



Complete Ingredient & Allergy Listing - April 2023

Asian Noodle

Thai noodle (**Wheat Flour, Food Colour (102, 122), Vegetable Oil & Water**), Sweet Chilli Sauce (**Red Chilli, Sugar, Rice Vinegar, Water, Salt, Thickener (E415), Modified Starch**), Oyster Sauce (**Water, Sugar, Oyster Extract, Salt, Modified Corn Starch (1442), Flavour Enhancer (621), Wheat Flour, Colour (150a)**), Capsicum, Coriander, Dark Soy Sauce (**Soy Sauce, (Water, Salt, Soybeans, Wheat Flour), Colours (150a, 150c), Flavour Enhancers (621, 631, 627), Sugar, Preservative (202)**)

Bean Salad

Cooked assorted beans, chickpeas, capsicum, spring onion, tomato, dressing (**Water, Vinegar, Sugar, Salt, Red Bell Peppers (1%) Oregano, Food Acid (332), Vegetable Gums (407, 415, 440), Parsley, Onions, Paprika Extract, Mineral Salts (327, 508)**)

Beetroot Quinoa

Cooked quinoa, rocket, beetroot, spring onion, garlic, feta cheese, home-made vinaigrette (**White Wine Vinegar, Olive Oil, Sugar, Garlic**)

Caesar Potato

Desiree potato, celery, ham, spring onion, seeded mustard (**Water, Mustard seeds (28%), Salt, Sugar, Food Acid (acetic), Herbs, Spices & Garlic Extract**), parmesan cheese, garlic, salt & pepper, creamy mayonnaise (**Reduced Fat Cream, Halal Gelatine, Sour Cream Culture, Water, Cane Sugar, Vinegar, Vegetable Oil, Maize Thickener (1442), Salt, Wheaten Cornflour, Egg yolk, Vegetable Gum (415), Flavour, Colour (161b), Antioxidant (320)**)

Coleslaw Dressed

Cabbage, carrot, parsley, mayonnaise mix (**Water, Sugar, Vinegar, Sunflower Oil (contains antioxidant (320)), Thickener (1422 (From Maize)), Salt, Egg, Mustard, Vegetable Gum (415), Milk Solids, Natural Colours (101, 160a) (Water, Sugar, Canola Oil, Salt, Food Acid (citric, acetic), Mustard Powder, Xanthan Gum (415), Modified Starch (1414), Egg Powder and Pepper**)

Creamy Elbow Pasta

Pasta (**Durum Wheat Semolina**), onion, celery, carrot, capsicum, creamy mayonnaise mix (**Reduced Fat Cream, Halal Gelatine, Sour Cream Culture, Water, Cane Sugar, Vinegar, Vegetable Oil, Maize Thickener (1442), Salt, Wheaten Cornflour, Egg yolk, Vegetable Gum (415), Flavour, Colour (161b), Antioxidant (320)**)

Crunchy Noodle

Green and red cabbage, carrot, spring onion, fried noodle, roasted almonds, sweet dressing (**Vinegar, Olive Oil, Sesame Oil, Palm Sugar, Sugar, Soy Extract (11%) (Water, Salt, Soybean, Wheat), Water, Salt, Colour (150a), Preservatives (211, 223), Acidity Regulator (330), Stabiliser (415)**)

Curried Rice

Rice, sultanas, spring onion, capsicum, peas, mild curry dressing (**Curry Powder, Olive Oil, Salt, Water, Vinegar, Sugar, Salt, Red Bell Peppers (1%) Oregano, Food Acid (332), Vegetable Gums (407, 415, 440), Parsley, Onions, Paprika Extract, Mineral Salts (327, 508)**)



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Gourmet Tossed

Baby Cos Lettuce, cherry tomato, cucumber, red capsicum, Spanish onion, Kalamata pitted olives (**Olives (50%), Water, Salt, Red Wine Vinegar, Citric Acid, Australian Canola Oil**), dressing (**Balsamic Vinegar, Olive Oil, Garlic, Salt & Pepper**)

Greek Salad

Cherry tomato, cucumber, Kalamata pitted olives (**Olives (50%), Water, Salt, Red Wine Vinegar, Citric Acid, Australian Canola Oil**), Spanish onion, feta cheese (**Pasteurised Skimmed Cow's Milk, Palm Oil, Salt, Microbial Rennet, Lactic Acid Culture**), dressing (**Water, Vinegar, Sugar, Salt, Red Bell Peppers (1%) Oregano, Food Acid (332), Vegetable Gums (407, 415, 440), Parsley, Onions, Paprika Extract, Mineral Salts (327, 508)**)

Hokkien Noodle

Hokkien noodle (**wheat flour, salt, lye water, food colour (102,122), vegetable oil, water**), carrot, capsicum, spring onion, **sesame seeds**, sweet chilli sauce (**Red Chilli, Sugar, Rice Vinegar, Water, Salt, Thickener (E415), Modified Starch**)

Pesto Pasta

Pasta (**Durum Wheat Semolina**), slivered almonds, tomato, basil pesto mix (**Canola Oil, Basil Puree (25%) (Basil 92%, Canola Oil, Citric Acid, Ascorbic Acid, Salt) Water, Cashews, Parmesan Cheese, Sugar, Garlic, Vinegar, Pine Nuts, Salt, Food Acid (330), Potassium Sorbate (202), Xanthan Gum (415), Cane Sugar, Vinegar, Vegetable Oil, Maize Thickener (1442), Salt, Wheaten Cornflour, Egg yolk, Vegetable Gum (415), Flavour, Colour (161b), Antioxidant (320)**), salt & pepper)

