



Detailed menu

The following details all ingredients provided for each meal.
 Modified diet items provided in addition to standard menu items.
 Cuboree is a nut free camp, as such all items are free from nuts.
 Item brands to be confirmed. Menu subject to change.

Pantry

Pantry

Standard

Alfoil 30m
 Cereal Cornflakes
 Cereal Nutrigrain
 Cereal Ricebubbles
 Chux 20pk
 Clingwrap 50m
 Coffee instant Blend 43 retail
 Cordial lemon
 Cordial orange
 Detergent dishes
 Fruit apple green small
 Fruit apple red small
 Fruit banana
 Garbage bag 80L black (landfill)
 Garbage bag 80L clear (recycling)
 Garlic minced
 Gloves dishwashing large
 Hand sanitiser gel
 Hand soap
 Honey
 Jam strawberry
 Juice apple LL
 Juice orange LL
 Milk full cream UHT
 Milk low fat UHT
 Milo
 Oil vegetable
 Paper towel perforated roll
 Pepper black with grinder
 Salt table
 Sandwich bags
 Scourer sponge
 Scourer stainless steel
 Spray cleaner antibacterial
 Spray surface sanitiser
 Sugar
 Tea bags
 Vegemite

Low Fructose

Cereal Cornflakes GF VEGAN
 Vegemite GF

Lactose Free

Milk lactose free UHT

Gluten Free

Cereal Cornflakes GF VEGAN
 Cereal muesli crispy deluxe GF VEGAN
 Drinking chocolate GF VEGAN
 Vegemite GF

Gluten Free & Vegan

Cereal Cornflakes GF VEGAN
 Cereal muesli crispy deluxe GF VEGAN
 Drinking chocolate GF VEGAN
 Milk soy UHT
 Vegemite GF

Gluten Free & Vegetarian

Cereal Cornflakes GF VEGAN
 Cereal muesli crispy deluxe GF VEGAN
 Drinking chocolate GF VEGAN
 Vegemite GF

Low FODMAP

Cereal Cornflakes GF VEGAN
 Milk lactose free UHT
 Vegemite GF

Dairy Free

Drinking chocolate GF VEGAN
 Milk soy UHT

Gluten & Dairy Free

Cereal Cornflakes GF VEGAN
 Cereal muesli crispy deluxe GF VEGAN
 Drinking chocolate GF VEGAN
 Milk soy UHT
 Vegemite GF

Diabetic

Cordial tropical DIET
 Jam strawberry fruit spread DIET
 Milk low fat UHT
 Vita Brits

Vegan

Drinking chocolate GF VEGAN
 Milk soy UHT

Pantry - Health

Standard

Biscuit cream assorted
 Biscuit family assorted

Biscuit Oreo VEGAN
 Biscuit rice crackers original GF
 Biscuit Sao
 Biscuit Savoy
 Cereal Cornflakes
 Cereal Nutrigrain
 Chux 20pk
 Coffee instant Blend 43 bulk
 Cordial lemon
 Cordial orange
 Detergent dishes
 Fruit apple green small
 Fruit apple red small
 Fruit banana
 Garbage bag 80L black (landfill)
 Garbage bag 80L clear (recycling)
 Ice block cordial (pkt 24)
 Jam strawberry
 Juice orange LL
 Milk full cream UHT
 Milk low fat UHT
 Milo
 Napkin 1-ply natural
 Napkin dispenser
 Sandwich bags
 Single use compostable cup 150ml
 Single use sugarcane plate 23cm
 Sugar
 Tea bags
 Vegemite
 Water bottled (24 x 600ml)

Biscuit cream assorted
 Biscuit family assorted
 Biscuit Oreo VEGAN
 Cereal Cornflakes
 Cereal Nutrigrain
 Chux 20pk
 Coffee instant Blend 43 bulk
 Cordial lemon
 Cordial orange
 Detergent dishes
 Fruit apple green small
 Fruit apple red small
 Fruit banana
 Garbage bag 80L black (landfill)
 Garbage bag 80L clear (recycling)
 Hand sanitiser gel
 Milk full cream UHT
 Milk low fat UHT
 Milo
 Spray cleaner antibacterial
 Spray surface sanitiser
 Sugar
 Tea bags

Pantry - Activity participants

Standard

Biscuit family assorted
 Biscuit Oreo VEGAN
 Biscuit rice crackers original GF
 Biscuit Savoy
 Cordial lemon
 Cordial orange
 Face mask
 Fruit apple green small
 Fruit apple red small
 Fruit banana
 Gloves dishwashing large
 Gloves disposable powder free
 Hand sanitiser gel

Pantry - Satellite kitchen

Standard

Pantry - Extras/Staples for Supermarket

Standard

Milk goat UHT
 Milk lactose free UHT
 Milk low fat UHT
 Milk oat UHT
 Milk rice UHT
 Milk soy UHT
 Milk VitaSoy calci plus UHT
 Tuna in brine

Breakfast

Bacon and scrambled eggs on toast

Standard	Bacon sliced Bread sliced white Bread sliced wholemeal Egg scrambled mix Margarine
Pork Free	Mushrooms sliced
Kosher	Mushrooms sliced
Low Fructose	Bread sliced GF
Halal	Mushrooms sliced
Lactose Free	Egg cage free Milk lactose free UHT
Gluten Free	Bread sliced GF
Gluten Free & Vegan	Bread sliced GF Mushrooms sliced
Gluten Free & Vegetarian	Bread sliced GF Mushrooms sliced
Low FODMAP	Bread sliced GF Egg cage free Milk lactose free UHT
Dairy Free	Egg cage free Milk soy UHT
Gluten & Dairy Free	Bread sliced GF Egg cage free Milk soy UHT
Diabetic	Bread sliced multigrain Egg cage free
Egg Free	Mushrooms sliced

Vegetarian	Mushrooms sliced
Vegan	Mushrooms sliced
Red Meat Free	Mushrooms sliced

Pancake jam sandwich

Standard	Bread sliced white Bread sliced wholemeal Cinnamon Jam strawberry Pancake mix Sugar
Low Fructose	Bread sliced GF Pancake mix GF VEGAN
Gluten Free	Bread sliced GF Pancake mix GF VEGAN
Gluten Free & Vegan	Bread sliced GF Pancake mix GF VEGAN
Gluten Free & Vegetarian	Bread sliced GF Pancake mix GF VEGAN
Low FODMAP	Bread sliced GF Pancake mix GF VEGAN
Dairy Free	Pancake mix GF VEGAN
Gluten & Dairy Free	Bread sliced GF Pancake mix GF VEGAN
Diabetic	Bread sliced multigrain Jam strawberry fruit spread DIET
Egg Free	Pancake mix GF VEGAN
Vegan	Pancake mix GF VEGAN

Spaghetti and baked beans with hashbrowns

Standard	Baked beans
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Yoghurt vanilla GF VEGAN

