



DAILY INGREDIENTS

2022/2023





INGREDIENTS

LEGEND

MP MADE PRODUCTS IS A 100% DAIRY FREE PASTRY.

NOTE: ALL CHEF FOR KIDS MENUS ARE 100% NUT FREE

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

MONDAY

Bacon Corn Scroll bacon, corn, creamed corn, cheese, puff pastry (BP) **EF**

Mild Chicken & Vegetable Curry Pie chicken mince, peas, corn, creamed corn, stock, puff pastry (MP) **DF LF EF**

Cacao & Beetroot Cake beetroot, cacao, flour, coconut milk, coconut, sugar **DF LF VG V EF**

TUESDAY

Spinach & Fetta Stick spinach, fetta, cream cheese, cheese, puff pastry (BP) **VG EF**

Chicken Bolognese w Oregano chicken mince, carrot, zucchini, garlic, onion, tomato, chicken stock, oregano, pasta **DF LF EF**

Blueberry Vanilla Crumble Slice blueberries, vanilla, flour, butter, sugar **VG EF**

WEDNESDAY

Ham & Pineapple Scone ham, pineapple, flour, oil, milk, cheese, garlic **EF**

Beef Nasi Goreng w Cabbage & Carrot beef mince, cabbage, carrot, peas, ginger, garlic, soy sauce, rice **GF DF LF EF**

Cranberry Sunflower Seed Cheesecake Cookie cranberry, sunflower seeds, cream cheese, sugar, eggs, flour, butter **VG**

THURSDAY

Pumpkin & Bacon Muffin bacon, pumpkin, flour, oil, eggs, garlic, milk, cheese

Lamb Sausage Spinach, Sweet Potato Pizza lamb sausage, sweet potato, cheese, spinach, pizza sauce, pizza base **EF**

Cherry & Chia Seed Dark Chocolate Bar cherries, chia seeds, dark chocolate, oats, cacao powder, dates, maple syrup, coconut oil **GF DF LF VG V EF**

FRIDAY

Cheese Tomato Zucchini Turkish cheese, tomato, zucchini, pizza sauce, turkish bread **VG EF**

Chicken Zucchini Pea Pesto Pumpkin Slice chicken mince, zucchini, peas, pumpkin, eggs, flour, cheese, oil, pesto

Raspberry Coconut Yoghurt Muffin raspberries, coconut yoghurt, coconut milk, flour, coconut, sugar **DF LF VG V EF**



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MONDAY

Sweet Potato Broccoli Mozarella Cheese Stick sweet potato, broccoli, mozzarella cheese, puff pastry (BP) **VG EF**

Beef & Vegetable Sausage Roll beef mince, puff pastry (MP), carrot, celery, garlic, breadcrumbs **DF LF EF**

Sugar Free Sticky Date Apple Cake dates, flour, apple, coconut, coconut milk **DF LF VG V EF**

TUESDAY

Sweet Potato & Cauliflower Muffin sweet potato, cauliflower, eggs, flour, oil, cheese, milk, garlic **VG**

Beef Capsicum Mushroom Pizza beef mince, capsicum, mushroom, pizza sauce, cheese, pizza base **EF**

Gingerbread Cookie flour, honey, sugar, spices, ginger **DF LF VG EF**

WEDNESDAY

Bacon & Fresh Spinach & Cheese Turkish Bread bacon, spinach, cheese, pizza sauce, turkish bread **EF**

Beef Mushroom Zucchini Ginger Corn Rice beef mince, zucchini, ginger, garlic, mushroom, corn, rice, vegetable stock **GF DF LF EF**

Cacao Blueberry Brownie cacao, blueberries, flour, coconut, coconut milk, maple syrup, brown sugar **DF LF VG V EF**

THURSDAY

Chicken Bolognese & Mushroom Scroll chicken mince, carrot, zucchini, mushroom, tomato sauce, cheese, puff pastry (BP) **EF**

Pumpkin Basil Carbonara Pasta pumpkin, basil, bacon, spinach, pasta, garlic, onion **DF LF EF**

