large tray serves up to 12 children	Small tray serves up to 6 children	Contains: Wheat, gluten, barley, milk, fish
Vegetables	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 30 children	Small pouch serves up to 15 children	Check contents as varies daily

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Lentil, Tomato & Spinach Pasta Bake	INGREDIENTS: Brown lentils, wheat pasta*, corn kernels*, potato, spinach, ricotta cheese, tomato paste*, crushed tomato*, lemon juice*, mixed herbs, milk, cream, cheddar cheese* (shredded), onions, canola oil, tapioca*, garlic, vegetable stock powder*, breadcrumbs*, corn flakes*, parsley.	Contains: Wheat, gluten, barley, milk
V2	Lentil, Tomato & Spinach with Wheat Pasta, Non-Dairy Cheese	INGREDIENTS: Brown lentils, spinach, potato, mushrooms*, corn kernels*, tomato paste*, crushed tomato*, mixed herbs, canola oil, onion, garlic, sugar, non-dairy cheese*, wheat pasta*.	Contains: Wheat, gluten

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Baked White Fish, Wheat Pasta, Green Pea & Zucchini Sauce	INGREDIENTS: White fish fillet, mixed herbs, white beans, green peas, zucchini, mint, thyme, canola oil, sugar, salt, wheat pasta*.	Contains: Wheat, gluten, fish
A2	Baked White Fish, Rice Noodles, Green Pea & Zucchini Sauce	INGREDIENTS: White fish fillet, mixed herbs, white beans, green peas, zucchini, mint, thyme, canola oil, sugar, salt, rice noodles.	Contains: fish
B1	Chicken, Pasta & Vegetables	INGREDIENTS: Chicken, wheat pasta*, daily vegetables.	Contains: Wheat, gluten

VEGETABLE PASTA BAKE WITH SWEET POTATO, EGGPLANT & WHITE BEANS



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (235g)
Energy (kJ)	553.0	1299.6
Protein (g)	3.7	8.7
Fat		
– Total (g)	4.9	11.5
– Saturated (g)	3.1	0.4
Carbohydrate		
– Total (g)	16.7	39.2
– Sugar (g)	2.7	6.3
Dietary fibre (g)	1.5	3.5
Sodium (mg)	234.0	549.9



NUTRITION Dairy, Protein, High Vegetable, Iron

🕒 1hr

INGREDIENTS: Sweet potato, white beans, carrot, zucchini, eggplant, crushed tomato*, tomato paste*, milk, cream, canola oil, onion, garlic, vegetable stock powder*, tapioca*, mixed herbs, breadcrumbs*, parsley, cheddar cheese* (shredded), wheat pasta*.

VEGETABLE OPTIONS VARY DAILY: Broccoli, carrot, zucchini, cauliflower, green peas, green beans, corn kernels.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Vegetable Pasta Bake with Sweet Potato Eggplant & White Beans	Heat in the oven at 180°C for 40 – 50 minutes or until golden brown	Large tray serves up to 12 children	Small tray serves up to 6 children	Contains: Wheat, gluten, milk
Vegetables	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 30 children	Small pouch serves up to 15 children	Check contents as varies daily

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Vegetable Pasta Bake with Sweet Potato, Eggplant & White Beans	NO VEGETARIAN MEAL PROVIDED TODAY AS THE MAIN MEAL IS A VEGETARIAN DISH. PLEASE SEE MAIN MEAL	–

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Chunky Roasted Vegetable & Tomato Sauce with Wheat Pasta	INGREDIENTS: Wheat pasta*, white beans, sweet potato, potato, carrot, pumpkin, broccoli, corn kernels*, apple, crushed tomato*, garlic, mixed herbs, canola oil.	Contains: Wheat, gluten
A2	Chunky Roasted Vegetable & Tomato Sauce with Rice & Corn Pasta	INGREDIENTS: Rice & corn pasta*, white beans, sweet potato, potato, carrot, pumpkin, broccoli, corn kernels*, apple, crushed tomato*, garlic, mixed herbs, canola oil.	Contains: None
A3	Red Lentil, Pumpkin & Coconut Stew, Sweet Potato, White Beans with Rice Noodles	INGREDIENTS: Red lentils, pumpkin, coconut*, sweet potato, white beans, carrot, zucchini, sugar, salt, thyme, rice noodles.	Contains: None

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VEGETARIAN MEXICAN & BEAN STEW WITH RICE & CORN CHIPS



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (235g)
Energy (kJ)	553.0	1299.6
Protein (g)	3.7	8.7
Fat		
– Total (g)	4.9	11.5
– Saturated (g)	3.1	0.4
Carbohydrate		
– Total (g)	16.7	39.2
– Sugar (g)	2.7	6.3
Dietary fibre (g)	1.5	3.5
Sodium (mg)	234.0	549.9

NUTRITION Protein, High Vegetable, Iron



INGREDIENTS: Crushed tomato*, onion, canola oil, celery, carrot, corn kernels, garlic, apple*, tomato paste*, roasted peppers*, paprika, chipotle chilli powder, coriander, cumin, gravy powder*, rice flour, zucchini, black turtle beans, white beans.

INGREDIENTS: Rice.

INGREDIENTS: Corn chips*.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Vegetarian Mexican & Bean Stew	Warm in Microwave or place pouch in water bath.	Small pouch serves up to 8 children	–	Contains: None
Rice	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 12 children	Small pouch serves up to 6 children	Contains: None
Corn Chips	Crumble chips while in the bag	Bag serves up to 25 children	–	Contains: None

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Vegetarian Mexican & Bean Stew with Rice & Corn Chips	NO VEGETARIAN MEAL PROVIDED TODAY AS THE MAIN MEAL IS A VEGETARIAN DISH. PLEASE SEE MAIN MEAL	–

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Red Lentil, Pumpkin & Coconut Stew with Rice	INGREDIENTS: Red lentils, pumpkin, coconut*, sweet potato, white beans, carrot, zucchini, sugar, salt, thyme, rice, canola oil.	Contains: None
B1	Chicken, Rice & Vegetables	INGREDIENTS: Chicken, rice, daily vegetables.	Contains: None

VEGETARIAN PANEER & CHICKPEA CURRY WITH RICE



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (265g)
Energy (kJ)	792.0	2098.8
Protein (g)	5.5	14.6
Fat		
– Total (g)	6.7	17.8
– Saturated (g)	3.8	10.1
Carbohydrate		
– Total (g)	25.2	66.8
– Sugar (g)	1.8	4.8
Dietary fibre (g)	2.2	5.7
Sodium (mg)	263.0	697.0



NUTRITION High Vegetable, Iron, Protein



INGREDIENTS: Paneer*, chickpeas, spinach, carrot, onion, vegetable stock powder*, coconut cream*, thickened cream*, canola oil, tapioca starch (thickflo). **SPICE PASTE:** Garlic, ginger, cumin, coriander, garam masala, tomato paste.

INGREDIENTS: Jasmine rice.

VEGETABLE OPTIONS VARY DAILY: Broccoli, carrot, zucchini, cauliflower, green peas, green beans, corn kernels.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Vegetarian Paneer & Chickpea Curry	Warm in Microwave or place pouch in water bath.	–	Small pouch serves up to 6 children	Contains: Milk
Rice	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 12 children	Small pouch serves up to 6 children	Contains: None
Vegetables	Warm in microwave or place pouch in Water Bath	Large pouch serves up to 30 children	Small pouch serves up to 15 children	Check contents as varies daily

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Vegetarian Paneer & Chickpea Curry with Rice	NO VEGETARIAN MEAL PROVIDED TODAY AS THE MAIN MEAL IS A VEGETARIAN DISH. PLEASE SEE MAIN MEAL	–

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Bean & Zucchini Curry with Rice	INGREDIENTS: White beans, zucchini, spinach, carrot, potato, curry powder, coconut cream*, canola oil, onion, tapioca starch (thickflo), jasmine rice.	Contains: None
B1	Chicken, Rice & Vegetables	INGREDIENTS: Chicken, rice, daily vegetables.	Contains: None

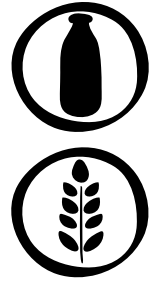
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VEGETARIAN PIZZA WITH SWEET POTATO, CAPSICUM, ZUCCHINI, CORN & CHEESE



NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (194g)
Energy (kJ)	979.0	1899.3
Protein (g)	10.4	20.2
Fat		
– Total (g)	10.8	21.0
– Saturated (g)	6.1	1.3
Carbohydrate		
– Total (g)	22.5	43.7
– Sugar (g)	2.4	4.7
Dietary fibre (g)	1.6	3.0
Sodium (mg)	387.0	750.8



NUTRITION Dairy, High Vegetable, High Protein

⌚ 1hr

INGREDIENTS: Pizza base*, cheddar cheese* (shredded), tomato puree*, red peppers*, sweet potato, zucchini, corn kernels*, onion, canola oil.

INGREDIENTS: Lettuce, cucumber, tomato.

MENU ITEM	REHEATING GUIDE	PORTION CALCULATION		ALLERGENS
Vegetarian Pizza	Warm in 180°C oven for 10 – 12 minutes.	–	1 Slab of pizza serves up to 4 children	Contains: Wheat, gluten, milk
Lettuce, Cucumber & Tomatoes	Slice lettuce and serve with cucumber & tomato as an accompaniment	Large lettuce serves up to 30 children	–	Contains: None

VEGETARIAN & ALLERGY ALTERNATIVE MEALS

LUNCH VEGETARIAN			ALLERGENS
V1	Vegetarian Pizza with Sweet Potato, Capsicum, Zucchini, Corn & Cheese with Lettuce, Cucumber & Tomatoes	NO VEGETARIAN MEAL PROVIDED TODAY AS THE MAIN MEAL IS A VEGETARIAN DISH. PLEASE SEE MAIN MEAL	–

LUNCH ALLERGY ALTERNATIVES			ALLERGENS
A1	Vegetarian Pizza with Sweet Potato, Capsicum, Zucchini, Corn & Non-Dairy Cheese	INGREDIENTS: Pizza base*, red peppers*, sweet potato, zucchini, corn kernels*, onion, tomato paste*, canola oil, non-dairy cheese*.	Contains: Wheat, gluten
A2	Gluten Free Vegetarian Pizza, Sweet Potato, Capsicum, Zucchini, Corn & Non- Dairy Cheese	INGREDIENTS: Gluten free pizza base*, red peppers*, sweet potato, zucchini, corn kernels*, onion, tomato paste*, canola oil, non-dairy cheese*.	Contains: Soy
A3	Vegetarian Sweet Potato, Capsicum & Corn Brown Rice	INGREDIENTS: Brown rice, red peppers*, sweet potato, corn kernels*, zucchini, peas, onion, garlic, canola oil, vegetable stock powder*, curry powder*.	Contains: None





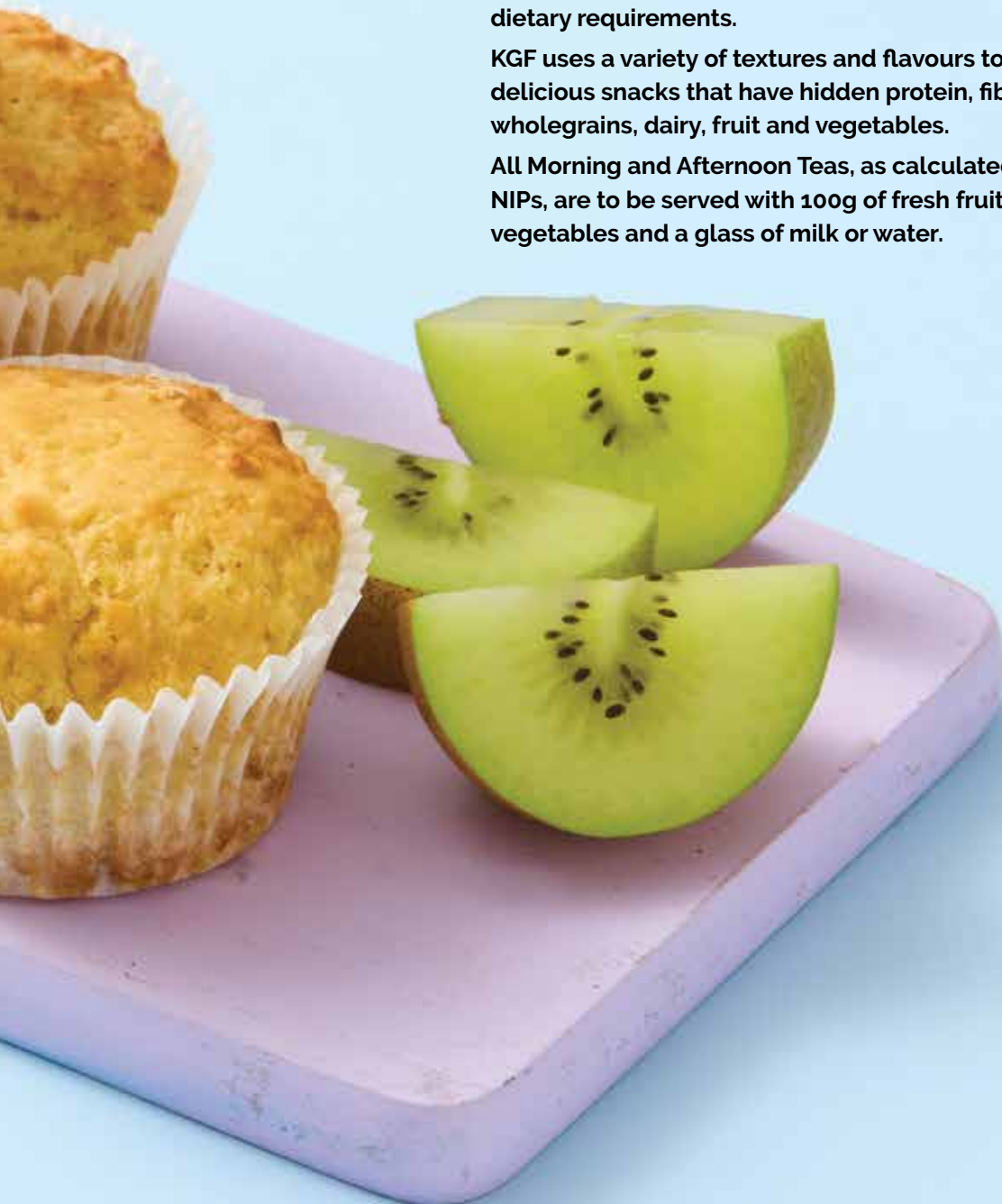
Morning and Afternoon Tea

one to five years

Morning and Afternoon Teas are spread across our 6 week menu cycle to comply with daily national dietary requirements.