Potato Salad

Potato, parsley, spring onion, mayonnaise (**Water, Cane Sugar, Vinegar, Vegetable Oil, Maize Thickener (1442), Salt, Wheaten Cornflour, Egg yolk, Vegetable Gum (415), Flavour, Colour (161b), Antioxidant (320)**)

Red German Potato

Red potato, parsley, spring onion, gherkin, seeded mustard (**Water, Mustard seeds (28%), Salt, Sugar, Food Acid (acetic), Herbs, Spices & Garlic Extract**), mayonnaise (**Water, Cane Sugar, Vinegar, Vegetable Oil, Maize Thickener (1442), Salt, Wheaten Cornflour, Egg yolk, Vegetable Gum (415), Flavour, Colour (161b), Antioxidant (320)**)

Red Potato Sour Cream

Red potato, chives, sour cream (**Reduced Fat Cream, Halal Gelatine, Sour Cream Culture**), mayonnaise (**Water, Cane Sugar, Vinegar, Vegetable Oil, Maize Thickener (1442), Salt, Wheaten Cornflour, Egg yolk, Vegetable Gum (415), Flavour, Colour (161b), Antioxidant (320)**)

Seafood Salad

Seafood Mix (**Fish, Water, Wheat Starch, Tapioca Starch, Sugar, Crab Flavour (Contains Soy), Salt, Wheat Flour, Palm Oil, Flavour Enhancer (E621), Mineral Salt (E450, E451), Red Colour (E120, E160C) Egg White Powder**), prawns, celery, parsley, mayonnaise (**Water, Cane Sugar, Vinegar, Vegetable Oil, Maize Thickener (1442), Salt, Wheaten Cornflour, Egg yolk, Vegetable Gum (415), Flavour, Colour (161b), Antioxidant (320)**)



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Shell Pasta

Pasta (**Durum Wheat Semolina**), parmesan cheese, gherkin, onion, capsicum, tomato dressing mix (**Tomato (9%), Sunflower Oil (contains antioxidant (320)), Sugar, Vinegar, Salt, Onion, Vegetable Gum (415), Spice, Egg, Flavour, Milk Solids Non Fat, Tomatoes (88%) (reconstituted, diced, paste), Onion (4.5%), Canola Oil, Sugar, Salt, Garlic, Yeast Extract, Food Acid (citric), Spices, Herbs, Water, Cane Sugar, Vinegar, Vegetable Oil, Maize Thickener (1442), Salt, Wheaten Cornflour, Egg yolk, Vegetable Gum (415), Flavour, Colour (161b), Antioxidant (320)**)

Tabouli

Bourghul, parsley, spring onion, tomato, mint, dressing (**Lemon Juice, Olive Oil**)

Thai Pumpkin Quinoa

Pumpkin, tri colour quinoa, brown rice, sunflower seeds, coriander, Thai dressing (**Orange, Fish Sauce fish sauce (anchovy extract, salt, sugar), Lime Leaves, Shallots, Chilli, Brown Sugar, Lemon Juice, Olive Oil, Water, Gluten Free Soy Sauce (Hydrolysed Vegetable Protein Extract (from Soy 28%, Maize), Water, Salt, Colour (Caramel IV)**)

Tuscan Shell

Pasta (**Durum Wheat Semolina**), spring onion, capsicum, Kalamata pitted olives (**Olives (50%), Water, Salt, Red Wine Vinegar, Citric Acid, Australian Canola Oil**), sundried tomato, tomato dressing mix (**Tomatoes (88%) (reconstituted, diced, paste), Onion (4.5%), Canola Oil, Sugar, Salt, Garlic, Yeast Extract, Food Acid (citric), Spices, Herbs, Tomato (9%), Sunflower Oil (contains antioxidant (320)), Sugar, Vinegar, Salt, Onion, Vegetable Gum (415), Spice, Egg, Flavour, Milk Solids Non Fat, Water, Vinegar, Sugar, Salt, Red Bell Peppers (1%) Oregano, Food Acid (332), Vegetable Gums (407, 415, 440), Parsley, Onions, Paprika Extract, Mineral Salts (327, 508), garlic, parsley.**)

Waldorf Salad

Hand diced apple, celery, walnut, mayonnaise (**Water, Cane Sugar, Vinegar, Vegetable Oil, Maize Thickener (1442), Salt, Wheaten Cornflour, Egg yolk, Vegetable Gum (415), Flavour, Colour (161b), Antioxidant (320)**)

Yam Couscous

Sweet Potato, Couscous, Pesto Mix (Sundried Tomatoes (**Sundried tomatoes (60%), Canola Oil, Garlic, Salt, Vinegar, Herbs, Preservative (223), Sugar, Food Acid (330)**), Almonds, Olive Oil, Garlic, Parmesan Cheese (**Cheese (Pasteurized Milk, Salt, Mineral Salt (509), Starter Culture, Enzymes, Natural Preservative (235))**), Anticaking Agent (tapioca Starch, Whey Powder, Sorbic Acid (200)), Chickpeas, French Dressing (**Water, Sugar, White Vinegar, Food Acids (320, 332), Salt, Garlic (2%) [contains food acid (lactic)] Vegetable Gums (407, 415, 440), Parsley, Natural flavour, Mineral Salts (327, 508)**), Sundried Tomato Strips (**Sundried tomatoes (60%), Canola Oil, Garlic, Salt, Vinegar, Herbs, Preservative (223), Sugar, Food Acid (330)**), Parsley, Chilli Flakes, Garlic, Hot English Mustard (**Water, Mustard Seed (16%), Salt, Vegetable Shortening, Mustard Flavour, Turmeric, Food Acid (Citric), Emulsifier (Lecithin (Contains Soy)), Vegetable Oil, Colour (Beta-Carotene), Spice Extract**)