Banana & Dark Choc Chip Muffin banana, dark choc chips, flour, coconut milk, coconut, brown sugar **DF LF VG V EF**

FRIDAY

Sweet Potato Raisin & Fetta Scone sweet potato, raisin, fetta, flour, oil, cheese, garlic, milk **VG EF**

Mixed Sushi Rolls (Rice contains vinegar and sugar)

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

Lemon Myrtle Passionfruit & Strawberry Slice lemon myrtle, passionfruit, strawberry, coconut, oats, GF flour, nuttalex, maple syrup **GF DF LF VG V EF**



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MONDAY

Vegemite Avocado Cheese Scroll vegemite, cheese, puff pastry, avocado **VG EF**

Chicken Spinach & Vegetable Sausage Roll chicken mince, carrot, celery, spinach, seasoning, breadcrumbs, puff pastry (MP) **DF LF EF**

Cacao Wattleseed Cookie cacao, wattleseed flour, butter, sugar, eggs **VG**

TUESDAY

Garlic Fresh Tomato Cheese Turkish garlic, tomato, cheese, turkish bread **VG EF**

Beef Zucchini Garlic Thyme Pea Pasta beef mince, zucchini, pasta, garlic, thyme, peas, onions **DF LF EF**

Mango Cinnamon Muffin mango, cinnamon, flour, coconut, coconut milk, sugar **DF LF VG V EF**

WEDNESDAY

Broccoli & Bacon Scone broccoli, bacon, flour, oil, milk, cheese, garlic **EF**

Chicken Mushroom Creamed Corn Zucchini Pizza chicken mince, mushroom, zucchini, corn, creamed corn, cheese, pizza base **EF**

Raspberry Pear Vanilla Cake raspberry, pear, vanilla, flour, sugar, coconut, coconut milk **DF LF VG V EF**

THURSDAY

Carrot Pesto & Fetta Muffin pesto, carrot, fetta, flour, oil, milk, cheese, eggs, garlic **VG**

Sweet Potato Ham Zucchini Slice sweet potato, zucchini, ham, eggs, flour, oil, cheese

Apple Cranberry Seed Bar apple, cranberry, pumpkin seeds, sunflower seeds, quinoa, maple syrup, oats, coconut oil **GF DF LF VG V EF**

FRIDAY

Pumpkin Raisin & Mozzarella Cheese Stick pumpkin, raisin, mozzarella cheese, puff pastry (BP) **VG EF**

Miso Maple Roasted Pumpkin Bacon Rice bacon, pumpkin, pea, carrot, rice, miso maple paste, vegetable stock, garlic **GF DF LF EF**

Apple & Raspberry Pie apple, raspberries, sugar, puff pastry (MP) **DF LF VG V EF**



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MONDAY

Sweet Potato Spinach Pesto Scroll sweet potato, spinach, pesto, cheese, puff pastry (BP) **VG EF**

Beef & Vegetable Pie beef mince, peas, corn, seasoning, stock, puff pastry (MP) **DF LF EF**

3 Seed Cacao Bar oats, pumpkin seeds, sunflower seeds, cacao powder, chia seeds, dates, rice, malt syrup, coconut oil **GF DF LF VG V EF**

TUESDAY

Bacon Raisin Zucchini Muffin bacon, zucchini, raisin, flour, eggs, milk, cheese, oil, garlic

Ham Mushroom Spinach Pizza ham, mushroom, spinach, cheese, pizza sauce, pizza base **EF**

Maple Carrot & Blackberry Cake carrot, blackberries, maple syrup, flour, coconut, coconut milk, sugar **DF LF VG V EF**

WEDNESDAY

BBQ Chicken & Pineapple Turkish chicken mince, BBQ sauce, pineapple, cheese, turkish bread **EF**

Mixed Sushi Rolls (*Rice contains vinegar and sugar*)

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

Apple & Strawberry Muffin apple, strawberry, flour, coconut, coconut milk, sugar **DF LF VG V EF**