KGF uses a variety of textures and flavours to create delicious snacks that have hidden protein, fibre, iron, wholegrains, dairy, fruit and vegetables.

All Morning and Afternoon Teas, as calculated in our NIPs, are to be served with 100g of fresh fruit and raw vegetables and a glass of milk or water.



ACAI RICOTTA WHOLEMEAL SCONES WITH FRESH FRUIT & VEGIES

NUTRITION Wholemeal, Iron, Fibre, Dairy

⌚ 15mins



PREPARATION: Serve at room temperature.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Wholemeal flour, self raising flour, diced apple*, coconut, ricotta cheese*, nuttalex*, milk powder*, caster sugar, acai puree*, buttermilk, baking powder*.

KNOWN ALLERGENS: Wheat, gluten, milk.

NUTRITIONAL INFORMATION		
	Average Qty (100g)	Per Serve (146g)
Energy (kJ)	647.0	944.6
Protein (g)	2.7	3.9
Fat		
– Total (g)	5.4	7.9
– Saturated (g)	2.5	3.7
Carbohydrate		
– Total (g)	22.4	32.7
– Sugar (g)	11.2	16.4
Dietary fibre (g)	1.4	2.0
Sodium (mg)	163.0	238.0



APPLE & SPICE PASTIZZI POCKETS WITH FRESH FRUIT & VEGIES

NUTRITION Fruit Based, Fibre

⌚ 15mins



PREPARATION: This food item can be served hot or cold. **To heat:** Warm in oven at 180°C for 10 minutes.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Fortified high fibre wheat flour [wheat flour, vitamins (thiamine, folic acid)], water, diced apple (19%), margarine [vegetable oil, water, salt, emulsifiers (471, 472c), antioxidant (304), natural flavour, natural colour (160a)], sugar, corn flour, salt, cloves.

KNOWN ALLERGENS: Wheat, gluten.

NUTRITIONAL INFORMATION		
	Average Qty (100g)	Per Serve (150g)
Energy (kJ)	439.0	658.5
Protein (g)	2.0	3.0
Fat		
– Total (g)	2.8	4.2
– Saturated (g)	1.4	2.1
Carbohydrate		
– Total (g)	16.9	25.4
– Sugar (g)	7.6	11.4
Dietary fibre (g)	3.1	4.7
Sodium (mg)	95.0	142.5



APPLE CINNAMON RICE CUSTARD WITH FRESH FRUIT & VEGIES

NUTRITION Low Sodium, Dairy, Fibre, Iron

⌚ 15mins



PREPARATION: Serve chilled, please allow 10 portions, per 1litre container.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Medium grain rice, apple, cinnamon, milk, cream, sugar, vanilla essence, tapioca*.

KNOWN ALLERGENS: Milk.

NUTRITIONAL INFORMATION		
	Average Qty (100g)	Per Serve (200g)
Energy (kJ)	378.0	756.0
Protein (g)	1.6	3.2
Fat		
– Total (g)	4.2	8.4
– Saturated (g)	2.6	5.2
Carbohydrate		
– Total (g)	10.8	21.6
– Sugar (g)	8.4	16.8
Dietary fibre (g)	1.0	2.0
Sodium (mg)	18.0	36.0



APPLE, BLUEBERRY & FLAXMEAL MUFFINS WITH FRESH FRUIT & VEGIES

NUTRITION Wholemeal, Wholegrain, Fibre

⌚ 15mins



PREPARATION: Serve at room temperature.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Self raising flour, wholemeal flour, apple, flax meal, blueberries, brown sugar, vanilla essence, canola oil, baking powder*, potato & tapioca starch.

KNOWN ALLERGENS: Wheat, gluten.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (172g)
Energy (kJ)	622.0	1069.8
Protein (g)	1.9	3.3
Fat		
– Total (g)	5.4	9.3
– Saturated (g)	0.4	0.7
Carbohydrate		
– Total (g)	21.7	37.3
– Sugar (g)	12.4	21.3
Dietary fibre (g)	1.9	3.3
Sodium (mg)	122.0	209.8



APPLE, COCOA & BANANA WHOLEMEAL LOAF WITH FRESH FRUIT & VEGIES

NUTRITION Wholegrains, High Fibre, Iron

⌚ 15mins



PREPARATION: Slice into 12 portions. Serve at room temperature.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Self raising flour, baking powder*, dessicated coconut*, cocoa powder, brown sugar, oat milk*, oats rolled, potato starch, tapioca starch, canola oil, apple*, vanilla essence*, banana, wheatgerm.

KNOWN ALLERGENS: Wheat, gluten, oats.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (140g)
Energy (kJ)	562.0	927.0
Protein (g)	1.9	3.2
Fat		
– Total (g)	4.6	7.6
– Saturated (g)	1.3	1.3
Carbohydrate		
– Total (g)	32.6	32.6
– Sugar (g)	17.9	17.9
Dietary fibre (g)	1.8	2.5
Sodium (mg)	41.0	59.4



APRICOT COCONUT & BUCKWHEAT MUFFINS WITH FRESH FRUIT & VEGIES

NUTRITION Wholegrains, High Fibre, Iron

⌚ 15mins



PREPARATION: Serve at room temperature.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Plain flour, buckwheat flour, baking powder, bi carb soda, salt, tapioca starch, potato starch, coconut*, raw sugar, natural yoghurt, vanilla essence, dried apricot.

KNOWN ALLERGENS: Milk, wheat, gluten, sulphites.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (172g)
Energy (kJ)	815.0	1401.8
Protein (g)	3.1	5.3
Fat		
– Total (g)	6.2	10.7
– Saturated (g)	1.9	3.3
Carbohydrate		
– Total (g)	25.9	44.5
– Sugar (g)	16.7	28.7
Dietary fibre (g)	2.0	3.5
Sodium (mg)	156.0	268.3



APRICOT OAT & PEPITA BARS WITH FRESH FRUIT & VEGIES

NUTRITION Wholegrains, High Fibre, Iron

⌚ 15mins



PREPARATION: Serve at room temperature.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Wholemeal flour, rolled oats, pepitas, apricots*, diced apricots*, linseeds, vanilla essence, desiccated coconut, self-raising flour, brown sugar, nuttalex*, honey, apple.

KNOWN ALLERGENS: Wheat, gluten, oats, sulphites.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (140g)
Energy (kJ)	491.0	687.4
Protein (g)	2.4	3.4
Fat		
– Total (g)	3.0	4.2
– Saturated (g)	1.2	1.7
Carbohydrate		
– Total (g)	18.6	26.0
– Sugar (g)	10.5	14.7
Dietary fibre (g)	1.8	2.5
Sodium (mg)	41.0	57.4



AVOCADO & CREAM CHEESE DIP WITH HI FIBRE FLAT BREAD & FRESH FRUIT & VEGIES

NUTRITION Dairy, High Vegetable Content, Iron, Fibre

⌚ 15mins



PREPARATION: Mix avocado pouch contents with the cream cheese just prior to serving. Serve chilled.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: High fibre tortilla flat bread*, avocado dip*, cream cheese*, sour cream.

KNOWN ALLERGENS: Wheat, gluten, milk.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (168g)
Energy (kJ)	500.0	840.0
Protein (g)	2.5	4.2
Fat		
– Total (g)	3.8	6.4
– Saturated (g)	2.0	3.4
Carbohydrate		
– Total (g)	17.8	29.9
– Sugar (g)	6.2	10.4
Dietary fibre (g)	2.0	3.4
Sodium (mg)	145.0	243.6



BANANA, APPLE & PINEAPPLE MUFFINS WITH FRESH FRUIT & VEGIES

NUTRITION Wholemeal, Fruit Based, Iron, Fibre

⌚ 15mins



PREPARATION: Serve at room temperature.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Banana, apple, pineapple, wholemeal flour, self raising flour, rolled oats, potato & tapioca starch, canola oil, sugar, baking powder*, vanilla essence, cinnamon.

KNOWN ALLERGENS: Wheat, gluten, oats.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (174g)
Energy (kJ)	599.0	1042.3
Protein (g)	1.9	3.3
Fat		
– Total (g)	5.2	9.0
– Saturated (g)	0.4	0.7
Carbohydrate		
– Total (g)	20.8	36.2
– Sugar (g)	11.2	19.5
Dietary fibre (g)	2.0	3.6
Sodium (mg)	85.0	147.9



BANANA, BRAN & OAT LOAF WITH FRESH FRUIT & VEGIES

NUTRITION Wholemeal, Fruit Based, Iron, Fibre

⌚ 15mins



PREPARATION: Slice into 12 portions. Serve at room temperature.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Banana, apple, oats, bran (wheatgerm), wholemeal flour, self raising flour, desiccated coconut, canola oil, tapioca & potato starch, sugar, baking powder*, bi-carb, vanilla essence, oat milk*.

KNOWN ALLERGENS: Wheat, gluten, oats.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (155g)
Energy (kJ)	540.0	837.0
Protein (g)	1.8	2.8
Fat		
– Total (g)	4.1	6.4
– Saturated (g)	0.7	1.1
Carbohydrate		
– Total (g)	19.8	30.7
– Sugar (g)	11.4	17.7
Dietary fibre (g)	1.7	2.6
Sodium (mg)	133.0	206.2



BEETROOT, COCOA & COCONUT MUFFIN WITH FRESH FRUIT & VEGIES

NUTRITION Wholemeal, Vegetable Based, Fibre

⌚ 15mins



PREPARATION: Serve at room temperature.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Beetroot (30% of total weight), wholemeal flour, self raising flour, canola oil, sugar, desiccated coconut, plain flour, flax meal, potato & tapioca starch, baking powder*, cocoa, vanilla essence.

KNOWN ALLERGENS: Wheat, gluten.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (155g)
Energy (kJ)	654.0	1013.7
Protein (g)	2.0	3.1
Fat		
– Total (g)	6.5	10.1
– Saturated (g)	1.4	2.2
Carbohydrate		
– Total (g)	20.9	32.4
– Sugar (g)	11.9	18.4
Dietary fibre (g)	5.1	7.9
Sodium (mg)	85.0	131.8



CARROT & CINNAMON WHOLEMEAL LOAF WITH FRESH FRUIT & VEGIES

NUTRITION Wholemeal, Iron, Fibre, Vegetable Based

⌚ 15mins



PREPARATION: Slice into 12 portions. Serve at room temperature.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Carrot, self raising flour, wholemeal flour, flax meal, caster sugar, brown sugar, vanilla essence*, nuttalex*, baking powder*, bi carb soda*, cinnamon, orange essence*, nutmeg, tapioca starch, potato starch, polenta, canola oil, golden syrup, natural yoghurt.

KNOWN ALLERGENS: Wheat, gluten, milk.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (155g)
Energy (kJ)	435.0	674.3
Protein (g)	1.9	2.9
Fat		
– Total (g)	0.5	0.8
– Saturated (g)	0.0	0.0
Carbohydrate		
– Total (g)	21.6	33.5
– Sugar (g)	11.9	18.4
Dietary fibre (g)	1.4	2.2
Sodium (mg)	136.0	210.8



CARROT & ORANGE WHOLEMEAL MUFFINS WITH FRESH FRUIT & VEGIES

NUTRITION Wholemeal, Vegetable Based, Fibre, Iron

⌚ 15mins



PREPARATION: Serve at room temperature.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Carrot, self raising flour, wholemeal flour, orange juice*, flax meal, caster sugar, brown sugar, vanilla essence*, canola oil, baking powder*, bi carb soda*, cinnamon, nutmeg, orange essence*, tapioca starch, potato starch.

KNOWN ALLERGENS: Wheat, gluten

NUTRITIONAL INFORMATION		
	Average Qty (100g)	Per Serve (172)
Energy (kJ)	635.0	1092.2
Protein (g)	2.0	3.4
Fat		
– Total (g)	1.7	2.9
– Saturated (g)	0.4	0.7
Carbohydrate		
– Total (g)	21.5	37.0
– Sugar (g)	11.3	19.4
Dietary fibre (g)	1.3	2.2
Sodium (mg)	143.0	246.0



CRANBERRY & ORANGE COOKIES WITH FRESH FRUIT & VEGIES

NUTRITION Wholegrains, High Fibre, Iron

⌚ 15mins



PREPARATION: Serve at room temperature.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Plain flour, baking soda, raw sugar, dried cranberries, nuttalex*, orange juice*, carrot, oat milk, salt.

KNOWN ALLERGENS: Wheat, gluten, oats, sulphites.

NUTRITIONAL INFORMATION		
	Average Qty (100g)	Per Serve (142g)
Energy (kJ)	554.0	786.7
Protein (g)	1.8	2.6
Fat		
– Total (g)	3.6	5.1
– Saturated (g)	0.8	1.1
Carbohydrate		
– Total (g)	22.2	31.5
– Sugar (g)	12.7	18.0
Dietary fibre (g)	1.6	2.3
Sodium (mg)	134.0	190.3



CHEDDAR CHEESE & CORN THINS WITH FRESH FRUIT & VEGIES

NUTRITION Dairy, Wholegrain, Protein

⌚ 15mins



PREPARATION: Serve crackers with sliced cheese.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Cheddar cheese slices*.

INGREDIENTS: Corn thins*.

KNOWN ALLERGENS: Milk.

