



# DAILY INGREDIENTS

2020/21





# Ingredients

## LEGEND

**BP** See bought products  
**MP** See made products

**NOTE**  
All items on this menu are  
**100% nut free**

We use rice bran oil, extra virgin olive oil or organic coconut oil for all menu items. All eggs are local pasturised/free range

## MONDAY

**Vegemite scroll** - Vegemite (**BP**), cheddar cheese, puff pastry (**BP**) **VG EF**

**Beef pie** - Beef, onion, garlic, beef stock (**BP**), puff pastry (**MP**), peas, corn **DF EF**

**Choc-chip gingerbread** - Sugar, flour, oil, honey, spices, milk chocolate chips **VG EF**

## TUESDAY

**Herb cheese turkish bread** - Turkish bread (**BP**), herbs, cheddar cheese, olive oil **VG EF**

**Beef nasi goreng** - Beef mince, cabbage, carrot, rice, ginger, garlic, spices, soy sauce (**BP**) **DF EF**

**Oat & sultana cookie** - Oats, coconut, butter, flour, eggs, brown sugar, sultanas **VG**

## WEDNESDAY

**Cheesy pumpkin scone** - Cheddar cheese, pumpkin, oil, flour, butter, milk **VG EF**

**Fresh tomato & basil pizza** - Pizza base (**BP**), tomato sauce (**MP**) tomato, basil, cheese **VG EF**

**Banana & dark chocolate cake** - Coconut milk, sugar, flour, coconut, banana, dark chocolate chips **VG EF V DF**

## THURSDAY

**Blueberry muffin** - Coconut milk, sugar, flour, coconut, blueberries **VG EF V DF**

**Chicken & broccoli pasta w/carrot sauce** - Chicken mince, broccoli, carrot, onion, garlic, chicken stock (**BP**) pasta (**BP**) **DF EF**

**Pesto spinach ricotta scroll** - Pesto (**MP**), ricotta, cheddar cheese, spinach, puff pastry (**BP**) **EF VG**

## FRIDAY

**Raw apple muesli slice** - Oats, GF rice bubbles, sultanas, apple, apricots, rice malt syrup, coconut oil, coconut **VG V DF EF GF**

**Sweet potato beef shepards pie** - Beef mince, tomato sauce (**MP**), carrot, zucchini, peas, corn, sweet potato **DF EF GF**

**Ham margerita sticks** - Ham, tomato sauce (**MP**), cheddar cheese, turkish bread (**BP**) **EF**



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## MONDAY

**Corn & smoked bacon scroll** - Bacon, creamed corn (BP), cheddar cheese, puff pastry (BP) EF

**Beef vegetable sausage roll** - Beef mince, puff pastry (MP), carrot, celery, garlic, bread crumbs EF

**Cacao raspberry brownie** - Coconut milk, sugar, flour, coconut, raspberry, cacao DF EF VG V

## TUESDAY

**Veggie muffin** - Oil, flour, eggs, cheese, zucchini, feta cheese, carrot, spinach, milk, baking powder VG

**Tandoori chicken pizza w/ fresh spinach and cherry tomatoes** - Chicken mince, pizza base (BP), tandoori paste (BP), yogurt spinach, cherry tomatoes, cheddar cheese EF

**Lemon curd strawberry scroll** - Puff pastry (BP), strawberry, lemon curd (MP) VG

## WEDNESDAY

**Ham & mushroom pizza scrolls** - Ham, cheddar cheese, mushroom, tomato sauce (MP), puff pastry (BP) VG EF

### Mixed Japanese nori rolls

1. Rice, seaweed paper, carrot, cucumber GF DF LF VG V
2. Rice, seaweed paper, ham, avocado GF DF LF
3. Rice, seaweed paper, chicken, teriyaki cocominos sauce (BP) GF DF LF

