

MENU

WEEK 1

JUNIOR
by TKG

MONDAY

Yoghurt cups

Yoghurt;
Milk solids, sugar, thickeners (1442,406,440)live yoghurt cultures (acidophilus, bifidus, casei) Muesli;
Wholegrain oats, dried fruit (sultanas, banana, pineapple, coconut) cottonseed oil, cane sugar, oat bran, wheat bran, wheat flour, sugar, citric acid
CONTAINS: DAIRY, GLUTEN

Creamy tomato chicken pasta

Chicken thigh, onions, zucchini, carrot, peas, mushroom, tomatoes, coconut cream, salt, pepper, olive oil, pasta
CONTAINS: GLUTEN

Charred pita bread & hummus

Golden top bakery pita bread; Wheat flour, sugar, yeast, wheat starch, vegetable oil, vinegar, vege emulsifier(471,481,435,472) soy flour, food acid (262 300) enzyme Hummus Chickpeas, tahini (sesame paste) oil, garlic, salt, citric acid, lactic acid preservative 202
CONTAINS: GLUTEN, SESAME, SOY

TUESDAY

Wholemeal Turkish toast with cheese

Long wholemeal Turkish bread & tasty cheese
CONTAINS: GLUTEN, DAIRY

Spaghetti bolognese

Beef mince, onion, garlic, olive oil, carrot, zucchini, mushroom, tomato paste, tomato, salt, pepper, oregano, Spaghetti
CONTAINS: GLUTEN

Rice cakes, cheese & tzatiki

Rice thins;
Brown rice, puffed cereal grains Tzatziki;
Yoghurt, cucumber, garlic, mint, salt, preservative 202
CONTAINS: DAIRY

WEDNESDAY

Banana bread

Bananas, olive oil, vanilla essence, SR flour, wholemeal flour, bi-carb, brown sugar, cinnamon
CONTAINS: GLUTEN

Teriyaki beef

Beef mince, onion, garlic, carrot, zucchini, cabbage, ginger, coconut aminos, corn flour, salt, brown Rice

Garlic bread

Wheat flour, margarine [vegetable oil, water, salt, emulsifiers (322 from soy, 471), natural flavour, antioxidant (307b from Soy), food acid (330), natural colour (160a)], water, garlic (2.8%), baker's yeast, iodised salt, parsley, canola oil, wheat gluten, sugar, soy flour, acidity regulators (262, 575, 330), natural flavour (Garlic (<0.1%)), vegetable gum (415), vitamins (thiamin, folic acid).
CONTAINS: GLUTEN, SOY

THURSDAY

Baked beans on wholemeal toast

SPC baked beans; Navy beans, rich tomato sauce, tomato puree, water, sugar, salt, seasoning, citric acid wholemeal bread
CONTAINS: GLUTEN, SOY

Lamb rogan josh

Veg oil, lamb mince, onion, carrot, zucchini, sweet potato, cinnamon, cardamom, garlic, ginger, cumin, coriander, turmeric, garam masala, tomatoes, salt, water, brown rice

Carrot & cinnamon slice

Carrot, olive oil, brown sugar, wholemeal flour, salt, ground cinnamon, baking powder, bi-carb soda, currants, coconut milk
CONTAINS: GLUTEN

FRIDAY

Raisin toast

Wheat flour, water, sultanas (20%), sugar, iodised salt, canola oil, yeast, ground cinnamon, soy flour, emulsifiers (481, 471), caramel, vitamins (Thiamine, Folate)
CONTAINS: GLUTEN, SOY

Gourmet beef sausage sandwiches

Sausages; (beef, lamb fat, rice flour, salt, mineral salt (451), preservative (223), natural colour, canola oil, herb extracts, spice extracts), Wholemeal sliced bread, cabbage green, carrot, greek yoghurt
CONTAINS: GLUTEN, DAIRY

Housemade chicken & veg sausage rolls

Chicken mince, carrots, zucchini, salt, pepper, Pampas puff pastry
CONTAINS: GLUTEN, SOY

MORNING
TEA

LUNCH

AFTERNOON
TEA

MENU

WEEK 2

JUNIOR
by **TKG**

MONDAY

MORNING TEA

Raisin toast

Wheat flour, water, sultanas (20%), sugar, iodised salt, canola oil, yeast, ground cinnamon, soy flour, emulsifiers (481, 471), caramel, vitamins (Thiamine, Folate)
CONTAINS: GLUTEN, SOY

LUNCH

Turmeric & coconut lentil curry

Tinned brown lentils, brown onion, zucchini, carrot, pumpkin, turmeric, paprika, coconut cream, water, salt, pepper

AFTERNOON TEA

Corn chips & homemade tomato salsa

Mission round corn chips;
Corn flour, water, salt, vegetable oil
Salsa;
onion, tomato paste, cumin, tomato, salt, pepper

TUESDAY

Cheese & vegemite wholemeal toast

Wholemeal toast;
Wheat flour, wholemeal flour, water, salt, canola oil, yeast, soy flour, emulsifier (481, 471) caramel, vitamins (thiamine, folate), Vegemite, cheese
CONTAINS: GLUTEN, DAIRY, SOY