NUTRITIONAL INFORMATION		
	Average Qty (100g)	Per Serve (135g)
Energy (kJ)	417.0	561.7
Protein (g)	4.7	6.3
Fat		
– Total (g)	5.2	7.0
– Saturated (g)	3.3	4.4
Carbohydrate		
– Total (g)	8.6	11.6
– Sugar (g)	6.8	9.2
Dietary fibre (g)	1.1	1.5
Sodium (mg)	120.0	161.6



CHEDDAR CHEESE & WATER CRACKERS WITH FRESH FRUIT & VEGIES

NUTRITION Dairy, Wholegrain, Protein

15mins



PREPARATION: Serve crackers with sliced cheese.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Cheddar cheese slices* (milk, salt, preservatives), water crackers*.

KNOWN ALLERGENS: Wheat, gluten, milk.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (128g)
Energy (kJ)	560.0	718.5
Protein (g)	4.7	6.0
Fat		
– Total (g)	6.0	7.7
– Saturated (g)	3.9	5.0
Carbohydrate		
– Total (g)	14.3	18.3
– Sugar (g)	7.0	9.0
Dietary fibre (g)	1.2	1.5
Sodium (mg)	146.0	187.3



CHEDDAR CHEESE, SULTANAS & GLUTEN FREE CRACKERS WITH FRESH FRUIT & VEGIES

NUTRITION Dairy, Fruit Based, Iron, Fibre

15mins



PREPARATION: Serve crackers with sultanas and sliced cheese.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Gluten free crackers (see packaging for details on ingredients), sultanas, sliced cheddar cheese*.

KNOWN ALLERGENS: Milk.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (167g)
Energy (kJ)	623.0	1038.5
Protein (g)	2.3	3.8
Fat		
– Total (g)	2.2	3.7
– Saturated (g)	0.8	1.3
Carbohydrate		
– Total (g)	28.5	47.5
– Sugar (g)	18.6	31.0
Dietary fibre (g)	1.0	1.7
Sodium (mg)	25.0	41.7



CHEESE & SPINACH PASTIZZI WITH FRESH FRUIT & VEGIES

NUTRITION Dairy, Iron, Fibre

15mins



PREPARATION: This food item can be served hot or cold. **To heat:** Warm in oven at 180°C for 10 minutes.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Ricotta (39%) [whey, milk, salt, food acid (260)], fortified high fibre wheat flour [wheat flour, vitamins (thiamine, folic acid)], water, margarine [vegetable oil, water, salt, emulsifiers (471, 472c), antioxidant (304), natural flavour, natural colour (160a)], salt, dried english spinach.

KNOWN ALLERGENS: Wheat, gluten, milk.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (150g)
Energy (kJ)	435.0	652.5
Protein (g)	2.8	4.2
Fat		
– Total (g)	3.4	5.1
– Saturated (g)	1.8	2.7
Carbohydrate		
– Total (g)	14.7	22.1
– Sugar (g)	6.5	9.8
Dietary fibre (g)	3.1	4.7
Sodium (mg)	132.0	198.0



CHEESE & VEGEMITE SCROLLS WITH FRESH FRUIT & VEGIES

NUTRITION Dairy, Vitamin B

15mins



PREPARATION: This food item can be served hot or cold. **To heat:** Warm in oven at 180°C for 10 minutes.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Puff pastry*, cheddar cheese* (shredded), cream cheese*, vegemite*.

KNOWN ALLERGENS: Wheat, gluten, milk, soy, barley.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (145g)
Energy (kJ)	345.0	500.3
Protein (g)	1.9	2.8
Fat		
– Total (g)	2.6	3.8
– Saturated (g)	1.5	2.2
Carbohydrate		
– Total (g)	11.8	17.1
– Sugar (g)	6.7	9.7
Dietary fibre (g)	1.4	2.0
Sodium (mg)	77.0	111.7



CHEESE PASTIZZI WITH FRESH FRUIT & VEGIES

NUTRITION Dairy, Fibre

15mins



PREPARATION: This food item can be served hot or cold. **To heat:** Warm in oven at 180°C for 10 minutes.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Ricotta (39%) [whey, milk, salt, food acid (260)], fortified high fibre wheat flour [wheat flour, vitamins (thiamine, folic acid)], water, margarine [vegetable oil, water, salt, emulsifiers (471, 472c), antioxidant (304), natural flavour, natural colour (160a)], salt.

KNOWN ALLERGENS: Wheat, gluten, milk.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (150g)
Energy (kJ)	322.0	483.0
Protein (g)	1.6	2.4
Fat		
– Total (g)	2.4	3.6
– Saturated (g)	1.2	1.8
Carbohydrate		
– Total (g)	11.6	17.4
– Sugar (g)	6.6	9.9
Dietary fibre (g)	3.1	4.7
Sodium (mg)	61.0	91.5



CHEESE, SPINACH & PUMPKIN PINWHEELS WITH FRESH FRUIT & VEGIES

NUTRITION Dairy, Vegetable Based, Iron

15mins



PREPARATION: This food item can be served hot or cold. **To heat:** Warm in oven at 180°C for 10 minutes.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Puff pastry*, cheddar cheese* (shredded), pumpkin, apple, spinach, paprika, canola oil.

KNOWN ALLERGENS: Wheat, gluten, milk, soy.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (139g)
Energy (kJ)	477.0	663.0
Protein (g)	2.8	3.9
Fat		
– Total (g)	4.1	5.7
– Saturated (g)	2.2	3.1
Carbohydrate		
– Total (g)	15.6	21.7
– Sugar (g)	7.6	10.6
Dietary fibre (g)	1.6	2.2
Sodium (mg)	95.0	132.1



CHEWY OAT & WATTLESEED BISCUITS WITH FRESH FRUIT & VEGIES

NUTRITION Wholemeal, Fibre

⌚ 15mins



PREPARATION: Serve at room temperature.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Wholemeal flour, plain flour, rolled oats, nuttalex*, tapioca starch, buttermilk*, brown sugar, caster sugar, bi carb soda, cinnamon, wattleseed, cardamon.

KNOWN ALLERGENS: Wheat, gluten, milk, oats.

NUTRITIONAL INFORMATION		
	Average Qty (100g)	Per Serve (140g)
Energy (kJ)	659.0	922.6
Protein (g)	2.1	2.9
Fat		
– Total (g)	4.8	6.7
– Saturated (g)	1.2	1.7
Carbohydrate		
– Total (g)	25.2	35.3
– Sugar (g)	14.3	20.0
Dietary fibre (g)	1.7	2.4
Sodium (mg)	52.0	72.8



COCONUT, CARDAMOM & CHIA CUSTARD WITH FRESH FRUIT & VEGIES

NUTRITION Dairy, Fibre, Calcium

⌚ 15mins



PREPARATION: Serve chilled, please allow 10 portions, per 1litre container.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Coconut*, milk, cream, water, sugar, tapioca*, chia seeds, vanilla, cardamom.

KNOWN ALLERGENS: Milk.

NUTRITIONAL INFORMATION		
	Average Qty (100g)	Per Serve (200g)
Energy (kJ)	418.0	836.0
Protein (g)	0.7	1.4
Fat		
– Total (g)	5.1	10.2
– Saturated (g)	3.8	7.6
Carbohydrate		
– Total (g)	11.9	23.8
– Sugar (g)	9.2	18.4
Dietary fibre (g)	0.8	1.7
Sodium (mg)	15.0	30.0



CORNFLAKE, COCONUT & SUNFLOWER SEED MUESLI ROUNDS & FRESH FRUIT & VEGIES

NUTRITION Wholemeal, Wholegrain, Iron

⌚ 15mins



PREPARATION: Serve at room temperature.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Cornflakes*, oats, sunflower seeds, dried apricots, self raising flour, desiccated coconut, sugar, nuttalex*, golden syrup, potato & tapioca starch, baking powder*.

KNOWN ALLERGENS: Wheat, gluten, barley, oats, sulphites.

NUTRITIONAL INFORMATION		
	Average Qty (100g)	Per Serve (138g)
Energy (kJ)	521.0	719.0
Protein (g)	2.0	2.8
Fat		
– Total (g)	3.1	4.3
– Saturated (g)	1.8	2.5
Carbohydrate		
– Total (g)	20.4	28.2
– Sugar (g)	11.9	16.4
Dietary fibre (g)	1.8	2.5
Sodium (mg)	84.0	115.9



CRUMPETS WITH APRICOT JAM & FRESH FRUIT & VEGIES

NUTRITION Low Fat, Fibre, Carbohydrate

⌚ 15mins



PREPARATION: Serve toasted with the fruit jam provided. Use griller for quick toasting.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Crumpets*, apricot jam*.

KNOWN ALLERGENS: Wheat, gluten, sulphites.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (155g)
Energy (kJ)	406.0	629.3
Protein (g)	2.2	3.4
Fat		
– Total (g)	0.4	0.6
– Saturated (g)	0.1	0.2
Carbohydrate		
– Total (g)	19.8	30.7
– Sugar (g)	8.5	13.2
Dietary fibre (g)	1.5	2.8
Sodium (mg)	196.0	303.8



CURRIED CHICKPEA, SWEET CORN & CHEESE PINWHEELS WITH FRESH FRUIT & VEGIES

NUTRITION Dairy, Protein, Iron

⌚ 15mins



PREPARATION: This food item can be served hot or cold. **To heat:** Warm in oven at 180°C for 10 minutes.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Puff pastry*, cheddar cheese* (shredded), creamed corn*, chickpeas, curry powder*.

KNOWN ALLERGENS: Wheat, gluten, milk, soy.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (150g)
Energy (kJ)	549.0	823.5
Protein (g)	3.4	5.1
Fat		
– Total (g)	4.7	7.1
– Saturated (g)	2.4	3.6
Carbohydrate		
– Total (g)	18.5	27.8
– Sugar (g)	7.1	10.7
Dietary fibre (g)	1.2	1.8
Sodium (mg)	131.0	196.5



DATE, OATMEAL & QUINOA LOAF WITH FRESH FRUIT & VEGIES

NUTRITION Wholemeal, Wholegrain, Iron, Fibre

⌚ 15mins



PREPARATION: Slice into 12 portions. Serve at room temperature.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Date paste*, rolled oats, quinoa, oatmeal, self raising flour, wholemeal flour, potato & tapioca starch, canola oil, brown sugar, vanilla essence, baking powder*, cinnamon, oat milk*.

KNOWN ALLERGENS: Wheat, gluten, oats.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (168g)
Energy (kJ)	758.0	1273.4
Protein (g)	2.5	4.2
Fat		
– Total (g)	6.0	10.1
– Saturated (g)	0.5	0.8
Carbohydrate		
– Total (g)	28.5	47.9
– Sugar (g)	14.8	24.9
Dietary fibre (g)	1.8	3.0
Sodium (mg)	142.0	238.6



ENGLISH MUFFINS WITH APRICOT JAM WITH FRESH FRUIT & VEGIES

NUTRITION Carbohydrate, Fibre

⌚ 15mins



PREPARATION: Toast or warm in oven, serve with spread.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: English muffins*, apricot jam*.

KNOWN ALLERGENS: Wheat, gluten, soy, sulphites.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (138g)
Energy (kJ)	384	531.8
Protein (g)	2.2	3.0
Fat		
– Total (g)	0.7	1.0
– Saturated (g)	0.1	0.1
Carbohydrate		
– Total (g)	17.8	24.7
– Sugar (g)	9.3	12.9
Dietary fibre (g)	2.0	2.9
Sodium (mg)	75.0	103.9



FULL CREAM FRUIT YOGHURT WITH FRESH FRUIT & VEGIES

NUTRITION Dairy, Protein, Calcium

⌚ 15mins



PREPARATION: Serve chilled, please allow 10 portions, per 1 litre container.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: See packaging ingredients for details. Mango or vanilla yoghurt.

KNOWN ALLERGENS: Milk.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (200g)
Energy (kJ)	287.0	574.0
Protein (g)	2.6	5.2
Fat		
– Total (g)	1.0	2.0
– Saturated (g)	0.6	1.2
Carbohydrate		
– Total (g)	11.5	23.0
– Sugar (g)	10.9	21.8
Dietary fibre (g)	0.8	1.5
Sodium (mg)	25.0	50.0



HERB & GARLIC WHOLEMEAL BAGUETTE WITH FRESH FRUIT & VEGIES

NUTRITION Wholemeal, Wholegrain, Iron, Fibre

⌚ 15mins



PREPARATION: Warm in oven at 180°C for 15 minutes. Cut into 6 portions per baguette.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Wholemeal baguette*, garlic, nuttelex*, parsley, canola oil.

KNOWN ALLERGENS: Wheat, gluten, barley.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (154g)
Energy (kJ)	571.0	879.3
Protein (g)	2.7	4.2
Fat		
– Total (g)	2.8	4.3
– Saturated (g)	0.5	0.8
Carbohydrate		
– Total (g)	24.5	37.7
– Sugar (g)	6.2	9.5
Dietary fibre (g)	1.9	3.0
Sodium (mg)	152.0	234.1



HONEY & OAT MUESLI ROUNDS WITH FRESH FRUIT & VEGIES

NUTRITION Wholemeal, Fibre

⌚ 15mins



PREPARATION: Serve at room temperature.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Rolled oats, wholemeal flour, self raising flour, desiccated coconut, sugar, honey, nuttalex*, baking powder*.

KNOWN ALLERGENS: Wheat, gluten, oats.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (139g)
Energy (kJ)	645.0	896.6
Protein (g)	2.1	2.9
Fat		
– Total (g)	6.9	9.6
– Saturated (g)	3.0	4.2
Carbohydrate		
– Total (g)	19.7	27.4
– Sugar (g)	10.9	15.2
Dietary fibre (g)	1.9	2.7
Sodium (mg)	69.0	95.9



KIDNEY BEAN & COCOA BROWNIE WITH FRESH FRUIT & VEGIES

NUTRITION Protein, Fibre Content, Iron

⌚ 15mins



PREPARATION: Large tray – cut into 15 pieces (3 x 5), small tray – cut into 8 pieces (2 x 4). Serve at room temperature.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Red kidney beans (45% total weight), self raising flour, flax meal, potato & tapioca starch, canola oil, cocoa, baking powder*, sugar, vanilla essence.