	Bread sliced white Bread sliced wholemeal Hashbrown GF VEGAN Margarine Spaghetti in tomato sauce
Low Fructose	Bread sliced GF
Gluten Free	Bread sliced GF
Gluten Free & Vegan	Bread sliced GF
Gluten Free & Vegetarian	Bread sliced GF
Low FODMAP	Bread sliced GF
Gluten & Dairy Free	Bread sliced GF
Diabetic	Bread sliced multigrain

Super food yoghurt bowl

Standard	Berries frozen Cereal muesli crispy deluxe GF VEGAN Yoghurt vanilla
Low Fructose	Vita Brits Yoghurt vanilla LF
Lactose Free	Yoghurt vanilla LF
Gluten Free	Cereal muesli crispy deluxe GF VEGAN
Gluten Free & Vegan	Cereal muesli crispy deluxe GF VEGAN Yoghurt vanilla GF VEGAN
Gluten Free & Vegetarian	Cereal muesli crispy deluxe GF VEGAN
Low FODMAP	Fruit strawberries Yoghurt vanilla LF
Dairy Free	Yoghurt vanilla GF VEGAN
Gluten & Dairy Free	Yoghurt vanilla GF VEGAN
Vegan	

Cheesy omelette with mushrooms, tomato and toast

Standard	Bread sliced white Bread sliced wholemeal Cheese grated mozzarella Egg scrambled mix Margarine Mushrooms sliced Tomato
Low Fructose	Bread sliced GF
Lactose Free	Cheese shredded LF Egg cage free
Gluten Free	Bread sliced GF
Gluten Free & Vegan	Bread sliced GF Cheese mozzarella grated VEGAN
Gluten Free & Vegetarian	Bread sliced GF
Low FODMAP	Bread sliced GF Cheese shredded LF Egg cage free
Dairy Free	Cheese mozzarella grated VEGAN Egg cage free
Gluten & Dairy Free	Bread sliced GF Cheese mozzarella grated VEGAN Egg cage free
Diabetic	Bread sliced multigrain Egg cage free
Vegan	Cheese mozzarella grated VEGAN

Bacon and egg sandwich

Standard	Bacon sliced Bread sliced white Bread sliced wholemeal Egg cage free Margarine
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Pork Free	Tomato
Kosher	Tomato
Low Fructose	Bread sliced GF
Halal	Tomato
Gluten Free	Bread sliced GF
Gluten Free & Vegan	Bread sliced GF Tomato
Gluten Free & Vegetarian	Bread sliced GF Tomato
Low FODMAP	Bread sliced GF
Gluten & Dairy Free	Bread sliced GF
Diabetic	Bread sliced multigrain
Egg Free	Tomato
Vegetarian	Tomato
Vegan	Tomato
Red Meat Free	Tomato

French toast

Standard	Bread sliced white Bread sliced wholemeal Egg cage free Maple flavoured syrup Margarine Milk full cream UHT
Low Fructose	Bread sliced GF Maple syrup GF
Lactose Free	Milk lactose free UHT
Gluten Free	

Gluten Free & Vegan	Bread sliced GF Egg mix GF VEGAN Maple syrup GF Milk soy UHT
Gluten Free & Vegetarian	Bread sliced GF Maple syrup GF
Low FODMAP	Bread sliced GF Maple syrup GF Milk lactose free UHT
Dairy Free	Milk soy UHT
Gluten & Dairy Free	Bread sliced GF Maple syrup GF Milk soy UHT
Diabetic	Bread sliced multigrain Milk low fat UHT
Egg Free	Egg mix GF VEGAN
Vegan	Egg mix GF VEGAN Milk soy UHT

Bircher muesli

Standard	Fruit apple green small Juice apple LL Rolled oats Yoghurt natural
Low Fructose	Fruit strawberries Rolled oats GF
Lactose Free	Yoghurt vanilla LF
Gluten Free	Rolled oats GF
Gluten Free & Vegan	Rolled oats GF Yoghurt vanilla GF VEGAN
Gluten Free & Vegetarian	

	Rolled oats GF
Low FODMAP	Fruit strawberries Rolled oats GF Yoghurt vanilla LF
Dairy Free	Yoghurt vanilla GF VEGAN
Gluten & Dairy Free	Rolled oats GF Yoghurt vanilla GF VEGAN
Vegan	Yoghurt vanilla GF VEGAN

Pancakes with maple syrup, lemon and sugar

Standard	Fruit lemon Maple flavoured syrup Milk full cream UHT Pancake mix Sugar
Low Fructose	Maple syrup GF Pancake mix GF VEGAN
Lactose Free	Milk lactose free UHT
Gluten Free	Maple syrup GF Pancake mix GF VEGAN
Gluten Free & Vegan	Maple syrup GF Milk soy UHT Pancake mix GF VEGAN
Gluten Free & Vegetarian	Maple syrup GF Pancake mix GF VEGAN
Low FODMAP	Maple syrup GF Milk lactose free UHT Pancake mix GF VEGAN
Dairy Free	Milk soy UHT Pancake mix GF VEGAN
Gluten & Dairy Free	Maple syrup GF Milk soy UHT Pancake mix GF VEGAN

Diabetic	Jam strawberry fruit spread DIET Milk low fat UHT
Egg Free	Pancake mix GF VEGAN
Vegan	Milk soy UHT Pancake mix GF VEGAN

Breakfast bean burrito

Standard	Baked beans Cheese grated mozzarella Corn kernels frozen Sour cream Wraps 10"
Low Fructose	Bread sliced GF
Lactose Free	Cheese shredded LF Sour cream LF
Gluten Free	Wrap multigrain GF VEGAN
Gluten Free & Vegan	Cheese mozzarella grated VEGAN Wrap multigrain GF VEGAN
Gluten Free & Vegetarian	Wrap multigrain GF VEGAN
Low FODMAP	Bread sliced GF Cheese shredded LF Sour cream LF
Dairy Free	Cheese mozzarella grated VEGAN
Gluten & Dairy Free	Cheese mozzarella grated VEGAN Wrap multigrain GF VEGAN
Diabetic	Sour cream LF Wrap multigrain GF VEGAN
Vegan	Cheese mozzarella grated VEGAN

Cereal, toast and milk

Standard	Bread sliced white
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	Bread sliced wholemeal Cereal Cornflakes Cereal Nutrigrain Cereal Ricebubbles Milk full cream UHT Milk low fat UHT
Low Fructose	Bread sliced GF Cereal Cornflakes GF VEGAN
Lactose Free	Milk lactose free UHT
Gluten Free	Bread sliced GF Cereal Cornflakes GF VEGAN
Gluten Free & Vegan	Bread sliced GF Cereal Cornflakes GF VEGAN Milk soy UHT
Gluten Free & Vegetarian	Bread sliced GF Cereal Cornflakes GF VEGAN
Low FODMAP	Bread sliced GF Cereal Cornflakes GF VEGAN Milk lactose free UHT
Dairy Free	Milk soy UHT
Gluten & Dairy Free	Bread sliced GF Cereal Cornflakes GF VEGAN Milk soy UHT
Diabetic	Bread sliced multigrain Milk low fat UHT Vita Brits
Vegan	Milk soy UHT