THURSDAY

Chicken Carrot Tomato Stick chicken mince, carrot, pizza sauce, cheese, puff pastry (BP) **EF**

Pork Sausage & Sweet Potato Black Olive Pasta pork sausage, sweet potato, tomato sauce, black olive, pasta **EF**

Dried Pineapple Gingerbread dried pineapple, flour, honey, spices, ginger, sugar **DF LF VG EF**

FRIDAY

Apple & Apricot Scone apple, apricot, flour, oil, cheese, milk **VG EF**

Beef Vegetable Con Carne w Rice beef mince, pumpkin, carrot, sweet potato, red beans, spices, garlic, rice, stock **GF DF LF EF**

Banana Maple Flapjack oats, maple syrup, banana, nuttalex **GF DF LF VG V EF**



INGREDIENTS

NOTE:
ALL DIETARY
MENU PASTRY IS
100% DAIRY FREE

NOTE: ALL ITEMS ON DIETARY
MENU ONLY ARE **100% EGG FREE**
(EXCEPT THE GF PASTRY HAS
EGG WHITES). ALL CHEF FOR KIDS
MENUS ARE **100% NUT FREE**

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MONDAY

GF Beetroot Cacao Cake beetroot, cacao, flour, coconut milk, coconut, sugar **GF DF LF VG V EF**

Mild Curry Chicken & Vegetable Pie chicken mince, curry, peas, corn, creamed corn, stock, GF puff pastry (MP) **GF DF LF EF**

Plant Based Mild Curry Vegetable Pie meat substitute, peas, corn, creamed corn, stock, GF puff pastry (MP) **DF LF VG V EF**

TUESDAY

GF Blueberry Vanilla Crumble blueberries, vanilla, GF flour, nuttelex, sugar **GF DF LF VG V EF**

Chicken Bolognese & Oregano chicken mince, carrot, zucchini, tomato sauce, chicken stock, oregano, GF pasta **GF DF LF EF**

Plant Based Bolognese & Oregano meat substitute, carrot, zucchini, tomato sauce, chicken stock, oregano, pasta **DF LF VG V EF**

WEDNESDAY

GF Banana Maple Flapjack oats, maple syrup, banana, nuttelex **GF DF LF VG V EF**

Beef Nasi Goreng w Cabbage & Carrot beef mince, cabbage, carrot, peas, ginger, garlic, soy sauce, rice **GF DF LF EF**

Plant Based Nasi Goreng meat substitute, cabbage, carrot, ginger, garlic, soy sauce, rice **GF DF LF VG V EF**

THURSDAY

GF Cherry Chai Seed Dark Chocolate Bar cherries, chia seeds, dark chocolate, oats, cacao powder, dates, maple syrup, coconut oil
GF DF LF VG V EF

Lamb Sausage Sweet Potato Spinach Pizza lamb sausage, sweet potato, vegan cheese, spinach, pizza sauce, GF pizza base
GF DF LF EF

Plant Based Tomato Sweet Potato Spinach Pizza meat substitute, tomato, sweet potato, vegan cheese, spinach, pizza sauce, pizza base
DF LF VG V EF

FRIDAY

GF Raspberry Coconut Yoghurt Muffin raspberries, coconut yoghurt, coconut milk, flour, coconut, sugar **GF DF LF VG V EF**

Pasta w Pumpkin Sauce chicken mince, zucchini, peas, pumpkin, GF pasta, pesto **GF DF LF EF**

Pasta w Pumpkin Sauce meat substitute, zucchini, peas, pumpkin, pasta, pesto **DF LF VG V EF**



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MONDAY

GF Sugar Free Sticky Date Apple Cake dates, GF flour, apple, coconut, coconut milk **GF DF LF VG V EF**

Beef & Vegetable Sausage Roll beef mince, GF puff pastry (MP), carrot, celery, garlic, breadcrumbs **GF DF LF EF**

Plant Based Vegetable Sausage Roll meat substitute, puff pastry (MP), carrot, celery, garlic, breadcrumbs **DF LF VG V EF**