KNOWN ALLERGENS: Wheat, gluten.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (175g)
Energy (kJ)	542.0	948.5
Protein (g)	2.7	4.7
Fat		
– Total (g)	3.8	6.7
– Saturated (g)	0.4	0.7
Carbohydrate		
– Total (g)	19.7	34.5
– Sugar (g)	11.2	19.6
Dietary fibre (g)	5.1	8.9
Sodium (mg)	129.0	225.8



MARGARITA PIZZA STICKS WITH FRESH FRUIT & VEGIES

NUTRITION Dairy, Protein

⌚ 15mins



PREPARATION: Cut into sticks and warm in the oven at 180°C for 10 minutes.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Pizza base*, tomato paste*, cheddar cheese* (shredded).

KNOWN ALLERGENS: Wheat, gluten, milk.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (138g)
Energy (kJ)	445.0	611.9
Protein (g)	6.0	8.3
Fat		
– Total (g)	4.3	5.9
– Saturated (g)	2.5	3.4
Carbohydrate		
– Total (g)	9.9	13.6
– Sugar (g)	6.8	9.4
Dietary fibre (g)	1.3	1.9
Sodium (mg)	155.0	213.1



ORANGE & CHIA WHOLEMEAL SQUARES WITH FRESH FRUIT & VEGIES

NUTRITION Wholemeal, Fibre, Iron

⌚ 15mins



PREPARATION: Serve at room temperature

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Wholemeal flour, self raising flour, orange juice*, orange rind, corn flour, sugar, potato & tapioca starch, nuttalex*, black chia seeds, poppy seeds, orange essence.

KNOWN ALLERGENS: Wheat, gluten, sulphites.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (138g)
Energy (kJ)	554.0	764.5
Protein (g)	2.0	2.8
Fat		
– Total (g)	4.5	6.2
– Saturated (g)	1.0	1.4
Carbohydrate		
– Total (g)	19.9	27.5
– Sugar (g)	9.3	12.8
Dietary fibre (g)	2.4	3.3
Sodium (mg)	51.0	70.4



ORANGE & COCONUT BISCUITS WITH FRESH FRUIT & VEGIES

NUTRITION Wholegrains, High Fibre, Iron

⌚ 15mins



PREPARATION: Serve at room temperature.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Gluten free flour*, baking soda, salt, apple puree*, brown sugar, golden syrup, coconut oil, canola oil, orange peel*, orange essence, vanilla essence.

KNOWN ALLERGENS: Sulphites.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (150g)
Energy (kJ)	666.0	999.0
Protein (g)	0.8	1.2
Fat		
– Total (g)	6.4	9.6
– Saturated (g)	2.9	4.4
Carbohydrate		
– Total (g)	23.5	35.3
– Sugar (g)	11.9	17.9
Dietary fibre (g)	2.1	3.1
Sodium (mg)	149.0	223.5

PEAR & APPLE RICE CUSTARD WITH FRESH FRUIT & VEGIES

NUTRITION Dairy, Fruit Based, Fibre, Iron

⌚ 15mins



PREPARATION: Serve chilled, please allow 10 portions, per 1litre container.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Medium grain rice, apple, pear, milk, cream, tapioca*, sugar, nutmeg, vanilla essence.

KNOWN ALLERGENS: Milk.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (200g)
Energy (kJ)	385.0	770.0
Protein (g)	1.6	3.2
Fat		
– Total (g)	4.4	8.8
– Saturated (g)	2.8	5.6
Carbohydrate		
– Total (g)	10.8	21.6
– Sugar (g)	8.3	16.6
Dietary fibre (g)	1.1	2.2
Sodium (mg)	18.0	36.0



PEAR & GINGER WHOLEMEAL PILLOWS WITH FRESH FRUIT & VEGIES

NUTRITION Wholemeal, Iron, Fruit Based, Fibre

15mins



PREPARATION: Serve at room temperature.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Wholemeal flour, self raising flour, pear, desiccated coconut, canola oil, nuttelex*, honey, sugar, water, ginger, cinnamon.

KNOWN ALLERGENS: Wheat, gluten.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (138g)
Energy (kJ)	585.0	807.3
Protein (g)	2.2	3.0
Fat		
– Total (g)	4.6	6.3
– Saturated (g)	1.7	2.3
Carbohydrate		
– Total (g)	20.7	28.6
– Sugar (g)	10.5	14.5
Dietary fibre (g)	2.8	3.9
Sodium (mg)	70.0	96.6



PEAR & POLENTA LOAF, LINSEED CRUMBLE WITH FRESH FRUIT & VEGIES

NUTRITION Wholemeal, Fruit Based, Fibre

15mins



PREPARATION: Slice into 12 portions. Serve at room temperature.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Wholemeal flour, polenta, diced apple*, pear puree*, nuttelex*, natural yoghurt, brown sugar, honey, buttermilk*, vanilla essence, baking powder*, bi carb soda*, rolled oats, cinnamon, raw sugar.

KNOWN ALLERGENS: Wheat, gluten, milk, oats.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (190g)
Energy (kJ)	741.0	1407.9
Protein (g)	2.6	4.9
Fat		
– Total (g)	5.4	10.3
– Saturated (g)	1.3	2.5
Carbohydrate		
– Total (g)	28.4	54.0
– Sugar (g)	15.2	28.9
Dietary fibre (g)	1.9	3.7
Sodium (mg)	77.0	146.3



PUMPKIN & LINSEED COUSCOUS BITES WITH FRESH FRUIT & VEGIES

NUTRITION Vegetable Based, Fibre, Iron

15mins



PREPARATION: Serve at room temperature.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Pumpkin, carrot, plain flour, couscous*, nuttelex*, self raising flour, baking powder*, canola oil, tasty cheese*, linseed, garlic.

KNOWN ALLERGENS: Wheat, gluten, milk.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (140g)
Energy (kJ)	591.0	827.4
Protein (g)	3.7	5.2
Fat		
– Total (g)	2.7	3.8
– Saturated (g)	1.0	1.4
Carbohydrate		
– Total (g)	23.8	33.3
– Sugar (g)	8.6	12.0
Dietary fibre (g)	1.7	2.4
Sodium (mg)	275.0	385.0



SMOKEY SWEET POTATO & PUMPKIN DIP WITH HI FIBRE FLAT BREAD & FRESH FRUIT & VEGIES

NUTRITION High Vegetable Content, Iron, Fibre, Dairy

⌚ 15mins



PREPARATION: Warm flat bread in microwave, spread with dip and roll up, slice into bite size pieces. (Do not do this in advance as the bread absorbs the moisture and will dry out)

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: High fibre tortilla flat bread*, pumpkin, sweet potato, chickpeas, natural yoghurt, sour cream, lemon juice*, smoky paprika*, garlic, canola oil, cumin, salt.

KNOWN ALLERGENS: Wheat, gluten, milk.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (192g)
Energy (kJ)	490.0	940.8
Protein (g)	3.1	6.0
Fat		
– Total (g)	2.5	4.8
– Saturated (g)	1.3	2.5
Carbohydrate		
– Total (g)	19.1	36.7
– Sugar (g)	7.4	14.2
Dietary fibre (g)	1.4	2.6
Sodium (mg)	151.0	289.9



SPELT & OAT ANZAC BISCUITS WITH FRESH FRUIT & VEGIES

NUTRITION Wholemeal, Wholegrain, Iron

⌚ 15mins



PREPARATION: Serve at room temperature.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Rolled oats, spelt flour, wholemeal flour, self raising flour, desiccated coconut, nuttalex*, water, golden syrup, sugar, baking powder*.

KNOWN ALLERGENS: Wheat, gluten, oats.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (140g)
Energy (kJ)	639.0	894.6
Protein (g)	2.4	3.4
Fat		
– Total (g)	6.6	9.2
– Saturated (g)	2.8	3.9
Carbohydrate		
– Total (g)	20.0	28.0
– Sugar (g)	9.4	13.2
Dietary fibre (g)	1.9	2.7
Sodium (mg)	68.0	95.2



SPELT, COCOA & CINNAMON COOKIES WITH FRESH FRUIT & VEGIES

NUTRITION Wholemeal, Iron, Fibre

⌚ 15mins



PREPARATION: Serve at room temperature.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Spelt flour, wholemeal flour, rolled oats, cocoa powder, desiccated coconut, sugar, nuttalex*, cinnamon, vanilla, bi-carb soda.

KNOWN ALLERGENS: Wheat, gluten, oats.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (133g)
Energy (kJ)	460.0	611.8
Protein (g)	2.0	2.7
Fat		
– Total (g)	1.2	1.6
– Saturated (g)	0.6	0.8
Carbohydrate		
– Total (g)	21.2	28.2
– Sugar (g)	13.6	18.1
Dietary fibre (g)	2.4	3.2
Sodium (mg)	88.0	117.0



SPICED PUMPKIN & APPLE LOAF WITH FRESH FRUIT & VEGIES

NUTRITION Wholegrains, High Fibre, Iron

⌚ 15mins



PREPARATION: Slice in to 12 portions. Serve at room temperature.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Pumpkin, apple*, plain flour, wholemeal flour, baking powder, bi carb soda, cinnamon, ginger, nutmeg, brown sugar, golden syrup, vanilla essence*, canola oil.

KNOWN ALLERGENS: Wheat, gluten.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (155g)
Energy (kJ)	497.0	770.4
Protein (g)	1.8	2.8
Fat		
– Total (g)	2.4	3.7
– Saturated (g)	0.2	0.3
Carbohydrate		
– Total (g)	21.1	32.7
– Sugar (g)	13.8	21.4
Dietary fibre (g)	3.0	4.6
Sodium (mg)	133.0	206.2



SWEET POTATO & CORN DIP, TORTILLA FLAT BREAD WITH FRESH FRUIT & VEGIES

NUTRITION Dairy, High Vegetable Content, Iron, Fibre

⌚ 15mins



PREPARATION: Warm flat bread in microwave, spread with dip and roll up, slice into bite size pieces. (Do not do this in advance as the bread absorbs the moisture and will dry out)

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: High fibre tortilla flat bread*, sweet potato, chickpeas, cream cheese*, natural yoghurt, creamed corn*, sour cream, leek, garlic, onion, parsley, paprika, canola oil.

KNOWN ALLERGENS: Wheat, gluten, milk.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (164g)
Energy (kJ)	473.0	775.7
Protein (g)	3.1	5.1
Fat		
– Total (g)	1.4	2.3
– Saturated (g)	0.7	1.1
Carbohydrate		
– Total (g)	20.7	33.9
– Sugar (g)	7.9	13.0
Dietary fibre (g)	2.4	4.0
Sodium (mg)	150	246.0



SWEET POTATO, APRICOT & GINGER MUFFIN WITH FRESH FRUIT & VEGIES

NUTRITION Wholemeal, Vegetable Based, Iron, Fibre

⌚ 15mins



PREPARATION: Serve at room temperature.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Sweet potato, apricots dried*, wholemeal flour, self raising flour, flax meal, canola oil, sugar, potato & tapioca starch, ground ginger, vanilla, bicarb soda, baking powder.

KNOWN ALLERGENS: Wheat, gluten, sulphites.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (175g)
Energy (kJ)	619.0	1083.3
Protein (g)	1.9	3.3
Fat		
– Total (g)	4.2	7.4
– Saturated (g)	0.3	0.5
Carbohydrate		
– Total (g)	24.1	42.2
– Sugar (g)	15.3	26.8
Dietary fibre (g)	2.1	3.8
Sodium (mg)	111.0	194.3



THREE SEED WEETBIX CRUMBLE LOAF WITH FRESH FRUIT & VEGIES

NUTRITION Wholemeal, Wholegrain, Fibre, Iron, Dairy

15mins



PREPARATION: Slice into 12 portions. Serve at room temperature.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Rolled oats, wholemeal flour, self raising flour, weetbix, flaxmeal, nuttalex* (sunflower oil), sugar, sour cream, dark chocolate, baking powder* (corn), potato & tapioca starch, wattleseeds, sunflower seeds, linseeds, cinnamon, vanilla essence.

KNOWN ALLERGENS: Wheat, gluten, milk, oats.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (160g)
Energy (kJ)	586.0	937.6
Protein (g)	2.1	3.4
Fat		
– Total (g)	3.9	6.2
– Saturated (g)	1.7	2.7
Carbohydrate		
– Total (g)	23.0	36.8
– Sugar (g)	12.7	20.3
Dietary fibre (g)	1.6	2.6
Sodium (mg)	115.0	184.0



TROPICAL CHIA COCONUT CUSTARD WITH FRESH FRUIT & VEGIES

NUTRITION Dairy, Fruit Based, Fibre, Calcium

15mins



PREPARATION: Serve chilled, please allow 10 portions, per 1litre container.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Coconut cream*, fresh cream*, mango puree, pear puree, apple puree, chia seeds, caster sugar, tapioca starch, vanilla essence*.

KNOWN ALLERGENS: Milk.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (200g)
Energy (kJ)	352.0	704.0
Protein (g)	0.6	1.2
Fat		
– Total (g)	3.8	7.6
– Saturated (g)	2.8	5.6
Carbohydrate		
– Total (g)	11.0	22.0
– Sugar (g)	9.0	18.0
Dietary fibre (g)	1.0	2.0
Sodium (mg)	9.0	18.0



VEGEMITE & CREAM CHEESE WHOLEMEAL SANDWICHES WITH FRESH FRUIT & VEGIES

NUTRITION Dairy, Wholemeal, Fibre, Iron

15mins



PREPARATION: Cut in half and serve at room temperature (half sandwich per child).

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Wholemeal bread*, vegemite*, cream cheese*, sour cream.

KNOWN ALLERGENS: Wheat, gluten, milk, soy, barley.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (149g)
Energy (kJ)	511.0	760.1
Protein (g)	2.9	4.3
Fat		
– Total (g)	4.7	7.0
– Saturated (g)	2.7	4.0
Carbohydrate		
– Total (g)	15.9	23.7
– Sugar (g)	6.9	10.3
Dietary fibre (g)	2.6	3.9
Sodium (mg)	148.0	220.2



WHITE BEAN & BEETROOT DIP WITH HI FIBRE FLAT BREAD & FRESH FRUIT & VEGIES

NUTRITION Vegetable Based, Protein, Dairy, Fibre

⌚ 15mins



PREPARATION: Warm flat bread in microwave, spread with dip and roll up, slice into bite size pieces. (Do not do this in advance as the bread absorbs the moisture and will dry out)

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: High fibre tortilla flat bread*, white beans, beetroot, sour cream, cream cheese*, garlic, mixed herbs.