Pantry - Satellite daily staples

Standard	Bread sliced white Bread sliced wholemeal Margarine
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Offsite: Ham, cheese, tomato toasties

Standard	Bread sliced white
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	Bread sliced wholemeal Cheese tasty sliced Cold cut ham sliced Margarine Napkin 1-ply natural Oil vegetable Tomato sliced
Kosher	Cheese mild cheddar sliced VEGAN Cold cut KOSHER
Low Fructose	Bread sliced GF
Halal	Cold cut beef salami sliced HALAL
Lactose Free	Cheese tasty sliced LF
Gluten Free	Bread sliced GF
Gluten Free & Vegan	Bread sliced GF Cheese mild cheddar sliced VEGAN
Gluten Free & Vegetarian	Bread sliced GF
Low FODMAP	Bread sliced GF Cheese tasty sliced LF
Dairy Free	Cheese mild cheddar sliced VEGAN
Gluten & Dairy Free	Bread sliced GF Cheese mild cheddar sliced VEGAN
Diabetic	Bread sliced multigrain
Vegan	Cheese mild cheddar sliced VEGAN

Pantry - Extras/Staples for Supermarket (fresh)

Standard	Carrot whole Chicken breast (skin off, cooked) Cucumber Egg cage free Milk a2 (fresh) Milk zymil (fresh) Milk zymil light (fresh) Potatoes
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Venturer snacks

Standard	Bread sliced white Bread sliced wholemeal Cheese tasty sliced Chips crinkle cut original (PC 45g) Cold cut ham sliced Corn chips cheese supreme (PC 45g) Grainwaves chips sour cream & chives (PC 40g) Margarine Popcorn Sea Salt (PC 30g) GF VEGAN Softdrink can 375ml Coca Cola Softdrink can 375ml Coca Cola diet Softdrink can 375ml Coca Cola no sugar Softdrink can 375ml Lemonade Softdrink can 375ml Solo Softdrink can 375ml Sunkist Tomato sliced Vege crackers Salt & Vinegar (PC 45g) GF
Kosher	Cheese mild cheddar sliced VEGAN Cold cut KOSHER
Low Fructose	Bread sliced GF
Halal	Cold cut beef salami sliced HALAL
Lactose Free	Cheese tasty sliced LF
Gluten Free	Bread sliced GF Vege crackers BBQ (PC 45g) GF
Gluten Free & Vegan	Bread sliced GF Cheese mild cheddar sliced VEGAN
Gluten Free & Vegetarian	Bread sliced GF
Low FODMAP	Bread sliced GF Cheese tasty sliced LF
Dairy Free	Cheese mild cheddar sliced VEGAN
Gluten & Dairy Free	Bread sliced GF Cheese mild cheddar sliced VEGAN
Diabetic	Bread sliced multigrain

Vegan

Cheese mild cheddar sliced VEGAN

Morning Tea

Triple choc cookie

Standard	Triple choc cookie (PC 60g) GF
Low Fructose	Snack dark choc Rice Cakes GF VEGAN
Gluten Free & Vegan	Biscuit cacao cookies GF VEGAN
Gluten Free & Vegetarian	Biscuit cacao cookies GF VEGAN
Low FODMAP	Snack dark choc Rice Cakes GF VEGAN
Dairy Free	Biscuit cacao cookies GF VEGAN
Gluten & Dairy Free	Biscuit cacao cookies GF VEGAN
Diabetic	Biscuit cacao cookies GF VEGAN
Egg Free	Biscuit cacao cookies GF VEGAN
Vegan	Biscuit cacao cookies GF VEGAN

Berry muffin

Standard	Muffin frozen berry (PC 120g)
Low Fructose	Snack dark choc Rice Cakes GF VEGAN
Gluten Free	Snack bar super slice GF VEGAN
Gluten Free & Vegan	Snack bar super slice GF VEGAN
Gluten Free & Vegetarian	Snack bar super slice GF VEGAN
Low FODMAP	Snack dark choc Rice Cakes GF VEGAN
Dairy Free	Snack bar super slice GF VEGAN
Gluten & Dairy Free	Snack bar super slice GF VEGAN
Diabetic	Biscuit cacao cookies GF VEGAN

Egg Free Snack bar super slice GF VEGAN

Vegan Snack bar super slice GF VEGAN

Croissant

Standard	Croissant (PC 50g)
Low Fructose	Snack dark choc Rice Cakes GF VEGAN
Gluten Free	Snack dark choc Rice Cakes GF VEGAN
Gluten Free & Vegan	Snack dark choc Rice Cakes GF VEGAN
Gluten Free & Vegetarian	Snack dark choc Rice Cakes GF VEGAN
Low FODMAP	Snack dark choc Rice Cakes GF VEGAN
Dairy Free	Snack dark choc Rice Cakes GF VEGAN
Gluten & Dairy Free	Snack dark choc Rice Cakes GF VEGAN
Diabetic	Snackle Bar DIET (Various Flavours)
Egg Free	Snack dark choc Rice Cakes GF VEGAN
Vegan	Snack dark choc Rice Cakes GF VEGAN

Strawberry muesli bar

Standard	Muesli bar strawberry & yoghurt
Low Fructose	Snack dark choc Rice Cakes GF VEGAN
Gluten Free	Snack bar super slice GF VEGAN
Gluten Free & Vegan	Snack bar super slice GF VEGAN
Gluten Free & Vegetarian	Snack bar super slice GF VEGAN
Low FODMAP	Snack dark choc Rice Cakes GF VEGAN
Dairy Free	Snack bar super slice GF VEGAN

Gluten & Dairy Free	Snack bar super slice GF VEGAN
Diabetic	Snackle Bar DIET (Various Flavours)
Vegan	Snack bar super slice GF VEGAN

Chocolate muffin

Standard	Muffin frozen chocolate (PC 120g)
Low Fructose	Snack bar choc rice crispy GF VEGAN
Gluten Free	Snack bar choc rice crispy GF VEGAN
Gluten Free & Vegan	Snack bar choc rice crispy GF VEGAN
Gluten Free & Vegetarian	Snack bar choc rice crispy GF VEGAN
Low FODMAP	Snack dark choc Rice Cakes GF VEGAN
Dairy Free	Snack bar choc rice crispy GF VEGAN
Gluten & Dairy Free	Snack bar choc rice crispy GF VEGAN
Diabetic	Biscuit lemon cookies GF VEGAN
Egg Free	Snack bar choc rice crispy GF VEGAN
Vegan	Snack bar choc rice crispy GF VEGAN