**Dried cranberry shortbread** - Flour, eggs, rice flour, corn flour, butter, sugar, vanilla, dried cranberry (BP) VG

## THURSDAY

**Ham & cream corn pizza** - Ham, cheddar cheese, creamed corn (BP), pizza base (BP) EF

**Cauliflower mac & cheese** - Cheddar cheese, milk, butter Pasta (BP), cauliflower, flour VG EF

**Baby apple pies** - Apple, cinnamon, sugar, pastry (MP) EF VG DF V

## FRIDAY

**Three cheese pesto turkish sticks** - Cheddar cheese, parmeson, feta, turkish bread (BP), pesto (MP) VG EF

**Mexican beef, tomato & black bean rice** - Beef mince, black beans, tomato, corn, rice, chicken stock (BP), spices, onion, garlic EF DF GF

**Raw bounty bar** - Coconut, cacao, GF rice bubbles, rice malt syrup, coconut oil, coconut cream EF VG DF V GF



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## MONDAY

**Pumpkin & feta muffin** - Cheddar cheese, feta, flour, eggs, pumpkin, oil, milk **VG**

**Hawaiian pizza** - Ham, cheddar cheese, pizza base (**BP**), tomato sauce (**MP**), pineapple **EF**

**Oat flapjack** - Oats, butter, rice malt syrup, brown sugar **VG EF GF**

## TUESDAY

**Three cheese garlic bread sticks** - Cheddar cheese, parmeson, feta, garlic, oil, turkish bread (**BP**) **VG EF**

**Bacon tomato zucchini & pea pasta** - Bacon, tomato sauce (**MP**), zucchini, peas, pasta (**BP**) **DF EF**

**Lemon coconut cookie** - Lemon zest, flour, eggs, coconut, butter, sugar, rice flour **VG**

## WEDNESDAY

**BBQ chicken & pineapple scroll** - Chicken mince, BBQ sauce (**BP**), cheddar cheese, pineapple, puff pastry (**BP**) **VG**

**Spiced lentil & veggie pie** - Lentils, tomato, basil, pepper, sweet potato, carrots, onions, garlic, celery, spices, vegetable stock (**BP**) pastry (**MP**) **VG V DF EF**

**Raw dark chocolate cherry coconut bars** - Cherries, coconut, cocoa, dark chocolate, coconut oil, rice malt syrup, **VG V GF DF EF**

## THURSDAY

**Corn & spinach scones** - Corn, spinach, cheddar cheese, oil, flour, butter, milk **VG EF**

**Mild green chicken curry rice** - Chicken, rice, onion, garlic, ginger, lemon, sugar, chicken stock (**BP**), broccoli, mushrooms, spices **DF EF GF**

**Vanilla cookie** - Flour, eggs, rice flour, corn flour, butter, sugar, vanilla **VG**

## FRIDAY

**Tandoori chicken pizza stick** - Chicken, cheddar cheese, turkish bread (**BP**), tandoori paste (**BP**), yogurt, **EF**

**Zucchini, sweet potato & bacon slice** - Smoked bacon, cheddar cheese, milk, eggs, flour, sweet potato, oil, zucchini,

**Mixed berry cake** - Coconut milk, sugar, flour, coconut, vanilla, mixed berries **DF EF VG V**



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## MONDAY

**Creamed corn & bacon scroll** - Bacon, cheddar cheese, creamed corn (BP), puff pastry (BP) EF

**Beerwah chicken pie** - Chicken, peas, corn, creamed corn (BP), chicken stock (BP), corn flour, puff pastry (MP) DF EF

**Cacao ginger cookie** - Flour, eggs, butter, cacao, ground ginger, sugar VG

## TUESDAY

**Cheese tomato pizza** - Cheddar cheese, tomato, tomato sauce (MP) pizza base (BP) EF VG

**Beef lasagne w/ hidden vegetables** - Mince beef, cheddar cheese, milk, tomato sauce (MP), onion, garlic, beef stock (BP), zucchini, carrot, celery, pasta sheets (BP), flour, butter EF

**Banana & dark chocolate scroll** - Banana, dark chocolate (BP), puff pastry (BP) VG EF

## WEDNESDAY

**Vegemite scroll** - Vegemite (BP), cheddar cheese, puff pastry (BP) VG EF

### Mixed Japanese nori rolls

1. Rice, seaweed paper, carrot, cucumber GF DF LF VG V
2. Rice, seaweed paper, ham, avocado GF DF LF
3. Rice, seaweed paper, chicken, teriyaki cocominos sauce (BP) GF DF LF