KNOWN ALLERGENS: Wheat, gluten, milk.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (174g)
Energy (kJ)	543.0	944.8
Protein (g)	3.4	5.9
Fat		
– Total (g)	3.2	5.6
– Saturated (g)	1.9	3.3
Carbohydrate		
– Total (g)	20.3	35.3
– Sugar (g)	7.5	13.1
Dietary fibre (g)	2.4	4.1
Sodium (mg)	177.0	308.0



WHOLEMEAL BREAD CHEESE SANDWICH WITH FRESH FRUIT & VEGIES

NUTRITION Wholemeal, Dairy, Fibre, Iron, Protein

⌚ 15mins



PREPARATION: Cut in half and serve at room temperature (half sandwich per child).

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Cheese slices*, wholemeal bread, nuttalex*.

KNOWN ALLERGENS: Wheat, gluten, milk, soy.

NUTRITIONAL INFORMATION

	Average Qty (100g)	Per Serve (151g)
Energy (kJ)	523.0	790.8
Protein (g)	4.7	7.1
Fat		
– Total (g)	4.7	7.1
– Saturated (g)	3.0	4.5
Carbohydrate		
– Total (g)	14.6	22.1
– Sugar (g)	6.4	9.7
Dietary fibre (g)	2.3	3.4
Sodium (mg)	155.0	234.4



WHOLEMEAL COCONUT SHORTBREAD WITH FRESH FRUIT & VEGIES

NUTRITION Wholemeal, Wholegrain, Fibre

⌚ 15mins



PREPARATION: Serve at room temperature.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

INGREDIENTS: Wholemeal flour, self raising flour, desiccated coconut, nuttalex*, tapioca & potato starch, brown sugar, corn flour, vanilla essence.




KNOWN ALLERGENS: Wheat, gluten.

NUTRITIONAL INFORMATION

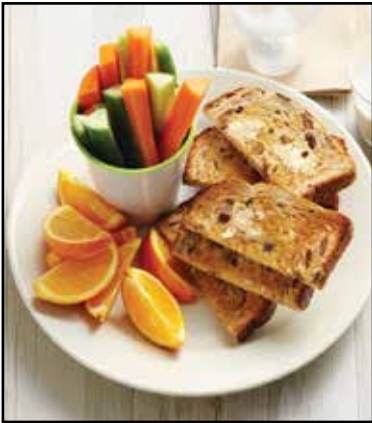


	Average Qty (100g)	Per Serve (140g)
Energy (kJ)	659.0	922.6
Protein (g)	2.1	2.9
Fat		
– Total (g)	6.6	9.2
– Saturated (g)	2.1	2.9
Carbohydrate		
– Total (g)	21.3	29.8
– Sugar (g)	9.5	13.3
Dietary fibre (g)	2.2	3.1
Sodium (mg)	57.0	79.8







WHOLEMEAL FRUIT SPICE ENGLISH MUFFINS WITH FRESH FRUIT & VEGIES

NUTRITION	Fruit Based, Iron, Fibre	🕒 15mins																																				
	PREPARATION: Toast or warm in oven with butter. FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces. INGREDIENTS: Fruit & spice english bread*. KNOWN ALLERGENS: Wheat, gluten, soy, sulphites.	<table border="1"> <thead> <tr> <th colspan="3">NUTRITIONAL INFORMATION</th> </tr> <tr> <th></th> <th>Average Qty (100g)</th> <th>Per Serve (138.5g)</th> </tr> </thead> <tbody> <tr> <td>Energy (kJ)</td> <td>467</td> <td>646.8</td> </tr> <tr> <td>Protein (g)</td> <td>2.2</td> <td>3.0</td> </tr> <tr> <td>Fat</td> <td></td> <td></td> </tr> <tr> <td>– Total (g)</td> <td>3.6</td> <td>5.0</td> </tr> <tr> <td>– Saturated (g)</td> <td>2.0</td> <td>2.8</td> </tr> <tr> <td>Carbohydrate</td> <td></td> <td></td> </tr> <tr> <td>– Total (g)</td> <td>16.3</td> <td>22.6</td> </tr> <tr> <td>– Sugar (g)</td> <td>8.9</td> <td>12.3</td> </tr> <tr> <td>Dietary fibre (g)</td> <td>2.16</td> <td>3.0</td> </tr> <tr> <td>Sodium (mg)</td> <td>62</td> <td>85.9</td> </tr> </tbody> </table>	NUTRITIONAL INFORMATION				Average Qty (100g)	Per Serve (138.5g)	Energy (kJ)	467	646.8	Protein (g)	2.2	3.0	Fat			– Total (g)	3.6	5.0	– Saturated (g)	2.0	2.8	Carbohydrate			– Total (g)	16.3	22.6	– Sugar (g)	8.9	12.3	Dietary fibre (g)	2.16	3.0	Sodium (mg)	62	85.9
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WHOLEMEAL RAISIN BREAD WITH FRESH FRUIT & VEGIES

NUTRITION	Wholemeal, Iron, Fibre, Protein	🕒 15mins																																				
	PREPARATION: Toast or warm in oven with butter. FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces. INGREDIENTS: Raisin Bread*. KNOWN ALLERGENS: Wheat, gluten, soy, sulphites.	<table border="1"> <thead> <tr> <th colspan="3">NUTRITIONAL INFORMATION</th> </tr> <tr> <th></th> <th>Average Qty (100g)</th> <th>Per Serve (170g)</th> </tr> </thead> <tbody> <tr> <td>Energy (kJ)</td> <td>562.0</td> <td>955.4</td> </tr> <tr> <td>Protein (g)</td> <td>4.1</td> <td>7.0</td> </tr> <tr> <td>Fat</td> <td></td> <td></td> </tr> <tr> <td>– Total (g)</td> <td>1.1</td> <td>1.9</td> </tr> <tr> <td>– Saturated (g)</td> <td>0.2</td> <td>0.3</td> </tr> <tr> <td>Carbohydrate</td> <td></td> <td></td> </tr> <tr> <td>– Total (g)</td> <td>24.9</td> <td>42.3</td> </tr> <tr> <td>– Sugar (g)</td> <td>11.5</td> <td>19.6</td> </tr> <tr> <td>Dietary fibre (g)</td> <td>3.0</td> <td>5.1</td> </tr> <tr> <td>Sodium (mg)</td> <td>126.0</td> <td>214.2</td> </tr> </tbody> </table>	NUTRITIONAL INFORMATION				Average Qty (100g)	Per Serve (170g)	Energy (kJ)	562.0	955.4	Protein (g)	4.1	7.0	Fat			– Total (g)	1.1	1.9	– Saturated (g)	0.2	0.3	Carbohydrate			– Total (g)	24.9	42.3	– Sugar (g)	11.5	19.6	Dietary fibre (g)	3.0	5.1	Sodium (mg)	126.0	214.2
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WHOLEMEAL TURKISH TOAST (CONTAINS SESAME SEEDS) WITH FRESH FRUIT & VEGIES

NUTRITION	Wholemeal, Fibre	🕒 15mins																																				
	PREPARATION: Warm in oven or serve toasted. FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces. INGREDIENTS: Wholemeal turkish bread* (sesame, soy). KNOWN ALLERGENS: Wheat, gluten, sesame, soy.	<table border="1"> <thead> <tr> <th colspan="3">NUTRITIONAL INFORMATION</th> </tr> <tr> <th></th> <th>Average Qty (100g)</th> <th>Per Serve (150g)</th> </tr> </thead> <tbody> <tr> <td>Energy (kJ)</td> <td>427.0</td> <td>640.5</td> </tr> <tr> <td>Protein (g)</td> <td>2.8</td> <td>4.2</td> </tr> <tr> <td>Fat</td> <td></td> <td></td> </tr> <tr> <td>– Total (g)</td> <td>0.6</td> <td>0.9</td> </tr> <tr> <td>– Saturated (g)</td> <td>0.1</td> <td>0.15</td> </tr> <tr> <td>Carbohydrate</td> <td></td> <td></td> </tr> <tr> <td>– Total (g)</td> <td>19.7</td> <td>29.5</td> </tr> <tr> <td>– Sugar (g)</td> <td>6.6</td> <td>9.9</td> </tr> <tr> <td>Dietary fibre (g)</td> <td>3.1</td> <td>4.6</td> </tr> <tr> <td>Sodium (mg)</td> <td>119.0</td> <td>178.5</td> </tr> </tbody> </table>	NUTRITIONAL INFORMATION				Average Qty (100g)	Per Serve (150g)	Energy (kJ)	427.0	640.5	Protein (g)	2.8	4.2	Fat			– Total (g)	0.6	0.9	– Saturated (g)	0.1	0.15	Carbohydrate			– Total (g)	19.7	29.5	– Sugar (g)	6.6	9.9	Dietary fibre (g)	3.1	4.6	Sodium (mg)	119.0	178.5
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WHOLEMEAL TURKISH TOAST (CONTAINS SESAME SEEDS) WITH CHEESE & FRESH FRUIT & VEGIES

NUTRITION

Wholemeal, Fibre, Dairy

 **15mins**



PREPARATION: Warm in oven and cut into 10 pieces.

FRUIT PREPARATION: Wash and cut fruit and raw vegetables into bite sized pieces.

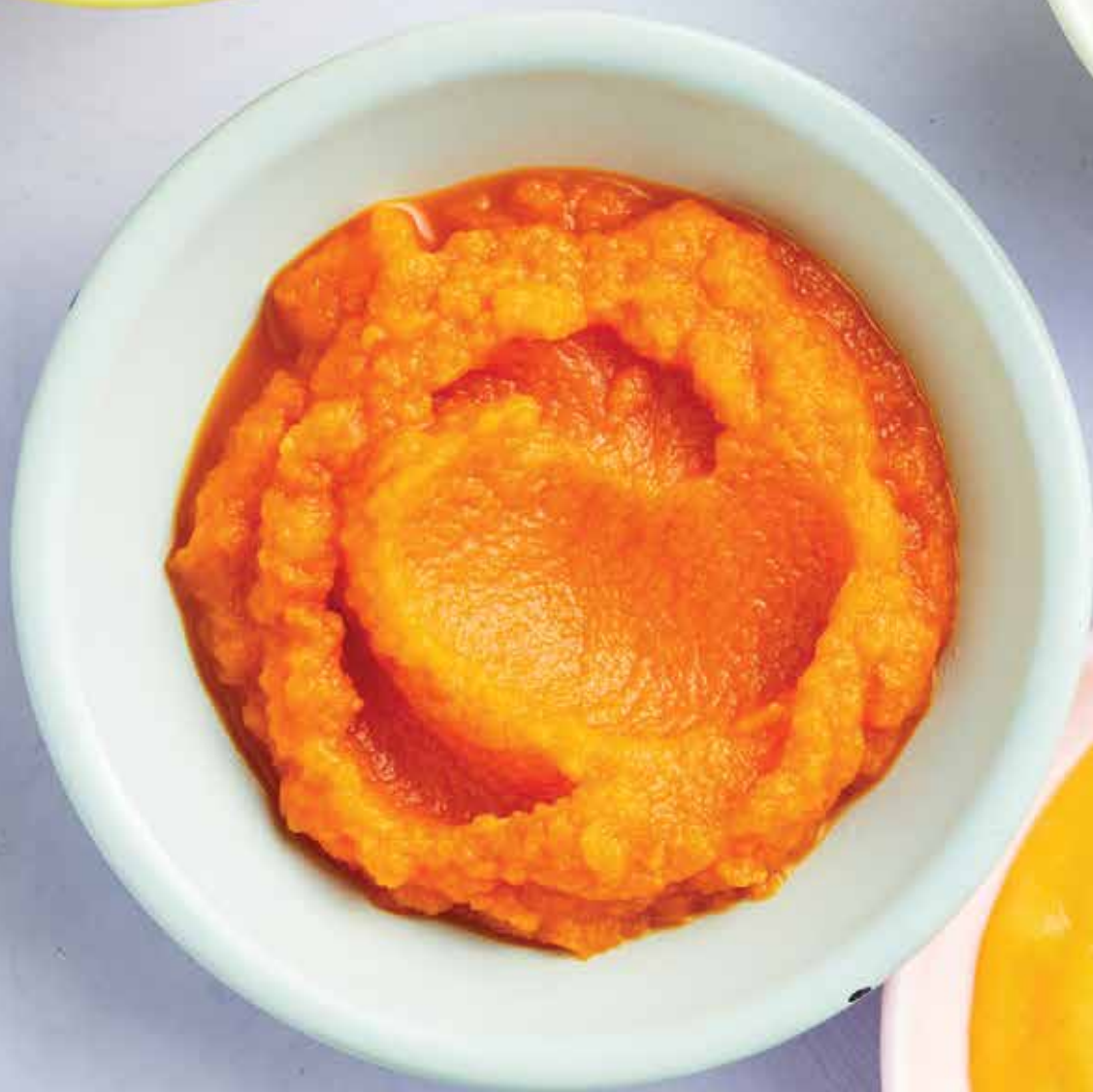
INGREDIENTS: Wholemeal turkish bread* (sesame, soy), cheddar cheese* (shredded).

KNOWN ALLERGENS: Wheat, gluten, sesame, soy, milk.

NUTRITIONAL INFORMATION		
	Average Qty (100g)	Per Serve (157g)
Energy (kJ)	482.0	756.7
Protein (g)	3.8	6.0
Fat		
– Total (g)	2.0	3.1
– Saturated (g)	1.1	1.7
Carbohydrate		
– Total (g)	18.9	29.6
– Sugar (g)	6.3	9.9
Dietary fibre (g)	2.9	4.6
Sodium (mg)	142.0	222.9









Purees

six to twelve months

When introducing solid foods, a wide variety of the five food groups is required for good nutrition and to help with accepting a range of new flavours.