Apple cinnamon muffin

Standard	Muffin apple cinnamon (PC 90g) GF DF
Low Fructose	Snack dark choc Rice Cakes GF VEGAN
Gluten Free & Vegan	Snack dark choc Rice Cakes GF VEGAN
Gluten Free & Vegetarian	Snack dark choc Rice Cakes GF VEGAN
Low FODMAP	Snack dark choc Rice Cakes GF VEGAN
Diabetic	Biscuit lemon cookies GF VEGAN

Egg Free	Snack dark choc Rice Cakes GF VEGAN
Vegan	Snack dark choc Rice Cakes GF VEGAN

Chocolate muesli bar

Standard	Muesli bar choc chip
Low Fructose	Snack bar choc rice crispy GF VEGAN
Gluten Free	Snack bar super slice GF VEGAN
Gluten Free & Vegan	Snack bar super slice GF VEGAN
Gluten Free & Vegetarian	Snack bar super slice GF VEGAN
Low FODMAP	Snack dark choc Rice Cakes GF VEGAN
Dairy Free	Snack bar super slice GF VEGAN
Gluten & Dairy Free	Snack bar super slice GF VEGAN
Diabetic	Snackle Bar DIET (Various Flavours)
Vegan	Snack bar super slice GF VEGAN

Chocolate croissant

Standard	Chocolate croissant (PC 55g)
Low Fructose	Snack bar choc rice crispy GF VEGAN
Gluten Free	Snack bar choc rice crispy GF VEGAN
Gluten Free & Vegan	Snack bar choc rice crispy GF VEGAN
Gluten Free & Vegetarian	Snack bar choc rice crispy GF VEGAN
Low FODMAP	Snack dark choc Rice Cakes GF VEGAN
Dairy Free	Snack bar choc rice crispy GF VEGAN
Gluten & Dairy Free	Snack bar choc rice crispy GF VEGAN

Diabetic	Biscuit lemon cookies GF VEGAN
Egg Free	Snack bar choc rice crispy GF VEGAN
Vegan	Snack bar choc rice crispy GF VEGAN

Choc brownie

Standard	Choc brownie (PC 75g) GF
Low Fructose	Snack dark choc Rice Cakes GF VEGAN
Gluten Free & Vegan	Biscuit cacao cookies GF VEGAN
Gluten Free & Vegetarian	Biscuit cacao cookies GF VEGAN
Low FODMAP	Snack dark choc Rice Cakes GF VEGAN
Dairy Free	Biscuit cacao cookies GF VEGAN
Gluten & Dairy Free	Biscuit cacao cookies GF VEGAN
Diabetic	Biscuit cacao cookies GF VEGAN
Egg Free	Biscuit cacao cookies GF VEGAN
Vegan	Biscuit cacao cookies GF VEGAN

Donut jam ball

Standard	Donut jam ball (PC 120g)
Pork Free	Snack bar super slice GF VEGAN
Kosher	Snack bar super slice GF VEGAN
Low Fructose	Snack dark choc Rice Cakes GF VEGAN
Gluten Free	Snack bar super slice GF VEGAN
Gluten Free & Vegan	Snack bar super slice GF VEGAN
Gluten Free & Vegetarian	Snack bar super slice GF VEGAN

Low FODMAP	Snack dark choc Rice Cakes GF VEGAN
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Dairy Free	Snack bar super slice GF VEGAN
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Gluten & Dairy Free	Snack bar super slice GF VEGAN
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Diabetic	Donuts DIET (Various Flavours)
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Egg Free	Snack bar super slice GF VEGAN
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Vegan	Snack bar super slice GF VEGAN
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Red Meat Free	Snack bar super slice GF VEGAN
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Offsite: Muesli bar and fruit

Standard	Cordial lemon Cordial orange Fruit apple green small Fruit apple red small Fruit banana Muesli bar choc chip Muesli bar strawberry & yoghurt
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Lunch

Chicken soft tacos

Standard	Avocado pulp Carrot grated Cheese grated mozzarella Chicken (2cm pieces cooked) Coleslaw mix Corn kernels frozen Lettuce iceberg shredded Salsa mild Sour cream Tortilla flour 6"
Kosher	Cheese mozzarella grated VEGAN Chicken thigh KOSHER Mayonnaise GF VEGAN
Low Fructose	Tomato Tortilla corn 6" GF VEGAN
Halal	Chicken seekh kebab HALAL
Lactose Free	Cheese shredded LF Sour cream LF
Gluten Free	Tortilla corn 6" GF VEGAN
Gluten Free & Vegan	Beans red kidney Cheese mozzarella grated VEGAN Mayonnaise GF VEGAN Tortilla corn 6" GF VEGAN
Gluten Free & Vegetarian	Beans red kidney Tortilla corn 6" GF VEGAN
Low FODMAP	Cheese shredded LF Sour cream LF Tomato Tortilla corn 6" GF VEGAN
Dairy Free	Cheese mozzarella grated VEGAN Mayonnaise GF VEGAN
Gluten & Dairy Free	Cheese mozzarella grated VEGAN

Mayonnaise GF VEGAN
Tortilla corn 6" GF VEGAN

Diabetic Sour cream LF
Tortilla corn 6" GF VEGAN

Vegetarian Beans red kidney

Vegan Beans red kidney
Cheese mozzarella grated VEGAN
Mayonnaise GF VEGAN

Sandwiches and wraps

Standard	Bread sliced white Bread sliced wholemeal Carrot grated Cheese tasty sliced Cold cut chicken roasted pieces GF Cold cut ham sliced Cucumber sliced Lettuce iceberg shredded Margarine Mayonnaise Tomato sliced Wraps 10"
Pork Free	Tuna in brine
Kosher	Cheese mild cheddar sliced VEGAN Cold cut KOSHER Tuna in brine
Low Fructose	Bread sliced GF
Halal	Cold cut beef salami sliced HALAL Cold cut chicken salami sliced HALAL
Lactose Free	Cheese tasty sliced LF
Gluten Free	Bread sliced GF Wrap multigrain GF VEGAN
Gluten Free & Vegan	Bread sliced GF Cheese mild cheddar sliced VEGAN Mayonnaise GF VEGAN Wrap multigrain GF VEGAN

Gluten Free & Vegetarian	Bread sliced GF Wrap multigrain GF VEGAN
Low FODMAP	Bread sliced GF Cheese tasty sliced LF
Dairy Free	Cheese mild cheddar sliced VEGAN
Gluten & Dairy Free	Bread sliced GF Cheese mild cheddar sliced VEGAN Mayonnaise GF VEGAN Wrap multigrain GF VEGAN
Diabetic	Bread sliced multigrain Tortilla corn 6" GF VEGAN
Egg Free	Mayonnaise GF VEGAN
Vegan	Cheese mild cheddar sliced VEGAN Mayonnaise GF VEGAN
Red Meat Free	Tuna in brine