**Lemon curd blueberry cake** - Coconut milk, sugar, flour, coconut, lemon curd (MP), blueberries EF VG

## THURSDAY

**Cheesy hawaiian bread sticks** - Ham, cheddar cheese, turkish bread (BP), tomato sauce (MP), pineapple EF

**Chicken nasi goreng** - Chicken mince, cabbage, carrot, rice, ginger, garlic, spices, soy sauce (BP) DF EF

**Hummingbird muffin** - Coconut milk, sugar, flour, vanilla, coconut, pineapple, spices VG V DF EF

## FRIDAY

**Creamed corn & zucchini puff** - Cheddar cheese, milk, creamed corn (BP), oil, flour, eggs, baking powder, zucchini VG

**BBQ chicken, mushroom & spinach pizza** - Chicken, cheddar cheese, pizza base (BP), bbq sauce (BP), mushroom, spinach EF

**Cacao cherry brownie** - Coconut milk, sugar, flour, coconut, cacao, cherries, vanilla EF VG V DF



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## NOTE

All items on dietary menu only  
are **100% egg free**  
All chef for kids menus are 100% nut free

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## MONDAY

**Raw bounty bar** - Coconut, cacao, GF rice bubbles, rice malt syrup, coconut oil, coconut cream **GF DF LF VG V**

**GF pasta shells w/ roasted mushroom & pumpkin sauce** - GF pasta shells, mushrooms, pumpkin **GF DF LF VG V**

## TUESDAY

**GF passionfruit strawberry muffin** - GF flour, coconut milk, coconut, sugar, vanilla, strawberries, passionfruit **GF DF LF VG V**

**Vegi nasi goreng** - Rice, carrot, cabbage, ginger, peas, corn, garlic, cocominos (**BP**), spices, onion, garlic **DF LF VG V**

## WEDNESDAY

**Flapjack** - Oats, nuttelex, rice malt syrup, brown sugar **GF DF LF VG V**

**Rice & chickpea w/ apricots, cucumber, sultanas & parsley** - Rice, chickpeas, apricots, sultanas, parsley, garlic, onion, tomato, cucumber **GF DF LF VG V**

## THURSDAY

**Raw choc-cherry coconut bars** - Cherries, coconut, cacao, dark chocolate, coconut oil, rice malt syrup **GF DF LF VG V**

**GF pasta w/ broccoli & carrot sauce** - GF pasta, broccoli, carrot, garlic, onion **GF DF LF VG V**

## FRIDAY

**Raw apple muesli slice** - Oats, GF rice bubbles, sultanas, apple, apricots, rice malt syrup, coconut oil, coconut **GF DF LF VG V**

**Veggie shepard pie** - Mixed beans, tomato sauce (**MP**), carrot, zucchini, peas, corn, sweet potato **GF DF LF VG V**



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## MONDAY

**Raw choc-cherry coconut bars** - Cherries, coconut, cacao, dark chocolate, coconut oil, rice malt syrup **GF DF LF VG V**

**Teriyaki rice noodles w/ roasted corn, snowpeas & rocket leaves** - Rice noodles, teriyaki cocominos sauce (**BP**), roasted corn, snowpeas, rocket leaves **GF DF LF VG V**

## TUESDAY

**Flapjack** - Oats, nuttalex, rice malt syrup, brown sugar **GF DF LF VG V**

**GF Pasta tomato pesto w/ fresh tomato & spinach** - GF pasta, tomato sauce (**MP**), pesto (**MP**), spinach, tomato **GF DF LF VG V**

## WEDNESDAY

**Raw apple & muesli slice** - Oats, GF rice bubbles, sultanas, apple, apricots, rice malt syrup, coconut oil, coconut **GF DF LF VG V**

**Mixed Japanese nori rolls**

1. Rice, seaweed paper, carrot, cucumber **GF DF LF VG V**
2. Rice, seaweed paper, ham, avocado **GF DF LF**
3. Rice, seaweed paper, chicken, teriyaki cocominos sauce (**BP**) **GF DF LF**