The KGF puree menu is designed with iron rich foods and textures that are suitable for growth in the first developmental stage.

Transitional Mashers are available from our online pantry which provide a 'lumpy' texture for the next developmental stage towards whole foods.

Single ingredient purees are also available to purchase through the KGF pantry.



APPLE & APRICOT WITH IRON FORTIFIED RICE CEREAL

PREPARATION: Serve chilled.

INGREDIENTS: Apple, apricot, iron fortified rice cereal*.

KNOWN ALLERGENS: None.

APPLE & PEAR PORRIDGE PUREE

PREPARATION: Serve chilled.

INGREDIENTS: Apple, pear, rolled oats.

KNOWN ALLERGENS: Wheat, gluten.



APPLE & PEAR PUREE

PREPARATION: Serve chilled.

INGREDIENTS: Apple, pear.

KNOWN ALLERGENS: None.

APPLE & PEAR SEMOLINA PUREE

PREPARATION: Serve chilled.

INGREDIENTS: Apple, pear, semolina.

KNOWN ALLERGENS: Wheat, gluten.



APPLE & RHUBARB WITH IRON FORTIFIED RICE CEREAL

PREPARATION: Serve chilled.

INGREDIENTS: Apple, rhubarb, iron fortified rice cereal*.

KNOWN ALLERGENS: None.

APPLE, APRICOT & PRUNE PUREE WITH IRON FORTIFIED RICE CEREAL

PREPARATION: Serve chilled.

INGREDIENTS: Apple, apricot, prunes, iron fortified rice cereal*.

KNOWN ALLERGENS: None.

APPLE, APRICOT, PEAR & PRUNE PUREE WITH IRON FORTIFIED RICE CEREAL

PREPARATION: Serve chilled.

INGREDIENTS: Apple, apricot, pear, prune, iron fortified rice cereal*.

KNOWN ALLERGENS: None.

APPLE, BLUEBERRY & PEAR PUREE WITH IRON FORTIFIED RICE CEREAL

PREPARATION: Serve chilled.

INGREDIENTS: Apple, pear, blueberry, iron fortified rice cereal*.

KNOWN ALLERGENS: None.

APPLE, ORANGE, PEAR & PRUNE PUREE WITH IRON FORTIFIED RICE CEREAL

PREPARATION: Serve chilled.

INGREDIENTS: Apple, orange, pear, prune, iron fortified rice cereal*.

KNOWN ALLERGENS: None.

APPLE, PEACH & PRUNE PUREE

PREPARATION: Serve chilled.

INGREDIENTS: Apple, peach, prune.

KNOWN ALLERGENS: None.

APPLE, PEAR & PRUNE PUREE WITH IRON FORTIFIED RICE CEREAL

PREPARATION: Serve chilled.

INGREDIENTS: Apple, pear, prune, iron fortified rice cereal*.

KNOWN ALLERGENS: None.

APPLE PUREE WITH IRON FORTIFIED RICE CEREAL

PREPARATION: Serve chilled.

INGREDIENTS: Apple, iron fortified rice cereal*.

KNOWN ALLERGENS: None.

APPLE SEMOLINA PUREE

PREPARATION: Serve chilled.

INGREDIENTS: Apple, semolina.

KNOWN ALLERGENS: Wheat, gluten.



APRICOT & APPLE PORRIDGE PUREE

PREPARATION: Serve chilled.

INGREDIENTS: Apricot, apple, rolled oats.

KNOWN ALLERGENS: Wheat, gluten.



APRICOT & APPLE WITH IRON FORTIFIED RICE CEREAL

PREPARATION: Serve chilled.

INGREDIENTS: Apricot, apple, iron fortified rice cereal*.

KNOWN ALLERGENS: None.

APRICOT PORRIDGE PUREE WITH MILK

PREPARATION: Serve chilled.

INGREDIENTS: Apricot, rolled oats, milk.

KNOWN ALLERGENS: Dairy,

Wheat, gluten.



Baby Purees

BEEF & ROASTED VEGETABLE STEW WITH COUS COUS MASHED

PREPARATION: Warm in microwave to 75°C and allow to cool to appropriate eating temperature.

INGREDIENTS: Beef, carrot, sweet potato, zucchini, broccoli, tomato paste*, cous cous.

KNOWN ALLERGENS: Wheat, gluten.



BEEF BOLOGNAISE SAUCE WITH PASTA & VEGETABLES MASHED

PREPARATION: Warm in microwave to 75°C and allow to cool to appropriate eating temperature.

INGREDIENTS: Beef, wheat pasta, carrot, broccoli, tomato paste*, garlic, mixed herbs, gravy powder*, rice flour.

KNOWN ALLERGENS: Wheat, gluten.



BEEF, BROWN RICE, PUMPKIN & POTATO MASHED

PREPARATION: Warm in microwave to 75°C and allow to cool to appropriate eating temperature.

INGREDIENTS: Beef, brown rice, pumpkin, potato.

KNOWN ALLERGENS: None.

BEEF, PEARL BARLEY & VEGETABLE CASSEROLE MASHED

PREPARATION: Warm in microwave to 75°C and allow to cool to appropriate eating temperature.

INGREDIENTS: Beef, pearl barley, sweet potato, pumpkin, potato, tomato paste*, carrot, zucchini, broccoli.

KNOWN ALLERGENS: Wheat, gluten.



BEEF, RED LENTIL, POTATO & CARROT MASHED

PREPARATION: Warm in microwave to 75°C and allow to cool to appropriate eating temperature.

INGREDIENTS: Beef, red lentil, potato, carrot, tomato paste*, parsley.

KNOWN ALLERGENS: None.

BROCCOLI, CAULIFLOWER & POTATO PUREE

PREPARATION: Warm in microwave to 75°C and allow to cool to appropriate eating temperature.

INGREDIENTS: Broccoli, cauliflower, potato.

KNOWN ALLERGENS: None.

BROCCOLI, GREEN PEAS, ZUCCHINI & POTATO PUREE

PREPARATION: Warm in microwave to 75°C and allow to cool to appropriate eating temperature.

INGREDIENTS: Broccoli, green peas, zucchini, potato.

KNOWN ALLERGENS: None.

CARROT & CORN PUREE

PREPARATION: Warm in microwave to 75°C and allow to cool to appropriate eating temperature.

INGREDIENTS: Carrot, creamed corn*.

KNOWN ALLERGENS: None.

CARROT & PUMPKIN PUREE

PREPARATION: Warm in microwave to 75°C and allow to cool to appropriate eating temperature.

INGREDIENTS: Carrot, pumpkin.

KNOWN ALLERGENS: None.

CARROT, CAULIFLOWER & POTATO PUREE

PREPARATION: Warm in microwave to 75°C and allow to cool to appropriate eating temperature.

INGREDIENTS: Carrot, cauliflower, potato.

KNOWN ALLERGENS: None.

CAULIFLOWER, CORN & POTATO PUREE

PREPARATION: Warm in microwave to 75°C and allow to cool to appropriate eating temperature.

INGREDIENTS: Cauliflower, creamed corn*, potato.

KNOWN ALLERGENS: None.

CAULIFLOWER, SWEET POTATO & PUMPKIN PUREE

PREPARATION: Warm in microwave to 75°C and allow to cool to appropriate eating temperature.

INGREDIENTS: Cauliflower, sweet potato, pumpkin.

KNOWN ALLERGENS: None.



Baby Purees

CHICKEN, CORN, CAULIFLOWER, PEARL BARLEY & RICE MASHED

PREPARATION: Warm in microwave to 75°C and allow to cool to appropriate eating temperature.

INGREDIENTS: Chicken, pearl barley, rice, cauliflower, creamed corn*.

KNOWN ALLERGENS: Wheat, gluten.



CHICKEN, POTATO, CORN & WHITE BEANS MASHED

PREPARATION: Warm in microwave to 75°C and allow to cool to appropriate eating temperature.

INGREDIENTS: Chicken, potato, creamed corn*, white beans.

KNOWN ALLERGENS: None.

CHICKEN, RED LENTIL, SWEET POTATO & RICE MASHED

PREPARATION: Warm in microwave to 75°C and allow to cool to appropriate eating temperature.

INGREDIENTS: Chicken, red lentil, sweet potato, rice.

KNOWN ALLERGENS: None.

CHICKEN, RICOTTA, PASTA & CORN MASHED

PREPARATION: Warm in microwave to 75°C and allow to cool to appropriate eating temperature.

INGREDIENTS: Chicken, ricotta cheese, wheat pasta, creamed corn*, parsley.

KNOWN ALLERGENS: Dairy, wheat, gluten.



CHICKEN, SWEET POTATO & WHITE BEANS MASHED

PREPARATION: Warm in microwave to 75°C and allow to cool to appropriate eating temperature.

INGREDIENTS: Chicken, sweet potato, white beans.

KNOWN ALLERGENS: None.

CREAMY MANGO RISOTTO PUREE

PREPARATION: Serve chilled.

INGREDIENTS: Arborio rice, mango, pear, milk.

KNOWN ALLERGENS: Dairy.



MANGO & PEAR PUREE WITH IRON FORTIFIED RICE CEREAL

PREPARATION: Serve chilled.

INGREDIENTS: Mango, pear, iron fortified rice cereal*.

KNOWN ALLERGENS: None.

PASTA, PUMPKIN & CHEESE MASHED

PREPARATION: Warm in microwave to 75°C and allow to cool to appropriate eating temperature.

INGREDIENTS: Wheat pasta, pumpkin, milk, cheddar cheese (shredded)*.

KNOWN ALLERGENS: Dairy, wheat, gluten.



PASTA, ZUCCHINI, BROCCOLI, WHITE BEANS & GREEN PEAS MASHED

PREPARATION: Warm in microwave to 75°C and allow to cool to appropriate eating temperature.

INGREDIENTS: Wheat pasta, zucchini, broccoli, white beans, green peas.

KNOWN ALLERGENS: Wheat, gluten.



PEACH & APPLE SEMOLINA PUREE

PREPARATION: Serve chilled.

INGREDIENTS: Peach, apple, semolina.

KNOWN ALLERGENS: Wheat, gluten.



PEACH, PEAR & APPLE PUREE WITH IRON FORTIFIED RICE CEREAL

PREPARATION: Serve chilled.

INGREDIENTS: Peach, pear, apple, iron fortified rice cereal*.

KNOWN ALLERGENS: None.

PEACH, PEAR & TAPIOCA PUREE

PREPARATION: Serve chilled.

INGREDIENTS: Peach, pear, tapioca.

KNOWN ALLERGENS: None.

PEACH RICE PUDDING WITH CINNAMON PUREE

PREPARATION: Serve chilled.

INGREDIENTS: Peach, arborio rice, cinnamon.

KNOWN ALLERGENS: None.

PEACH SEMOLINA WITH MILK PUREE

PREPARATION: Serve chilled.

INGREDIENTS: Peach, semolina, apple, milk.

KNOWN ALLERGENS: Dairy, wheat, gluten.



PEAR & APPLE PUREE WITH IRON FORTIFIED RICE CEREAL

PREPARATION: Serve chilled.

INGREDIENTS: Pear, apple, iron fortified rice cereal*.

KNOWN ALLERGENS: None.

Baby Purees

PEAR, APPLE & APRICOT PUREE WITH IRON FORTIFIED RICE CEREAL

PREPARATION: Serve chilled.

INGREDIENTS: Pear, apple, apricot, iron fortified rice cereal*.

KNOWN ALLERGENS: None.

PEAR PUREE WITH IRON FORTIFIED RICE CEREAL

PREPARATION: Serve chilled.

INGREDIENTS: Pear, iron fortified rice cereal*.

KNOWN ALLERGENS: None.

PEAR SEMOLINA PUREE

PREPARATION: Serve chilled.

INGREDIENTS: Pear, semolina.

KNOWN ALLERGENS: Wheat, gluten.



POTATO & PUMPKIN PUREE

PREPARATION: Warm in microwave to 75°C and allow to cool to appropriate eating temperature.

INGREDIENTS: Potato, pumpkin.

KNOWN ALLERGENS: None.

POTATO, GREEN PEA & BROCCOLI PUREE

PREPARATION: Warm in microwave to 75°C and allow to cool to appropriate eating temperature.

INGREDIENTS: Potato, green peas, broccoli.

KNOWN ALLERGENS: None.

PUMPKIN & CARROT PUREE

PREPARATION: Warm in microwave to 75°C and allow to cool to appropriate eating temperature.

INGREDIENTS: Pumpkin, carrot.

KNOWN ALLERGENS: None.

PUMPKIN & SWEET POTATO PUREE

PREPARATION: Warm in microwave to 75°C and allow to cool to appropriate eating temperature.

INGREDIENTS: Pumpkin, sweet potato.

KNOWN ALLERGENS: None.

SWEET POTATO PUREE

PREPARATION: Warm in microwave to 75°C and allow to cool to appropriate eating temperature.

INGREDIENTS: Sweet potato.

KNOWN ALLERGENS: None.

TAPIOCA & PEAR PUREE

PREPARATION: Serve chilled.

INGREDIENTS: Pear, tapioca, apple.

KNOWN ALLERGENS: None.

TAPIOCA, APPLE & RHUBARB PUREE

PREPARATION: Serve chilled.

INGREDIENTS: Tapioca, apple, rhubarb.

KNOWN ALLERGENS: None.

VEAL, POTATO, TOMATO & CHEESE MASHED

PREPARATION: Warm in microwave to 75°C and allow to cool to appropriate eating temperature.

INGREDIENTS: Veal, potato, tomato paste*, cheddar cheese (shredded)*.

KNOWN ALLERGENS: Dairy.



WHITE BEANS, OATS, PUMPKIN & CARROT MASHED

PREPARATION: Warm in microwave to 75°C and allow to cool to appropriate eating temperature.

INGREDIENTS: White beans, oats, pumpkin, carrot.

KNOWN ALLERGENS: Wheat, gluten.



ZUCCHINI & POTATO PUREE

PREPARATION: Warm in microwave to 75°C and allow to cool to appropriate eating temperature.

INGREDIENTS: Zucchini, potato.

KNOWN ALLERGENS: None.