Chicken Caesar salad

Standard	Bread sliced white Carrot grated Cheese grated parmesan Cold cut chicken roasted pieces GF Cucumber Dressing Caesar Lettuce iceberg shredded Margarine
Kosher	Cheese mozzarella grated VEGAN Chicken thigh KOSHER Mayonnaise GF VEGAN
Low Fructose	Bread sliced GF Mayonnaise GF VEGAN
Halal	Chicken seekh kebab HALAL
Lactose Free	Cheese shredded LF
Gluten Free	

Gluten Free & Vegan	Bread sliced GF Cheese mozzarella grated VEGAN Mayonnaise GF VEGAN Tomato cherry
Gluten Free & Vegetarian	Bread sliced GF Tomato cherry
Low FODMAP	Bread sliced GF Cheese shredded LF Mayonnaise GF VEGAN
Dairy Free	Cheese mozzarella grated VEGAN Mayonnaise GF VEGAN
Gluten & Dairy Free	Bread sliced GF Cheese mozzarella grated VEGAN Mayonnaise GF VEGAN
Diabetic	Bread sliced multigrain
Egg Free	Mayonnaise GF VEGAN
Vegetarian	Tomato cherry
Vegan	Cheese mozzarella grated VEGAN Mayonnaise GF VEGAN Tomato cherry

Loaded wedges

Standard	Bacon sliced Cheese grated mozzarella Potato wedges Sauce sweet chilli Sour cream Spring onions
Low Fructose	Potatoes
Lactose Free	Cheese shredded LF Sour cream LF
Gluten Free	Potatoes

Gluten Free & Vegan	Beans red kidney Cheese mozzarella grated VEGAN Potatoes
Gluten Free & Vegetarian	Beans red kidney Potatoes
Low FODMAP	Cheese shredded LF Potatoes Sour cream LF
Dairy Free	Cheese mozzarella grated VEGAN
Gluten & Dairy Free	Cheese mozzarella grated VEGAN Potatoes
Diabetic	Potatoes Sour cream LF
Vegetarian	Beans red kidney
Vegan	Beans red kidney Cheese mozzarella grated VEGAN

Gourmet long crusty rolls

Standard	Carrot grated Cheese tasty sliced Cold cut chicken roasted pieces GF Cold cut ham sliced Cucumber sliced Lettuce iceberg shredded Margarine Mayonnaise Roll crusty long Tomato sliced
Pork Free	Tuna in brine Veggie bites (assorted flavours)
Kosher	Cheese mild cheddar sliced VEGAN Cold cut KOSHER Tuna in brine
Low Fructose	Hot dog roll GF

Halal	Cold cut beef salami sliced HALAL Cold cut chicken salami sliced HALAL
Lactose Free	Cheese tasty sliced LF
Gluten Free	Hot dog roll GF
Gluten Free & Vegan	Cheese mild cheddar sliced VEGAN Hot dog roll GF Mayonnaise GF VEGAN Veggie bites (assorted flavours)
Gluten Free & Vegetarian	Hot dog roll GF Veggie bites (assorted flavours)
Low FODMAP	Cheese tasty sliced LF Hot dog roll GF
Dairy Free	Cheese mild cheddar sliced VEGAN
Gluten & Dairy Free	Cheese mild cheddar sliced VEGAN Hot dog roll GF Mayonnaise GF VEGAN
Diabetic	Bread sliced multigrain
Egg Free	Mayonnaise GF VEGAN
Vegetarian	Veggie bites (assorted flavours)
Vegan	Cheese mild cheddar sliced VEGAN Mayonnaise GF VEGAN Veggie bites (assorted flavours)
Red Meat Free	Tuna in brine

Sausage sub

Standard	Cheese grated mozzarella Onions brown sliced Roll crusty long Sauce BBQ GF Sauce tomato GF large Sausage Kransky GF
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Kosher

	Cheese mozzarella grated VEGAN Sausage BBQ KOSHER
Low Fructose	Hot dog roll GF Sausages BBQ GF
Halal	Hot dogs HALAL
Lactose Free	Cheese shredded LF
Gluten Free	Hot dog roll GF
Gluten Free & Vegan	Cheese mozzarella grated VEGAN Hot dog roll GF Sausage plant based
Gluten Free & Vegetarian	Hot dog roll GF Sausage plant based
Low FODMAP	Cheese shredded LF Hot dog roll GF Sausages BBQ GF
Dairy Free	Cheese mozzarella grated VEGAN Sausage plant based
Gluten & Dairy Free	Cheese mozzarella grated VEGAN Hot dog roll GF Sausage plant based
Diabetic	Bread sliced multigrain
Vegetarian	Sausage plant based
Vegan	Cheese mozzarella grated VEGAN Sausage plant based
Red Meat Free	Sausage plant based

Vietnamese vermicelli salad with chicken

Standard	Carrot grated Chicken (2cm pieces cooked) Dressing Vietnamese Edamame shelled Lettuce iceberg shredded
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	Vermicelli rice noodle
Kosher	Chicken thigh KOSHER
Low Fructose	Sauce soy GF
Halal	Chicken seekh kebab HALAL
Gluten Free & Vegan	Sauce soy GF Tofu VEGAN GF
Gluten Free & Vegetarian	Sauce soy GF Tofu VEGAN GF
Low FODMAP	Sauce soy GF
Diabetic	Sauce soy GF
Vegetarian	Sauce soy GF Tofu VEGAN GF
Vegan	Sauce soy GF Tofu VEGAN GF

Hot dogs

Standard	Cheese grated mozzarella Hot dog roll Hot dogs skinless Onions brown sliced Sauce BBQ GF Sauce mustard Sauce tomato GF large
Kosher	Cheese mozzarella grated VEGAN Sausage BBQ KOSHER
Low Fructose	Hot dog roll GF Sausages BBQ GF
Halal	Hot dogs HALAL
Lactose Free	Cheese shredded LF
Gluten Free	Hot dog roll GF

Gluten Free & Vegan	Cheese mozzarella grated VEGAN Hot dog roll GF Sausage plant based
Gluten Free & Vegetarian	Hot dog roll GF Sausage plant based
Low FODMAP	Cheese shredded LF Hot dog roll GF Sausages BBQ GF
Dairy Free	Cheese mozzarella grated VEGAN
Gluten & Dairy Free	Cheese mozzarella grated VEGAN Hot dog roll GF
Diabetic	Sausages BBQ GF
Vegetarian	Sausage plant based
Vegan	Cheese mozzarella grated VEGAN Sausage plant based
Red Meat Free	Hot dog roll GF Sausage plant based

Falafel wrap

Standard	Carrot grated Cheese grated mozzarella Cucumber sliced Dip hommus GF VEGAN Falafel balls GF VEGAN Lettuce iceberg shredded Tomato sliced Wraps 10"
Low Fructose	Tortilla corn 6" GF VEGAN Tuna in brine
Lactose Free	Cheese shredded LF
Gluten Free	Wrap multigrain GF VEGAN
Gluten Free & Vegan	Cheese mozzarella grated VEGAN