## THURSDAY

**GF passionfruit strawberry muffin** - GF flour, coconut milk, coconut, sugar, vanilla, strawberries, passionfruit **GF DF LF VG V**

**GF pasta cauliflower, peas w/ zucchini sauce** - GF pasta, cauliflower, peas, zucchini, onions, garlic **GF DF LF VG V**

## FRIDAY

**Raw bounty bar** - Coconut, cacao, GF rice bubbles, rice malt syrup, coconut oil, coconut cream **GF DF LF VG V**

**Mexican tomato & black bean rice** - Black beans, tomato, mixed beans, onion, garlic, corn, rice, spices **GF DF LF VG V**



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## MONDAY

**Flapjack** - Oats, nuttalex, rice malt syrup, brown sugar **GF DF LF VG V**

**Rice & chickpea w/ apricots, cucumber, sultanas & parsley** - Rice, chickpeas, apricots, sultanas, parsley, cucumber **GF DF LF VG V**

## TUESDAY

**Raw bounty bar** - Coconut, cacao, GF rice bubbles, rice malt syrup, coconut oil, coconut cream **GF DF LF VG V**

**GF pasta w/ tomato zucchini & pea** - Tomato sauce (**MP**), zucchini, peas, GF pasta (**BP**) **GF DF LF VG V**

## WEDNESDAY

**Raw choc-cherry coconut bars** - Cherries, coconut, cacao, dark chocolate, coconut oil, rice malt syrup **GF DF LF VG V**

**Veggie shepards pie** - Mixed beans, tomato sauce (**MP**), carrot, zucchini, peas, corn, sweet potato **GF DF LF VG V**

## THURSDAY

**Raw apple & muesli slice** - Oats, GF rice bubbles, sultanas, apple, apricots, rice malt syrup, coconut oil, coconut **GF DF LF VG V**

**Mild green veggie curry rice** - Rice, onion, garlic, ginger, lemon, sugar, olive oil, vegan chicken stock (**BP**), broccoli, mushrooms, spices **GF DF LF VG V**

## FRIDAY

**GF passionfruit strawberry muffin** - GF flour, coconut milk, coconut, sugar, vanilla, strawberries, passionfruit **GF DF LF VG V**

### Mixed Japanese nori rolls

1. Rice, seaweed paper, carrot, cucumber **GF DF LF VG V**
2. Rice, seaweed paper, ham, avocado **GF DF LF**
3. Rice, seaweed paper, chicken, teriyaki cocominos sauce (**BP**) **GF DF LF**



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## MONDAY

**Raw bounty bar** - Coconut, cacao, GF rice bubbles, rice malt syrup, coconut oil, coconut cream **GF DF LF VG V**

**GF pasta w/ tomato zucchini, pea & corn** - Tomato sauce (**MP**), zucchini, peas, corn, GF pasta (**BP**) **GF DF LF VG V**

## TUESDAY

**Raw apple & muesli slice** - Oats, GF rice bubbles, sultanas, apple, apricots, rice malt syrup, coconut oil, coconut **GF DF LF VG V**

**Veggie nasi goreng**- Cabbage, carrot, rice, ginger, garlic, spices, peas, corn, cocominos (**BP**) **DF LF VG V**

## WEDNESDAY

**GF passionfruit strawberry muffin** - GF flour, coconut milk, coconut, sugar, vanilla, strawberries, passionfruit **GF DF LF VG VGF DF LF VG V**

### Mixed Japanese nori rolls

1. Rice, seaweed paper, carrot, cucumber **GF DF LF VG V**
2. Rice, seaweed paper, ham, avocado **GF DF LF**
3. Rice, seaweed paper, chicken, teriyaki cocominos sauce (**BP**) **GF DF LF**

## THURSDAY

**Raw choc-cherry coconut bars** - Cherries, coconut, cacao, dark chocolate, coconut oil, rice malt syrup **GF DF LF VG V**

**GF pasta veggie bake** - Tomato sauce(**MP**), mixed beans, onion, garlic, zucchini, carrot, celery, GF pasta **GF DF LF VG V**