ZUCCHINI, POTATO & CAULIFLOWER PUREE

PREPARATION: Warm in microwave to 75°C and allow to cool to appropriate eating temperature.

INGREDIENTS: Zucchini, potato, cauliflower.

KNOWN ALLERGENS: None.

KGF puree size guide

Single = 1 portion

Small = up to 3 portions

Medium = up to 5 portions

KGF allows up to 100ml per
flavour, per child,
per day.





Babies transitioning to solids?

We have 5 delicious
Transitional Mashs that you
can order through the KGF Pantry.



Comprehensive Ingredients List

The ingredients listed in this section are stated by our suppliers in labelling and Ingredient Panels. Due to the nature of our business, we use a variety of foods which may include some or all allergens listed in pure forms or as components of products. We follow strict guidelines to ensure cross contamination between products is kept to a minimum; however, an absolute guarantee cannot be given. Some of these items may have a Manufacturers Factory Warning. This is out of KGF's control and can change at any time without notice.

A – C

ACAI – AMAZON POWER

Organic acai pulp, water, organic cane sugar, organic blue agave syrup, stabiliser sodium alginate (vegetable gum derived from seaweed), natural aroma of guarana and citric acid.

ALL SPICE (PIMENTO) – KRIO KRUSH

APPLE JUICE – BERRI

Reconstituted apple juice (99.9%), acidity regulator (330), vitamin C, flavour.

APPLE SPICE PASTIZZI - PEPES

Apple, **wheat** flour (**gluten**), cloves, vegetable oil, colours, emulsifiers (thickener), flavour enhancers, food acids, vitamins and minerals, corn, sugar, salt.

APPLES – SLICED/DICED – ROYLES

Fuji apple (99.9%), ascorbic acid (E300) (>300ppm), citric acid (330), calcium chloride (E509).

APRICOT HALVES – FRUTEX

Apricot halves (59.31%), water (30.51%), sugar (10.17%), firming agent (calcium chloride (E509)) (0.015%).

APRICOT JAM – FRUTEX

Sugar, apple, apricot, gelling agent (pectin (E440)), acidity regulator (citric acid (E330)), preservative (potassium sorbate (E202)), artificial flavour, colours [tartrazine (E102), sunset yellow (E110)].

APRICOTS DRY, DICED – FRUTEX

Apricots (>96.2%), rice flour (<3.5%), preservative (sulphur dioxide (E220)) (<0.3%) (**sulphites**).

AVOCADO DIP – SIMPSON FARMS**

Avocado, brown sugar, salt, food acid (270, 300), pickled onion (onion, vinegar, sugar, salt), garlic, vegetable gum (415).

BAKING POWDER – FRUTEX (AEROMIX)

Mineral salts (E450, E500), **wheat** flour (**gluten**).

BANANA PUREE – FRUTEX

Bananas (>99.2%), ascorbic acid (<0.75%), citric acid (<0.06%).

BBQ SAUCE – ETA

Water, cane sugar, vinegar, tomato paste, malt vinegar (**barley**, **wheat**, **gluten**), **wheat** flour (**gluten**), salt, maltodextrin (from **wheat**), dried glucose syrup (from **wheat**), colour (150c), food acid (citric), paprika, vegetable gums (xanthan, guar 412), flavours.

BEEF SAUSAGES – DEVITTS MEATS

Australian beef, natural casing, rice flour, salt, mineral salt (451), preservative (223), spice extract.

BEETROOT DICED – GOLDEN CIRCLE

Beetroot (65%), water, sugar, food acid (260), salt, flavours.

BLACK BEANS – SALTED – YANG JIANG

Black **soy** bean (glycine max(L.)merr), salt, sugar, water.

BLACK TURTLE BEANS – M+J

Black beans (100%).

BLUEBERRIES, IQF (FROZEN) – ORSKOV FOODS

BRAN (WHEAT GERM) – FRUTEX

BREADCRUMBS – THE GREAT AUSSIE BREAD CRUMB

Wheat flour (**gluten**) (added thiamine & folic acid), baker yeast, iodised salt, water, colour (102) (122) only for golden bread crumbs.

BROWN RICE CRACKERS LIGHTLY SALTED – PECKISH

Brown rice (85%), rice bran oil (10%), maltodextrin (from corn), salt, sugar, **soy** sauce powder (5%) (maltodextrin (from corn), salt, **soy** bean oil).

BUCKWHEAT FLOUR - FRUTEX

100% Buckwheat.

BUTTER CHICKEN CURRY PASTE – KGF MADE ONSITE

Onion, vinegar (white), tomato paste [concentrated tomato paste, acid regulator (330)], canola oil, coriander, brown sugar, garlic, cumin, ginger crushed [water, ginger, salt, thickener (415), acidity regulator (260)], paprika, chilli powder - mild, garam masala, mixed herbs, mustard powder, cardamom.

BUTTERMILK POWDER – BEGA

Milk, milk solids.

CANOLA OIL (PURE) – COOKERS

CHEDDAR CHEESE (SHREDDED) – FRED WALKER

Milk, salt, starter culture, non-animal rennet, non-animal lipase.

CHEDDAR CHEESE (SLICES) – DAIRY FARMERS

Pasteurised **milk**, salt, cultures, enzyme (non animal rennet).

** Factory warning included as a legal requirement

Comprehensive Ingredients List

C – F

CHEESE (SLICES) – DAIRY FARMERS, PROCESSED**

Cheese (minimum 35%) (**milk**, salt, starter culture, enzymes), water, vegetable oil (contains antioxidant 320), cream (**milk**) or butter (**milk**) or **milk** fat, **milk** solids, mineral salts (331, 339), salt, maltodextrin, food acid (270), preservative (200), colour (160a), anti-stick agent (401).

CHEESE PASTIZZI – PEPES

Ricotta (39%) [whey, **milk**, salt, food acid (260)], fortified high fibre **wheat** flour (**gluten**) [**wheat** flour, vitamins (thiamine, folic acid)] (**gluten**), water, margarine [vegetable oil, water, salt, emulsifiers (471, 472c), antioxidant (304), natural flavour, natural colour (160a)], salt.

CHIA SEEDS – CHEFS CHOICE

CHICKPEAS – ROYLES

Chickpeas (60%), water (39%), salt (0.9%), ascorbic acid (0.1%).

CHICKPEA FLOUR (CHENA BESAN) – FRUTEX

100% Chickpeas.

CHIPOTLE CHILLI POWDER – THE SPICE LIBRARY

Powdered smoked chipotle chilli.

CHOCOLATE DARK – NESTLE**

Sugar, cocoa mass, cocoa butter, emulsifier [**soy** lecithin (E322)], **milk** solids, cocoa solids (46%).

CHOCOLATE WHITE – NESTLE (OOSH ONLY)**

Sugar, vegetable fat, whey powder (**milk**), emulsifiers (**soy** lecithin (492)).

COCOA POWDER – DEZAAN

Cocoa powder (22%-24%), alkalized (100%).

COCONUT – CREAM – KNOXX

Coconut cream 99%, stabilizers (guar gum E412, xanthan gum E415, Carragenan E407).

COCONUT CREAM – KARA*

Natural coconut cream 99%, stabilizers (xanthan gum, e415, guar gum e412, carrageenan).

*Only used in meals containing other dairy ingredients.

COCONUT - DESSICATED FINE – FRUTEX

Coconut (>99.995 %), sodium metabisulphite (E223) (<50ppm) (<0.005%).

COOKING SALT – PACIFIC

CORN CHIPS – MISSION**

Corn flour (76%), vegetable oil, water, salt.

CORN CRISPIBREAD – ORGRAN

Maize flour (52%), rice flour, maize polenta (22%), salt, emulsifier: monoglyceride from vegetable.

CORN FLAKES – KELLOGGS**

Corn (90%), sugar, salt, barley malt extract, vitamins (vitamin C, vitamin E, niacin, riboflavin, thiamin, folate), minerals (iron, zinc, oxide).

CORN FLOUR WHEATENED – MANILDRA

Wheaten corn flour.

CORN KERNELS, TINNED – EDGELL

Sweet corn kernels (62%), water, sugar, salt.

CORN THINS – REAL FOODS

Maize (99%), sunflower oil (0.4%), sea salt (0.6%).

COUS COUS – RIVIANA

Durum **wheat** semolina (**wheat**, **gluten**).

CRANBERRIES – FRUTEX

Cranberries, sugar, sunflower oil.

CREAM CHEESE – PHILADELPHIA

Milk, cream (from **milk**), **milk** solids (45%), salt, vegetable gum (410), starter culture.

CREAMED CORN – EDGELL

Sweet corn (58%), water, thickener (1412), salt.

CRUMPETS (GOLDEN) – TIP TOP**

Wheat flour, water, raising agents (500, 450), iodised salt, dextrose, preservative (282, 234), vitamins (thiamin, folate).

CURRY POWDER – KRIO CRUSH

Rice cereal, turmeric, coriander, fenugreek, cumin, salt, chillies, pepper.

DATE PASTE – FRUTEX

EDAMAME (SOY BEANS) – SUN PACIFIC

ENGLISH MUFFINS – TIP TOP**

Wheat flour, water, baker's yeast, maize polenta, **wheat gluten**, vinegar, canola oil, iodised salt, **oat** fibre (**gluten**), **soy** flour, acidity regulators (341, 263, 262), emulsifiers (481, 472e, 471), preservatives (202, 200), sugar, vitamins (thiamin, folic acid).

FALAFEL BALLS – WOMBAT VALLEY (VEGETARIAN MENU ONLY)**

Chickpeas (71%), onion, broad beans, parsley, carrot, garlic, coriander, sat, citric acid, bi-carb soda, pepper, cumin, rice bran oil.

FARRO – ROYLES

FISH FILLET, WHITE HOKI – SEAFROST

Premium skinless white hoki fillets (**fish**).

FIVE SPICE – KRIO KRUSH

Fennel (20%), star aniseed (25%), pepper (20%), amomom-cardamom (20%).

** Factory warning included as a legal requirement

Comprehensive Ingredients List

F – O

FRUIT & SPICE ENGLISH BREAD – TIP TOP**

Wheat flour (**wheat**, **gluten**), water, mixed fruit (12%) (currants (6%), sultanas (6%), candied orange peel (0.5%) [orange peel, sugar syrup, sugar, acidity regulator (330)]), baker's yeast, maize polenta, **wheat gluten**, sugar, vegetable oil, iodised salt, **oat** fibre, **soy** flour, acidity regulators (341, 263, 262), emulsifiers (481, 472e, 471), mixed spice (0.3%) (cassia (0.2%)), preservative (202, 200), vitamins (thiamin, folic acid).

GARAM MASALA – ROYLES

Peppercorns, nutmeg, cinnamon, cloves, cardamom, bay leaf, cumin.

GHERKINS (SWEET SPICED) – SANDHURST

Gherkins (57.5%), water, sugar, salt, acetic acid, flavour, emulsifier (polysorbate 80), firming agent (calcium chloride), colour (tartrazine).

GINGER, CRUSHED – EAST INDIA SPICE COMPANY

Water, ginger, salt, thickener (415), acidity regulator (260).

GLUTEN FREE BREAD – NATURIS ORGANIC BREADS – GLUTEN FREE RICE LOAF

Organic whole brown rice, organic rice flour, organic rice leaven, organic sunflower oil, sea salt, purified water.

GLUTEN FREE PIZZA BASE – LETIZZA

Rice flour, tapioca starch, **soy** flour, canola oil (contains antioxidant (306) (from **soy**)), non-yeast raising agent (glucono delta-lactone (575), potassium bicarbonate (501), sodium bicarbonate (500)), xanthan gum (415), **soy** lecithin (322), water added.

GOLDEN SYRUP – BUNDABERG

GRAVY POWDER – MASSEL

Modified tapioca starch (1442), maltodextrin (maize), rice flour, yeast extract, sea salt, natural vegetable flavours, caramelized sugar syrup, sunflower oil, potato starch, cane sugar, dehydrated vegetables (onion, tomato, celery), canola oil, black pepper.

GREEN BEANS (CROSS CUT), FROZEN – TALLEYS

HERBS, DRIED – SPICEMASTER

Parsley, thyme, tarragon, mixed herbs (oregano, marjoram, thyme, sage).

HOKKIEN NOODLES – TIANGS NOODLES

Wheat flour (**gluten**), water, canola oil, mineral salt (500), mineral salt (501), salt, colour (160b).

HONEY PASTEURISED (MEDIUM AMBER) – FRUTEX

KECAP MANIS (SWEET SOY SAUCE) – ABC

Palm sugar, sugar, **soy** extract (11%) (water, salt, **soybean**, **wheat**, **gluten**), colour (150a), preservatives (211, 223), acidity regulator (330), stabiliser (415).

KIDNEY BEANS (RED) – SANDHURST

Red Kidney beans (60%), water (39.7%), salt (0.3%).

KORMA PASTE – KGF MADE ONSITE

Cardamom, chilli, coriander, cumin, garlic, ginger, canola oil, onion, tomato paste, salt.

LEMONGRASS, CRUSHED

Lemongrass (100%).

LEMON JUICE – EAST COAST JUICES

Lemon juice (99.96%), preservative (potassium sorbate (E202)) (0.04%).

LENTILS BROWN – LAIRD LENTILS

LENTILS RED – SILVERSTAR

LIME JUICE – EASTCOAST JUICES

Lime Juice 99.9% (squeezed & reconstituted lime juice), preservative (202).

LIME LEAVES – MARKET FRESH

LINSEEDS (FLAXMEAL) – SPICE MASTERS

MANGO, DICED/SLICED – IQF

Mango (50%), water, sugar, mango juice (12%), food acid (330, 300).

MASSAMAN SPICE PASTE – KGF MADE

Cardamom, cloves, coriander, cumin, salt, nutmeg, ginger, sambal oelek (chilli, salt, water, preservatives), brown sugar, vegetable stock powder (garlic, yeast extract, celery, corn, onion, potato starch, salt, sugar), tomato paste, vinegar, salt, lemon grass, tamarind, canola oil.