Chicken & corn risoni soup

Chicken thigh fillet, onion, zucchini, carrot, corn, garlic, salt, pepper, risoni pasta
CONTAINS: GLUTEN

Cheese & spinach filo triangles

Antoniou Filo pastry, ricotta cheese, spinach, salt, pepper
CONTAINS: GLUTEN, DAIRY

WEDNESDAY

Mango & coconut chia pudding

Frozen mango, coconut milk, Greek yoghurt, chia seeds, pinch of sugar
CONTAINS: DAIRY

Beef & vegetable san choy bow

Lean beef mince, carrots, zucchini, green cabbage, sliced onions, garlic, ground ginger, coconut aminos, whole iceberg lettuce, brown rice

Zucchini brownie

Olive oil, brown sugar, vanilla, wholemeal flour, cocoa powder, salt, zucchini
CONTAINS: GLUTEN

THURSDAY

Yoghurt cups

Yoghurt;
Milk solids, sugar, thickeners (1442,406,440)live yoghurt cultures (acidophilus, bifidus, casei) Muesli;
Wholegrain oats, dried fruit (sultanas, banana, pineapple, coconut) cottonseed oil, cane sugar, oat bran, wheat bran, wheat flour, sugar, citric acid
CONTAINS: DAIRY, GLUTEN

Beef & vegetable Pizza

Golden top bakery Pita bread;
Wheat flour, sugar, yeast, wheat starch, vegetable oil, vinegar, vege emulsifier(471,481,435,472) soy flour, food acid (262 300) enzyme passata, zucchini, carrot, capsicum, beef mince, oregano, cheese, Olive oil, cucumber, tomato, lettuce
CONTAINS: DAIRY, GLUTEN, SOY

Apple slice

Heinz Tin apple, SR flour, brown sugar, olive oil, ground cinnamon
CONTAINS: GLUTEN

FRIDAY

Avocado on wholemeal toast

Wholemeal toast;
Wheat flour, wholemeal flour, water, salt, canola oil, yeast, soy flour, emulsifier (481, 471) caramel, vitamins (thiamine, folate)
CONTAINS: GLUTEN, SOY

Lamb, tomato & spinach pasta

Lamb mince, onion, zucchini, carrot, spinach, tomato paste, tomato, salt, pepper, pasta
CONTAINS: GLUTEN

Zaatar pizza

Golden top bakery Pita bread;
Wheat flour, sugar, yeast, wheat starch, vegetable oil, vinegar, vege emulsifier(471,481,435,472) soy flour, food acid (262 300) enzyme, Olive oil, Zaatar, salt
CONTAINS: GLUTEN, SOY

MENU

WEEK 3

JUNIOR
by **TKG**

MONDAY

Yoghurt cups

Yoghurt;
Milk solids, sugar, thickeners (1442,406,440)live yoghurt cultures (acidophilus, bifidus, casei) Muesli;
Wholegrain oats, dried fruit (sultanas, banana, pineapple, coconut) cottonseed oil, cane sugar, oat bran, wheat bran, wheat flour, sugar, citric acid
CONTAINS: DAIRY, GLUTEN

Korean beef & vegetable bowl

Beef mince, coconut aminos, onion, carrot, zucchini, mushroom, ginger, brown rice

Rice cakes, cheese & tzatiki

Rice thins;
Brown rice, puffed cereal grains
Tzatziki;
Yoghurt, cucumber, garlic, mint, salt, preservative 202
CONTAINS: DAIRY

TUESDAY

Wholemeal Turkish toast with cheese

Long wholemeal Turkish bread & tasty cheese
CONTAINS: GLUTEN, DAIRY, SOY

Lamb stroganoff & macaroni pasta

Lamb mince, garlic, mushroom, zucchini, grated, sweet paprika, tomato paste, Worcestershire sauce, coconut cream, macaroni pasta
CONTAINS: GLUTEN

Charred pita bread & hummus

Golden top bakery pita bread;
Wheat flour, sugar, yeast, wheat starch, vegetable oil, vinegar, vege emulsifier(471,481,435,472) soy flour, food acid (262 300) enzyme
Hummus
Chickpeas, tahini (sesame paste) oil, garlic, salt, citric acid, lactic acid preservative 202
CONTAINS: GLUTEN, SESAME, SOY

WEDNESDAY

Banana bread

Bananas, olive oil, vanilla essence, SR flour, wholemeal flour, bi-carb, brown sugar, cinnamon
CONTAINS: GLUTEN

Sweet 'n' sour chicken

Chicken thigh fillet, onion, carrot, peas, corn, beans, zucchini, garlic, cornflour, pineapple juice, ginger, coconut aminos, white wine vinegar, tomato sauce, honey, Salt, Pepper, brown rice

Garlic bread

Wheat flour, margarine [vegetable oil, water, salt, emulsifiers (322 from soy, 471), natural flavour, antioxidant (307b from Soy), food acid (330), natural colour (160a)], water, garlic (2.8%), baker's yeast, iodised salt, parsley, canola oil, wheat gluten, sugar, soy flour, acidity regulators (262, 575, 330), natural flavour (Garlic (<0.1%)), vegetable gum (415), vitamins (thiamin, folic acid).
CONTAINS: GLUTEN, SOY