Gluten Free & Vegetarian	Wrap multigrain GF VEGAN
Low FODMAP	Cheese shredded LF Tortilla corn 6" GF VEGAN Tuna in brine
Dairy Free	Cheese mozzarella grated VEGAN
Gluten & Dairy Free	Cheese mozzarella grated VEGAN Wrap multigrain GF VEGAN
Diabetic	Wrap multigrain GF VEGAN
Vegan	Cheese mozzarella grated VEGAN

Nachos with beans and pulled pork

Standard	Avocado pulp Beans red kidney Cheese grated mozzarella Corn chips Pulled pork Salsa mild Sauce BBQ GF Sour cream
Low Fructose	Tomato
Lactose Free	Cheese shredded LF Sour cream LF
Gluten Free & Vegan	Cheese mozzarella grated VEGAN
Low FODMAP	Cheese shredded LF Sour cream LF Tomato
Dairy Free	Cheese mozzarella grated VEGAN
Gluten & Dairy Free	Cheese mozzarella grated VEGAN
Diabetic	Sour cream LF
Vegan	Cheese mozzarella grated VEGAN

Pulled pork rolls with slaw

Standard	Coleslaw mix Dressing coleslaw Pulled pork Roll crusty long Sauce BBQ GF
Pork Free	Chicken breast (skin off, cooked)
Kosher	Chicken thigh KOSHER
Low Fructose	Chicken breast (skin off, cooked) Hot dog roll GF
Halal	Chicken seekh kebab HALAL
Gluten Free	Hot dog roll GF
Gluten Free & Vegan	Hot dog roll GF Mayonnaise GF VEGAN Veggie bites (assorted flavours)
Gluten Free & Vegetarian	Hot dog roll GF Veggie bites (assorted flavours)
Low FODMAP	Chicken breast (skin off, cooked) Hot dog roll GF
Gluten & Dairy Free	Hot dog roll GF
Egg Free	Mayonnaise GF VEGAN
Vegetarian	Veggie bites (assorted flavours)
Vegan	Mayonnaise GF VEGAN Veggie bites (assorted flavours)
Red Meat Free	Chicken breast (skin off, cooked)

OTG: Pre made sandwiches

Standard	Triple Sandwich - Cheese, Cos, Roasted Capsicum, Onion & Tomato on Multigrain Triple Sandwich - Chicken and Avocado on white
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Triple Sandwich - Corn Beef, Pickle and Cheese on white
Triple Sandwich - Egg and Mayonnaise Sandwich on white
Triple Sandwich - Ham, Cheese and Tomato on white
Triple Sandwich - Tuna and Red Pepper on Wholemeal
Triple wrap - Chicken Caesar
Triple wrap - Falafel and hummus
Triple wrap - Ham Salad with Creamy Honey Mustard Dressing
Triple wrap - Roast Beef, Rocquette and Tomato

Gluten Free

Sandwich - Chargrilled Vegetable GF
Sandwich - Chicken and Lettuce GF
Sandwich - Ham, Cheese and Tomato GF

Offsite: Make your own sandwiches

Standard	Bread sliced white Bread sliced wholemeal Carrot grated Cheese tasty sliced Cold cut chicken roasted pieces GF Cold cut ham sliced Cordial lemon Cordial orange Cucumber sliced Lettuce iceberg shredded Margarine Mayonnaise Napkin 1-ply natural Tomato sliced Wraps 10"
Pork Free	Tuna in brine
Kosher	Cheese mild cheddar sliced VEGAN Cold cut KOSHER Tuna in brine
Low Fructose	Bread sliced GF Wrap multigrain GF VEGAN
Halal	Cold cut beef salami sliced HALAL Cold cut chicken salami sliced HALAL
Lactose Free	Cheese tasty sliced LF

Gluten Free	Bread sliced GF Wrap multigrain GF VEGAN
Gluten Free & Vegan	Bread sliced GF Cheese mild cheddar sliced VEGAN Mayonnaise GF VEGAN Wrap multigrain GF VEGAN
Gluten Free & Vegetarian	Bread sliced GF Wrap multigrain GF VEGAN
Low FODMAP	Bread sliced GF Cheese tasty sliced LF Wrap multigrain GF VEGAN
Dairy Free	Cheese mild cheddar sliced VEGAN
Gluten & Dairy Free	Bread sliced GF Cheese mild cheddar sliced VEGAN Mayonnaise GF VEGAN Wrap multigrain GF VEGAN
Diabetic	Bread sliced multigrain Cordial tropical DIET Tortilla corn 6" GF VEGAN
Egg Free	Mayonnaise GF VEGAN
Vegan	Cheese mild cheddar sliced VEGAN Mayonnaise GF VEGAN
Red Meat Free	Tuna in brine

Afternoon Tea

Hommus with crackers and fruit

Standard	Hommus with crackers (PC 75g)
Low Fructose	Chips crinkle cut original (PC 45g)
Gluten Free	Chips crinkle cut original (PC 45g)
Gluten Free & Vegan	Chips crinkle cut original (PC 45g)
Gluten Free & Vegetarian	Chips crinkle cut original (PC 45g)
Low FODMAP	Chips crinkle cut original (PC 45g)
Gluten & Dairy Free	Chips crinkle cut original (PC 45g)
Diabetic	Chips crinkle cut original (PC 45g)

Grainwaves and fruit

Standard	Grainwaves chips sour cream & chives (PC 40g)
Low Fructose	Popcorn Sea Salt (PC 30g) GF VEGAN
Gluten Free	Popcorn Sea Salt (PC 30g) GF VEGAN
Gluten Free & Vegan	Popcorn Sea Salt (PC 30g) GF VEGAN
Gluten Free & Vegetarian	Popcorn Sea Salt (PC 30g) GF VEGAN
Low FODMAP	Popcorn Sea Salt (PC 30g) GF VEGAN
Dairy Free	Popcorn Sea Salt (PC 30g) GF VEGAN
Gluten & Dairy Free	Popcorn Sea Salt (PC 30g) GF VEGAN
Diabetic	Popcorn Sea Salt (PC 30g) GF VEGAN
Vegan	Popcorn Sea Salt (PC 30g) GF VEGAN

Potato chips and fruit

Standard Chips crinkle cut original (PC 45g)

Corn chips and fruits

Standard Corn chips cheese supreme (PC 45g)

Low Fructose Corn chips (PC 25g) GF VEGAN

Gluten Free Corn chips (PC 25g) GF VEGAN

Gluten Free & Vegan Corn chips (PC 25g) GF VEGAN

Gluten Free & Vegetarian Corn chips (PC 25g) GF VEGAN

Low FODMAP Corn chips (PC 25g) GF VEGAN

Dairy Free Corn chips (PC 25g) GF VEGAN

Gluten & Dairy Free Corn chips (PC 25g) GF VEGAN

Vegan Corn chips (PC 25g) GF VEGAN

Quiche Lorraine and fruit

Standard Quiche Lorraine slice (PC 125g)