TUESDAY

GF 3 Seed Cacao Bar oats, pumpkin seeds, sunflower seeds, cacao powder, chia seeds, dates, rice malt syrup, coconut oil
GF DF LF VG V EF

Beef Capsicum Mushroom Pizza beef mince, capsicum, mushroom, pizza sauce, vegan cheese, GF pizza base **GF DF LF EF**

Plant Based Capsicum Corn Mushroom Pizza meat substitute, capsicum, mushroom, pizza sauce, vegan cheese, GF pizza base
DF LF VG V EF

WEDNESDAY

GF Cacao Blueberry Brownie cacao, blueberries, GF flour, coconut, coconut milk, maple syrup, brown sugar **GF DF LF VG V EF**

Beef Mushroom Zucchini Ginger Corn Rice beef mince, zucchini, ginger, garlic, mushroom, vegetable stock, rice **GF DF LF EF**

Plant Based Mushroom Zucchini Ginger Corn Rice meat substitute, zucchini, ginger, garlic, mushroom, vegetable stock, rice
GF DF LF VG V EF

THURSDAY

GF Banana Dark Choc Chip Muffin banana, dark choc chips, GF flour, coconut milk, coconut, brown sugar **GF DF LF VG V EF**

Pumpkin Basil Carbonara Pasta pumpkin, basil, bacon, spinach, GF pasta, garlic, onion **GF DF LF EF**

Plant Based Pumpkin Basil Carbonara Pasta meat substitute, pumpkin, basil, spinach, pasta, garlic, onion **DF LF VG V EF**

FRIDAY

GF Lemon Myrtle Passionfruit & Strawberry Slice lemon myrtle, passionfruit, strawberry, coconut, oats, GF flour, nuttalex, maple syrup
GF DF LF VG V EF

Mixed Sushi Rolls (Rice contains vinegar and sugar)

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



INGREDIENTS

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

Gluten free **GF** Dairy free **DF** Lactose free **LF** Vegetarian **VG** Vegan **V** Egg Free **EF**

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MONDAY

GF Apple & Blueberry Anzac Slice apple, blueberry, GF flour, coconut, rice malt syrup, oil **GF DF LF VG V EF**

Chicken Spinach & Vegetable Sausage Roll chicken mince, carrot, celery, spinach, seasoning, breadcrumbs, puff pastry (MP) **GF DF LF EF**

Plant Based Spinach & Fetta Sausage Roll meat substitute, fetta, spinach, seasoning, breadcrumbs, puff pastry (MP) **DF LF VG V EF**

TUESDAY

GF Mango Cinnamon Muffin mango, cinnamon, GF flour, coconut, coconut milk, sugar **GF DF LF VG V EF**

Beef Zucchini Pea Garlic Thyme Pasta beef mince, GF pasta, zucchini, garlic, thyme, peas, onions **GF DF LF EF**

Plant Based Miso Maple Roasted Pumpkin Rice pumpkin, pea, carrot, rice, miso maple paste, vegetable stock, garlic **GF DF LF VG V EF**

WEDNESDAY

GF Raspberry Pear Vanilla Cake raspberry, pear, vanilla, GF flour, sugar, coconut, coconut milk **GF DF LF VG V EF**

Chicken Mushroom Zucchini Pizza chicken mince, mushroom, zucchini, corn, creamed corn, vegan cheese, GF pizza base **GF DF EF LF**

Plant Based Mushroom Zucchini Pizza meat substitute, mushroom, zucchini, corn, creamed corn, vegan cheese, GF pizza base
GF DF LF VG V EF

THURSDAY

GF Apple Cranberry Seed Bar apple, cranberry, pumpkin seeds, sunflower seeds, quinoa, maple syrup, oats **GF DF LF VG V EF**

Ham & Zucchini Pasta w Tomato Sauce ham, zucchini, peas, sweet potato, tomato sauce, GF pasta **GF DF LF EF**