THURSDAY

Baked beans on wholemeal toast

SPC baked beans;
Navy beans, rich tomato sauce, tomato puree, water, sugar, salt, seasoning, citric acid
wholemeal bread
CONTAINS: GLUTEN, SOY

Beef lasagne

Beef mince, onion, garlic, carrot, zucchini, tomato paste, tomato, oregano dry/ Italian herbs, salt, pepper, cheese, lasagne sheets
CONTAINS: GLUTEN, DAIRY

Carrot & cinnamon slice

Carrot, olive oil, brown sugar, wholemeal flour, salt, ground cinnamon, baking powder, bi-carb soda, currants, coconut milk
CONTAINS: GLUTEN

FRIDAY

Raisin toast

Wheat flour, water, sultanas (20%), sugar, iodised salt, canola oil, yeast, ground cinnamon, soy flour, emulsifiers (481, 471), caramel, vitamins (Thiamine, Folate)
CONTAINS: GLUTEN, SOY

Coconut fish curry

Bassa fish fillet, ground ginger, lemongrass, lime juice, onion, zucchini, carrot, peas, coconut cream, salt, pepper, brown rice
CONTAINS: FISH

Housemade chicken & veg sausage rolls

Chicken mince, carrots, zucchini, salt, pepper, Pampas puff pastry
CONTAINS: GLUTEN, SOY

MORNING
TEA

LUNCH

AFTERNOON
TEA

MENU

WEEK 4

JUNIOR
by **TKG**

MONDAY

Mango & coconut chia pudding

Frozen mango, coconut milk, Greek yoghurt, chia seeds, pinch of sugar
CONTAINS: DAIRY

Butter chicken

Chicken thigh, turmeric, cumin, sweet paprika, salt, vegetable oil, onion, carrot, zucchini, peas, ground cinnamon, cardamom, garam masala, passata, coconut cream, brown rice

Corn chips & homemade tomato salsa

Mission round corn chips;
Corn flour, water, salt, vegetable oil
Salsa;
onion, tomato paste, cumin, tomato, salt, pepper

TUESDAY

Cheese & vegemite wholemeal toast

Wholemeal toast;
Wheat flour, wholemeal flour, water, salt, canola oil, yeast, soy flour, emulsifier (481, 471) caramel, vitamins (thiamine, folate), Vegemite, cheese
CONTAINS: GLUTEN, DAIRY, SOY

Beef con carne

Beef mince, onion, garlic, carrot, zucchini, capsicum, tomato paste, tomato, cumin, oregano, salt, pepper, brown rice

Cheese & spinach filo triangles

Antoniou Filo pastry, ricotta cheese, spinach, salt, pepper
CONTAINS: GLUTEN, DAIRY

WEDNESDAY

Yoghurt cups

Yoghurt;
Milk solids, sugar, thickeners (1442,406,440)live yoghurt cultures (acidophilus, bifidus, casei) Muesli;
Wholegrain oats, dried fruit (sultanas, banana, pineapple, coconut) cottonseed oil, cane sugar, oat bran, wheat bran, wheat flour, sugar, citric acid
CONTAINS: DAIRY, GLUTEN

Moussaka pasta

Lamb mince, onion, garlic, tomato paste, carrot, zucchini, eggplant, cinnamon, tomato, salt, pepper, penne pasta
CONTAINS: GLUTEN

Apple slice

Heinz Tin apple, SR flour, brown sugar, olive oil, ground cinnamon
CONTAINS: GLUTEN

THURSDAY

Avocado on wholemeal toast

Wholemeal toast;
Wheat flour, wholemeal flour, water, salt, canola oil, yeast, soy flour, emulsifier (481, 471) caramel, vitamins (thiamine, folate)
CONTAINS: GLUTEN, SOY

Beef & broccoli stir fry

Beef mince, vegetable oil, onion, ginger, garlic, carrot, zucchini, broccoli, liquid aminos, corn flour, brown rice

Zaatar pizza

Golden top bakery Pita bread;
Wheat flour, sugar, yeast, wheat starch, vegetable oil, vinegar, vege emulsifier(471,481,435,472) soy flour, food acid (262 300) enzyme, Olive oil, Zaatar, salt
CONTAINS: GLUTEN, SOY

FRIDAY

Raisin toast

Wheat flour, water, sultanas (20%), sugar, Iodised salt, canola oil, yeast, ground cinnamon, soy flour, emulsifiers (481, 471), caramel, vitamins (Thiamine, Folate)
CONTAINS: GLUTEN, SOY

Mexican fish soft shell tacos

Crumbed Fish fingers, flour tortillas, tomatoes, cucumbers diced, iceberg lettuce, cheese, plain yoghurt
CONTAINS: DAIRY, GLUTEN

Zucchini brownie

Olive oil, brown sugar, vanilla, wholemeal flour, cocoa powder, salt, zucchini
CONTAINS: GLUTEN

**MORNING
TEA**

LUNCH

**AFTERNOON
TEA**