Pork Free Popcorn Sea Salt (PC 30g) GF VEGAN

Kosher Popcorn Sea Salt (PC 30g) GF VEGAN

Low Fructose Popcorn Sea Salt (PC 30g) GF VEGAN

Halal Popcorn Sea Salt (PC 30g) GF VEGAN

Gluten Free Popcorn Sea Salt (PC 30g) GF VEGAN

Gluten Free & Vegan Popcorn Sea Salt (PC 30g) GF VEGAN

Gluten Free & Vegetarian Popcorn Sea Salt (PC 30g) GF VEGAN

Low FODMAP Popcorn Sea Salt (PC 30g) GF VEGAN

Dairy Free Popcorn Sea Salt (PC 30g) GF VEGAN

Gluten & Dairy Free Popcorn Sea Salt (PC 30g) GF VEGAN

Egg Free Popcorn Sea Salt (PC 30g) GF VEGAN

Vegetarian Popcorn Sea Salt (PC 30g) GF VEGAN

Vegan Popcorn Sea Salt (PC 30g) GF VEGAN

Red Meat Free Popcorn Sea Salt (PC 30g) GF VEGAN

Vege crackers BBQ and fruit

Standard Vege crackers BBQ (PC 45g) GF

Low Fructose Popcorn Sea Salt (PC 30g) GF VEGAN

Gluten Free & Vegan Popcorn Sea Salt (PC 30g) GF VEGAN

Low FODMAP Popcorn Sea Salt (PC 30g) GF VEGAN

Dairy Free Popcorn Sea Salt (PC 30g) GF VEGAN

Gluten & Dairy Free Popcorn Sea Salt (PC 30g) GF VEGAN

Vegan Popcorn Sea Salt (PC 30g) GF VEGAN

Cheese, biscuits and fruit

Standard Cheese (PC 20g)
Cracker (PC 11g)

Low Fructose Biscuit rice crackers original GF

Gluten Free Biscuit rice crackers original GF

Gluten Free & Vegan Corn chips (PC 25g) GF VEGAN

Gluten Free & Vegetarian Biscuit rice crackers original GF

Low FODMAP Biscuit rice crackers original GF
Snack kalamata olive dip

Dairy Free Snack kalamata olive dip

Gluten & Dairy Free Biscuit rice crackers original GF
Snack kalamata olive dip

Diabetic Biscuit rice crackers original GF
Snack kalamata olive dip

Vegan Corn chips (PC 25g) GF VEGAN

Potato chips and fruits

Standard Chips crinkle cut original (PC 45g)

Vege crackers salt & vinegar and fruit

Standard Vege crackers Salt & Vinegar (PC 45g) GF

Low Fructose Corn chips (PC 25g) GF VEGAN

Gluten Free & Vegan Corn chips (PC 25g) GF VEGAN

Low FODMAP Corn chips (PC 25g) GF VEGAN

Dairy Free Corn chips (PC 25g) GF VEGAN

Gluten & Dairy Free Corn chips (PC 25g) GF VEGAN

Vegan Corn chips (PC 25g) GF VEGAN

Popcorn and fruits

Standard Popcorn Sea Salt (PC 30g) GF VEGAN

Offsite: Chips and fruit

Standard Chips crinkle cut original (PC 45g)
Cordial lemon
Cordial orange
Fruit apple green small
Fruit apple red small
Fruit banana

Dinner

Meatball sub with corn on the cob

Standard Cheese tasty sliced
Coleslaw mix
Corn cob
Dressing coleslaw
Lettuce iceberg shredded
Mayonnaise
Meatballs
Roll crusty long
Sauce BBQ GF
Sauce mustard
Sauce tomato GF large

Kosher Cheese mild cheddar sliced VEGAN
Minced meat KOSHER

Low Fructose Hot dog roll GF

Halal Minced meat HALAL

Lactose Free Cheese tasty sliced LF

Gluten Free Hot dog roll GF

Gluten Free & Vegan Cheese mild cheddar sliced VEGAN
Hot dog roll GF
Mayonnaise GF VEGAN
Veggie bites (assorted flavours)

Gluten Free & Vegetarian Hot dog roll GF
Veggie bites (assorted flavours)

Low FODMAP Cheese tasty sliced LF
Hot dog roll GF

Dairy Free Cheese mild cheddar sliced VEGAN

Gluten & Dairy Free Cheese mild cheddar sliced VEGAN
Hot dog roll GF

Egg Free Mayonnaise GF VEGAN

Vegetarian

	Veggie bites (assorted flavours)
Vegan	Cheese mild cheddar sliced VEGAN Mayonnaise GF VEGAN Veggie bites (assorted flavours)
Red Meat Free	Veggie bites (assorted flavours)

Bread sliced GF
Cheese shredded LF
Pasta penne GF VEGAN
Pasta sauce slow roasted vegetables

Dairy Free	Bread sliced white Cheese mozzarella grated VEGAN
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Pasta Bolognese with salad and garlic bread

Standard	Cheese grated parmesan Cucumber Dressing balsamic Garlic bread Lettuce iceberg shredded Pasta penne Pasta sauce Bolognese Salad mix (small) Tomato cherry
Kosher	Bread sliced white Cheese mozzarella grated VEGAN Minced meat KOSHER Tomato Passata
Low Fructose	Bread sliced GF Minced meat Pasta penne GF VEGAN Tomato Passata
Halal	Minced meat HALAL Tomato Passata
Lactose Free	Cheese shredded LF
Gluten Free	Bread sliced GF Pasta penne GF VEGAN
Gluten Free & Vegan	Bread sliced GF Cheese mozzarella grated VEGAN Pasta penne GF VEGAN Pasta sauce slow roasted vegetables
Gluten Free & Vegetarian	Bread sliced GF Pasta penne GF VEGAN Pasta sauce slow roasted vegetables
Low FODMAP	

Gluten & Dairy Free	Bread sliced GF Cheese mozzarella grated VEGAN Pasta penne GF VEGAN
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Diabetic	Bread sliced multigrain
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Vegetarian	Pasta sauce slow roasted vegetables
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Vegan	Cheese mozzarella grated VEGAN Pasta sauce slow roasted vegetables
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Red Meat Free	Pasta sauce slow roasted vegetables
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Honey mustard chicken, veggies and mashed potato

Standard	Beans green frozen Carrot sliced frozen Chicken (2cm pieces cooked) Corn cob Milk full cream UHT Potato mashed Simmer sauce honey mustard
Kosher	Chicken thigh KOSHER Rice long grain Teriyaki simmer sauce FODMAP
Low Fructose	Rice long grain Teriyaki simmer sauce FODMAP
Halal	Chicken breast fillet skin-off HALAL
Gluten Free & Vegan	Potatoes Sauce tomato GF large Veggie burgers (assorted flavours) VEGAN
Gluten Free & Vegetarian	Veggie burgers (assorted flavours) VEGAN
Low FODMAP	