MILK, POWDER – OPEN COUNTRY DAIRY

MUSHROOM – SLICED WITH STEM – ROYLES

Champignons mushroom (52.81%), water, salt, citric acid (E330).

NON-DAIRY CHEESE – REAL DAIRY

Refined sunflower and coconut oil, modified potato and corn starches (e-1450, e-1414), potato starch, nutritional fibers (inulin), calcium citrate (e333(iii)), salt, flavours, emulsifier (sunflower lecithin), preservative (potassium sorbate (e-202)), food colour (beta-carotene), tapioca starch.

NUTTELEX MARGARINE – ORIGINAL MARGARINE

(All from vegetable sources), vegetable oils, water, salt, emulsifiers (471, sunflower lecithin), natural flavour, vitamins A, D, E, natural colour (beta carotene).

OAT MILK – VITASOY

Filtered water, whole **oats** (**gluten**) (min. 13%), **oat** flour (**gluten**), sunflower oil, gum arabic, food acid (340), mineral (calcium carbonate), emulsifier (471), sea salt, natural flavour.

** Factory warning included as a legal requirement

Comprehensive Ingredients List

O – S

ORANGE ESSENCE – FRUTEX

Solvent/carrier, natural flavours, oils and extract.

ORANGE JUICE – YARRA VALLEY

Purified water, reconstituted orange juice (99%), acidity regulator (330), flavour, Vitamin C.

ORANGE RIND – FRUTEX

Orange peel (57%), glucose (fructose syrup – corn or **wheat**) (21.5%), sugar (21.5%), acidity regulator (citric acid (E330)) (<1.0%).

PANEER – FRESCO FRESH

Pasteurized cows **milk** (99%), acetic acid, calcium chloride, potassium sorbate, tapioca starch, xanthan gum.

PASTA, ALL SHAPES – SAN REMO

Durum **wheat** semolina (**gluten**).

PEACH HALVES/SLICES – FRUTEX

Peach (>57%), water (33.4%), sugar (9.5%), citric acid (E330) (0.1%).

PEAR HALVES – FRUTEX

Pear halves, water, juice, citric acid (E330), calcium chloride (E509).

PEARL BARLEY – ROYLES

PEAS, FROZEN – EDGELL

PEPITAS – SCALZO

PINEAPPLE CRUSHED - ROYLES

Pineapple (72%), water, sugar, food acid (citric acid).

PIZZA BASES – LETIZZA

Wheat flour (**gluten**), water, yeast, salt, sugar, olive oil, canola oil, preservative 282, garlic.

POLENTA, FINE – ROYLES

POPPY SEEDS – M+J INGREDIENTS

POTATO – FRUTEX PARADISE VALLEY POTATO FLAKES

Potato flakes (98.96%), mono-glycerides (E471) (0.7%), sodium acid pyrophosphate (E450) (0.075%), sodium metabisulphite (E223) (0.05%) (**sulphites**), citric acid (E330) (0.01%).

POTATO STARCH – FRUTEX

PRUNES, PITTED – THE NATURAL FOOD COMPANY

Prunes, Potassium Sorbate (202).

PUFF PASTRY – PAMPAS**

Wheat flour (**gluten**), water, margarine [vegetable oils, water, salt, emulsifiers (471, **soy** lecithin), food acid (330), flavour, antioxidant (307b), colour (160a)], salt, preservatives (202, 281), food acid (330).

QUINOA (WHITE) – FRUTEX

RAISIN BREAD – TIP TOP**

Wheat flour (**gluten**), mixed fruit (25%) (raisins (19%), sultanas (5%), currants (1%)), water, baker's yeast, **wheat gluten**, vegetable oil, mixed spice, iodised salt, vinegar, **soy** flour, emulsifiers (481, 472e, 471), vitamins (thiamin, folic acid).

RAS EL HANOUT – KGF MADE ONSITE

Cumin, ginger, salt, cinnamon, coriander, all spice, nutmeg, cardamon, cinnamon, paprika, turmeric.

RHUBARB, FROZEN – WESTERN HARVEST

RICE AND CORN PASTA – BUONTEMPO (GLUTEN FREE)

Rice flour (87%), maize flour (13%).

RICE ARBORIO – SUNRISE

RICE BROWN – SUNRISE

RICE CEREAL (IRON FORTIFIED) – BUBS ORGANIC

Organic rice (99%), mineral (Iron), vitamin C, antioxidant [mixed tocopherols].

RICE FLAKES – KNOXX FOODS

RICE FLOUR – FRUTEX

RICE JASMINE – SUNRISE

RICE MEDIUM GRAIN – SUNWHITE

RICE NOODLES – HAC

Rice flour (89%), water (11%).

RICE WINE VINEGAR – MITSUKAN

Water (90%), rice (5%), salt (1%), sake kasu (1%).

RICOTTA – VANILLA CHEESE

Whey (**milk**), pasteurised cow's **milk**, salt, food acid (260).

ROASTED PEPPERS – SELESTA

Red peppers (60%), water, vinegar, salt, sugar.

ROLLED OATS – FRUTEX

ROSETTA ROLLS/KAISER ROLL –PUREBAKED

Wheat flour (**gluten**), water, salt, bread improver, inactive yeast, malt (**barley**).

SAMBAL OLEK – EAST INDIA SPICE COMPANY

Water, chilli, salt, acidity regulator (260), vegetable gum (xanthan).

SEASONING MIX – KGF

Wheat flour (**gluten**), onion, garlic, trisodium citrate (E331), common salt, mono- and diglycerides of fatty acids (E471).

SEMOLINA, FINE – M&J INGREDIENTS

Durum **wheat** flour (**gluten**).

SLIDER BUNS – PUREBAKE

Wheat flour (**gluten**), water, salt, bread improver, inactive yeast, yeast, malt (**barley**).

** Factory warning included as a legal requirement

Comprehensive Ingredients List

S – W

SMOKEY PAPRIKA – KRIO CRUSH

Spices, canola oil, vegetable powders, natural flavours.

SOUR CREAM – PAULS

Cream (87%) (**milk**), skim **milk** (12%), culture (1%).

SOY SAUCE – KIKKOMAN

Water (52%), **soybeans** (17%), **wheat** (17%), salt (14%).

SOY SAUCE, GLUTEN FREE – KIKKOMAN

Water (51%), **soybeans** (20%), rice (15%), salt (14%).

SOY SAUCE, REDUCED SODIUM – KIKKOMAN

Water, **soybean** (16%), **wheat (gluten)**, salt, sugar, food acids (262, 270, 260).

SPELT FLOUR – CHEFS CHOICE

SPICES, GROUND – ROYLES/KRIO KRUSH/SPICE MASTERS

Cardamom, chilli, cinnamon, coriander, cumin, garlic, ginger, onion, celery, paprika, nutmeg (mace), turmeric, fenugreek, mustard powder, bay leaves, fennel seeds, star anise, cloves, ground peppercorns.

SPINACH (FROZEN) – GARDEN SUPREME

Spinach, water.

SPINACH & RICOTTA PASTIZZI – PEPES

Ricotta (39%) [whey, **milk**, salt, food acid (260)], fortified high fibre **wheat** flour [**wheat** flour, vitamins (thiamine, folic acid)], water, margarine [vegetable oil, water, salt, emulsifiers (471, 472c), antioxidant (304), natural flavour, natural colour (160a)], salt, dried english spinach.

SPLIT PEAS (YELLOW) – M&J INGREDIENTS

SUGAR BROWN – CSR

SUGAR CASTER – CSR

SUGAR RAW – CSR

SULTANAS – FRUTEX

Sultanas seedless (99.5 %), vegetable oil – cotton seed oil/sunflower oil/rapeseed oil (0.5 %).

SUN-DRIED TOMATOES – SANDHURST

Sun-dried tomatoes, canola oil, salt, herbs, spices, acidity regulator, citric acid, preservative (**sulphites**).

SUNFLOWER KERNELS – FRUTEX

SWEET CHILLI SAUCE – ROYLES

Sugar, vinegar, pickled red chilli 12%, garlic, thickener (modified corn starch), salt, stabilizer (Xanthan gum), colour (paprika).

TAPIOCA, THICKFLO – INGREDION THAILAND

Modified tapioca starch (E1422) (100%).

TAPIOCA SAGO – ROYLES

Tapioca starch (99.999%), sulphur dioxide (0.001%) (**sulphites**).

TAPIOCA STARCH – ERAWAN

Manioc (tapioca), water.

TOFU, FIRM – SOYA KING

Soybean extract [99.9%] (**soybeans**, water), mineral salt (calcium sulphate).

TOMATO (CRUSHED) – KNOXX

Crushed tomatoes, tomato juice, acidity regulator, citric acid.

TOMATO KETCHUP – HEINZ

Concentrated tomatoes (contains 165g of tomatoes per 100mL), sugar, salt, food acid (acetic acid), natural flavours, spice, concentrated tomatoes (77%).

TOMATO PASTE – JOHN BULL

Tomato (99.8 %) (tomato paste, water), citric acid.

TOMATO PUREE – JOHN BULL

Tomato (99.8%) citric acid.

TORTILLA FLAT BREAD – DIEGOS

Wheat flour (contains vitamins folic acid, thiamin, **gluten**), filtered water, vegetable oil, humectant (422), emulsifier (471), iodised sea salt, **wheat gluten**, raising agents (450, 500), sugar, acidity regulator (297), vegetable gums (415, 412, preservatives (281, 200), enzyme.

TUNA IN BRINE – OCEANIA

Light meat tuna (64.2%), water, salt.

VANILLA ESSENCE – FRUTEX

Solvent/carrier, natural identical flavour, artificial flavours, colour (E150a).

VEGEMITE – BEGA

Yeast extract (from yeast grown on **barley** and **wheat** mineral salt (508), malt extract (from **barley**), colour (150c), flavours, niacin, thiamine, riboflavin, folate.

VEGETABLE STOCK POWDER – KGF MADE

ONSITE: Potato, onion, yeast, corn (pure maize starch), garlic, celery, sugar, salt.

WATER CHESTNUTS – HONG

Water chestnuts, water, citric acid (E330).

WATER CRACKERS – CAPTAINS TABLE

Wheat flour, vegetable oil (contains antioxidant (319)), **wheat gluten**, salt.

WEET-BIX – SANITARIUM

Wholegrain **wheat** (97%), raw sugar, salt, **barley (gluten)**, malt extract, vitamins (niacin, thiamin, riboflavin, folate), mineral (iron).

WHEAT FLOUR, BAKERS – GOODMAN FIELDER

Wheat flour (**gluten**), thiamine, folic acid.

WHEAT FLOUR (GLUTEN), PLAIN – GOODMAN FIELDER

** Factory warning included as a legal requirement

Comprehensive Ingredients List

W – Z

WHEAT FLOUR (GLUTEN), SELF RAISING – GOODMAN FIELDER

Wheat flour (**gluten**), raising agents (339, 341, 450, 500), wheaten cornflour.

WHEAT FLOUR, WHOLEMEAL – MANILDRA

Wheat flour (**gluten**), coarse bran, thiamine, folic acid.

WHITE BEANS – SANDHURST

Cannellini beans (60%), water, salt.

WHITE BREAD – TIP TOP**

Wheat flour (**gluten**), water, baker's yeast, vinegar, iodised salt, canola oil, **wheat** (**gluten**), **soy** flour, emulsifier (481, 472e, 471), vitamins (thiamin, folic acid).

WHOLEMEAL BAGUETTE – PUREBAKED

White flour (**gluten**), water, wholemeal flour (**wheat**, **gluten**), salt, bread improver, yeast, malt (**barley**), inactive yeast.

WHOLEMEAL BREAD – TIP TOP**

Wholegrain wholemeal **wheat** flour (50%) (**gluten**), water, **wheat** flour (**gluten**), baker's yeast, vinegar, **wheat** gluten, iodised salt, canola oil, emulsifiers (481, 472e, 471), **soy** flour, vitamins (thiamin, folic acid).

WHOLEMEAL ROLL – PUREBAKE

White flour (**wheat**, **gluten**), water, brown flour, salt, bread improver, yeast, inactive yeast, malt (**barley**).

WHOLEMEAL TURKISH BREAD – SAURES BAKERY**

Wheat flour (thiamin, folic acid), wholemeal **wheat** flour (thiamin, folic acid) (19%) (**wheat**, **gluten**), water, iodised salt, **sesame** seeds, linseed, yeast, vinegar, canola oil, preservative (202), **soy** flour.

WORCESTERSHIRE SAUCE – FOUNTAIN

Water, vinegar, molasses, rehydrated vegetables, salt, spices, natural flavours, colour (caramel IV), spice extract.

YEAST EXTRACT – FRUTEX

Yeast extract (yeast extract, salt).

YOGHURT, FRUIT** YOPLAIT

As the brand and variety of this may vary from time to time, please read the ingredients panel of the item provided for details.

YOGHURT NATURAL – RIVERINA DAIRY

Milk, skim **milk** powder, cultures.

ALLERGY MUFFINS & CAKES

APPLE & CINNAMON – WELL & GOOD

Rice flour, tapioca starch, potato starch, sugar, baking powder, bicarbonate soda, corn Starch, natural flavour, mono and di-glycerides, cellulose powder, nuttalex, vanilla essence, diced apple, cinnamon.

CHOCOLATE – WELL & GOOD

Rice flour, tapioca starch, potato starch, sugar, baking powder, bicarbonate soda, corn starch, natural flavour, mono and di-glycerides, cellulose powder, nuttalex, vanilla essence, cocoa powder.

VANILLA – WELL & GOOD

Rice flour, tapioca starch, potato starch, sugar, baking powder, bicarbonate soda, corn Starch, natural flavour, mono and di-glycerides, cellulose powder, nuttalex, vanilla essence.

BANANA & COCONUT – WELL & GOOD

Rice flour, tapioca starch, potato starch, sugar, aluminium free baking powder, bicarbonate soda, corn starch, natural flavour, mono and di-glycerides, cellulose powder, nuttalex, vanilla essence, banana, coconut, cinnamon.

** Factory warning included as a legal requirement

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Allergy Symbols



Contains Wheat



Contains Dairy



Contains Soy



Contains Sesame



Contains Fish



V1

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