## FRIDAY

**Flapjack** - Oats, nuttalex, rice malt syrup, brown sugar **GF DF LF VG V**

**GF pasta basil pesto w/ fresh tomato & rocket** - GF pasta, pesto (**BP**), tomatoes, rocket leaves **GF DF LF VG V**

## MADE PRODUCTS

### Puff pastry

Wheat flour, margarine

### Hummus

Chick peas, tahini, lemon juice, garlic, oil, water

### Tomato salsa

Tomatoes, onion, garlic, white wine vinegar, parsley

### Pesto

Basil, garlic, olive oil, sunflower seeds

### Curry paste

Ginger, garlic, onion, coriander, pepper, lemon, sugar

### Pizza & tomato sauce

Tomato paste, herbs, tomatoes, vinegar, sugar, salt, garlic

### Sushi seasoning

White vinegar, sugar

### Lemon curd

Lemon juice, eggs, butter, sugar

## BOUGHT PRODUCTS

### Pizza bases

Wheat, sourdough, veg shortenings, barley malt extract, whey powder, sugar, yeast, salt

### Chocolate

DF dark chocolate/ milk chocolate

### Puff pastry

Wheat flour, margarine, vegetable oil, salt, emulsifiers, antioxidant

### Vegemite

Yeast extract, salt, malt extract from barley, tapioca, vinegar, riboflavin, thiamine, folate

### GF Vegemite

Vegetable protein extract, tapioca, vinegar, riboflavin, thiamine, folate

### GF pasta

Maize flour, rice flour

### Creamed corn

Corn, tapioca starch

### Rice milk

Brown rice, sunflower oil

### Vegan chicken stock

Southern ocean sea salt, maize maltodextrin, cane sugar, yeast extract, natural vegetable flavours, dehydrated onion, canola oil, extra virgin olive oil, turmeric ground madras (colour).

### Vegan beef stock

Southern ocean sea salt, maize maltodextrin, cane sugar, yeast extract, natural vegetable flavours dehydrated vegetables (onion, garlic and celery), camila oil, caramelised sugar syrup (colour), extra virgin olive oil.

### Tahini

Sesame seeds – tree nut free

### Nuttelex

Vegetable oil, water, salt, vitamin A, D, E, natural colour, beta carotene

### Soy sauce

Soy bean, wheat, salt sugar, water

### Cream cheese

Milk cream, starter culture

### Ricotta

Whey, pasturised milk

### Tandoori paste

Paprika, lemon juice, ginger, garlic, salt, chilli paste, garam-marsala, cumin,

### Cocominos

Teriyaki, BBQ, Original

Coconut blossom nectar, garlic, onion, sundried mineral rich sea salt

### BBQ sauce

Tomato paste, sugar, water, corn flour, glucose syrup, tamarind paste, cloves, nutmeg, yeast extract, onion

## SANDWICHES AND WRAPS

### **Wholemeal Bread**

Wholemeal flour, water, salt, yeast

### **Multigrain Bread**

Wholemeal flour, water, salt, seeds, yeast

### **Turkish Bread**

Flour, water, salt, oil, yeast

### **GF Bread**

Wholemeal rice flour, tapioca starch, maize, potato starch, milled linseed, canola oil, sugar, psyllium flour, egg, soy flour, rice flour, yeast, vinegar, thiamin

### **Spinach wrap**

Flour, folic acid, veg oil, spinach herb seasoning, vegetable gums

### **Tomato wrap**

Flour, folic acid, veg oil, tomato herb seasoning, vegetable gums

### **Plain wraps**

Flour, folic acid, veg oil, vegetable gums

### **Regular menu sandwich and wrap fillings**

Butter, ham, vegemite, cheddar cheese, chicken, beef  
Tomato, lettuce, cucumber, carrot, cream cheese

## MEATS

All chef for kids meats are sourced locally where possible and free range.

Beef mince  
Chicken mince  
Chicken breast  
Shaved ham  
Silverside  
Sandwich chicken

## EGGS

All chef for kids eggs are from Forage Farms, Kybong