Zucchini Pasta w Tomato Sauce meat substitute, zucchini, peas, sweet potato, tomato sauce, pasta **DF LF VG V EF**

FRIDAY

GF Apple Raspberry Pie apple, raspberries, sugar, GF flour, puff pastry (MP) **GF DF LF VG V EF**

Miso Maple Roasted Pumpkin Bacon Rice bacon, pumpkin, pea, carrot, rice, miso maple paste, vegetable stock, garlic **GF DF LF EF**

Plant Based Zucchini Pea Garlic Thyme Pasta meat substitute, pasta, zucchini, garlic, thyme, peas, onions **DF LF VG V EF**



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MONDAY

GF 3 Seed Cacao Bar oats, pumpkin seeds, sunflower seeds, cacao powder, chia seeds, dates, rice, malt syrup, coconut oil
GF DF LF VG V EF

Beef & Vegetable Pie beef mince, peas, corn, seasoning, stock, puff pastry (BP) **GF DF LF EF**

Plant Based Vegetable Pie meat substitute, peas, corn, seasoning, stock, puff pastry (BP) **DF LF VG V EF**

TUESDAY

GF Maple Carrot & Blackberry Cake carrot, blackberries, maple syrup, GF flour, coconut, coconut milk, sugar **GF DF LF VG V EF**

Ham Mushroom Spinach Pizza ham, mushroom, spinach, vegan cheese, pizza sauce, GF pizza base **GF DF LF EF**

Plant Based Mushroom Spinach Pizza meat substitute, mushroom, spinach, vegan cheese, pizza sauce, pizza base **DF LF VG V EF**

WEDNESDAY

GF Apple Strawberry Muffin apple, strawberry, GF flour, coconut, coconut milk, sugar **GF DF LF VG V EF**

Mixed Sushi Rolls (Rice contains vinegar and sugar)

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

THURSDAY

Cherry & Chia Seed Dark Chocolate Bar cherries, chia seeds, dark chocolate, oats, cacao powder, dates, maple syrup, coconut oil **GF DF LF VG V EF**

Pork Sausage & Sweet Potato Black Olive Pasta pork sausage, sweet potato, tomato sauce, black olive, GF pasta **GF DF LF EF**

Plant Based Sweet Potato Tomato Black Olive Pasta meat substitute, sweet potato, tomato, black olive, pasta **DF LF VG V EF**

FRIDAY

GF Banana Maple Flapjack oats, banana, nuttalex, maple syrup **GF DF LF VG V EF**

Beef Vegetable Con Carne w Rice beef mince, pumpkin, carrot, sweet potato, red beans, spices, garlic, tomato sauce, rice
GF DF LF EF

Plant Based Vegetable Con Carne w Rice meat substitute, pumpkin, carrot, sweet potato, red beans, spices, garlic, tomato sauce, rice
GF DF LF VG V EF

MADE PRODUCTS

Puff pastry

Wheat flour, margarine

GF Pastry

Maize flour, rice flour, **EGG WHITE**, soy protein, salt, vegetable oil, yeast

Hummus

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

Pesto

Basil, garlic, olive oil, sunflower seeds

Curry paste

Turmeric, ginger, garlic, onion, cumin, tomato cinnamon, garam masala, coriander

Pizza sauce

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

Sushi seasoning

White vinegar, sugar

Tomato sauce

Tomato, herbs, onion, garlic, water

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, avocado, cream cheese

EGGS

All chef for kids eggs are from Forage Farms, Kybong

BOUGHT PRODUCTS

Pizza bases

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

Puff pastry

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

Veef

Lentils, beetroot, onion, flaxseed meal, coconut flour, mushrooms, paprika

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

Nuttelelex

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

GF Soy sauce

Soy bean, wheat, salt sugar, water

Cream cheese

Milk cream, starter culture

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

MEATS

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

Pork sausage: rice flour, herbs

Lamb sausage:

fresh mint, fresh rosemary, maple syrup, rice flour

Beef mince/Pork mince

Chicken mince

Chicken breast

Shaved ham

Shaved Silverside

Shaved chicken