



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

We use rice bran oil, extra virgin olive oil or organic coconut oil for all menu items. Coconut is preservative free.

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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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