	Rice long grain Teriyaki simmer sauce FODMAP
Dairy Free	Rice long grain Teriyaki simmer sauce FODMAP
Gluten & Dairy Free	Rice long grain Teriyaki simmer sauce FODMAP
Diabetic	Potatoes
Egg Free	Rice long grain Teriyaki simmer sauce FODMAP
Vegetarian	Veggie burgers (assorted flavours) VEGAN
Vegan	Potatoes Sauce tomato GF large Veggie burgers (assorted flavours) VEGAN

Pasta with meatballs and garlic bread

Standard	Cheese grated parmesan Garlic bread Garlic minced Meatballs Mixed herbs Onions brown sliced Pasta penne Tomato Passata
Kosher	Bread sliced white Cheese mozzarella grated VEGAN Minced meat KOSHER
Low Fructose	Bread sliced GF Pasta penne GF VEGAN
Halal	Minced meat HALAL
Lactose Free	Cheese shredded LF
Gluten Free	Bread sliced GF Pasta penne GF VEGAN
Gluten Free & Vegan	Bread sliced GF

	Cheese mozzarella grated VEGAN Pasta penne GF VEGAN
Gluten Free & Vegetarian	Bread sliced GF Pasta penne GF VEGAN
Low FODMAP	Bread sliced GF Cheese shredded LF Pasta penne GF VEGAN
Dairy Free	Bread sliced white Cheese mozzarella grated VEGAN
Gluten & Dairy Free	Bread sliced GF Cheese mozzarella grated VEGAN Pasta penne GF VEGAN
Diabetic	Bread sliced multigrain
Vegan	Bread sliced white Cheese mozzarella grated VEGAN

Meatball pita pocket with tzatziki, salad and corn

Standard	Carrot grated Cheese grated mozzarella Corn cob Cucumber Dip tzatziki Lettuce iceberg shredded Meatballs Onions red sliced Pita pocket Tomato sliced
Kosher	Cheese mozzarella grated VEGAN Cucumber Minced meat KOSHER Yoghurt natural DF
Low Fructose	Cucumber Pita pocket GF VEGAN Yoghurt natural DF
Halal	Minced meat HALAL
Lactose Free	Cheese shredded LF

	Cucumber Yoghurt natural DF
Gluten Free	Pita pocket GF VEGAN
Gluten Free & Vegan	Cheese mozzarella grated VEGAN Cucumber Falafel balls GF VEGAN Pita pocket GF VEGAN Yoghurt natural DF
Gluten Free & Vegetarian	Falafel balls GF VEGAN Pita pocket GF VEGAN
Low FODMAP	Cheese shredded LF Cucumber Pita pocket GF VEGAN Yoghurt natural DF
Dairy Free	Cheese mozzarella grated VEGAN Cucumber Yoghurt natural DF
Gluten & Dairy Free	Cheese mozzarella grated VEGAN Cucumber Pita pocket GF VEGAN Yoghurt natural DF
Diabetic	Cucumber Wrap multigrain GF VEGAN Yoghurt natural DF
Vegetarian	Falafel balls GF VEGAN
Vegan	Cheese mozzarella grated VEGAN Cucumber Falafel balls GF VEGAN Yoghurt natural DF
Red Meat Free	Falafel balls GF VEGAN

Veggie bites in pita with salad and corn

Standard	Carrot grated Cheese grated mozzarella Corn cob Cucumber sliced
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Dip hummus GF VEGAN
Lettuce iceberg shredded
Onions red sliced
Pita pocket
Tomato sliced
Veggie bites (assorted flavours)

Low Fructose	Pita pocket GF VEGAN
Lactose Free	Cheese shredded LF
Gluten Free	Pita pocket GF VEGAN
Gluten Free & Vegan	Cheese mozzarella grated VEGAN Pita pocket GF VEGAN
Gluten Free & Vegetarian	Pita pocket GF VEGAN
Low FODMAP	Pita pocket GF VEGAN
Dairy Free	Cheese mozzarella grated VEGAN
Gluten & Dairy Free	Cheese mozzarella grated VEGAN Pita pocket GF VEGAN
Diabetic	Wrap multigrain GF VEGAN
Vegan	Cheese mozzarella grated VEGAN

Chicken cacciatore with veggies and mashed potato

Standard	Beans green frozen Broccoli floret frozen Chicken (2cm pieces cooked) Milk full cream UHT Mushrooms sliced Olive kalamata pitted Potato mashed Simmer sauce Cacciatore
Kosher	Chicken thigh KOSHER Potatoes
Low Fructose	Potatoes Tomato Passata

Halal

	Chicken breast fillet skin-off HALAL
Gluten Free & Vegan	Chickpeas Potatoes
Gluten Free & Vegetarian	Chickpeas
Low FODMAP	Potatoes Tomato Passata
Dairy Free	Potatoes
Gluten & Dairy Free	Potatoes
Diabetic	Potatoes
Vegetarian	Chickpeas
Vegan	Chickpeas Potatoes

Butter chicken with rice, veggies and roti

Standard	Beans green frozen Broccoli floret frozen Chicken (2cm pieces cooked) Rice long grain Roti bread Simmer sauce butter chicken
Kosher	Chicken thigh KOSHER Coconut cream Curry paste mild korma VEGAN
Low Fructose	Teriyaki simmer sauce FODMAP
Halal	Chicken breast fillet skin-off HALAL
Gluten Free	Pappadums mini plain GF
Gluten Free & Vegan	Chickpeas Coconut cream Curry paste mild korma VEGAN Pappadums mini plain GF
Gluten Free & Vegetarian	Chickpeas

	Pappadums mini plain GF
Low FODMAP	Teriyaki simmer sauce FODMAP
Dairy Free	Coconut cream Curry paste mild korma VEGAN
Gluten & Dairy Free	Coconut cream Curry paste mild korma VEGAN Pappadums mini plain GF
Diabetic	Pappadums mini plain GF
Vegetarian	Chickpeas
Vegan	Chickpeas Coconut cream Curry paste mild korma VEGAN

Chickpea and veggie curry with rice

Standard	Beans green frozen Broccoli floret frozen Carrot sliced frozen Chickpeas Potato pieces 1cm Rice long grain Roti bread Simmer sauce butter chicken
Kosher	Coconut cream Curry paste mild korma VEGAN
Low Fructose	Teriyaki simmer sauce FODMAP
Gluten Free	Pappadums mini plain GF
Gluten Free & Vegan	Coconut cream Curry paste mild korma VEGAN Pappadums mini plain GF
Gluten Free & Vegetarian	Pappadums mini plain GF
Low FODMAP	Teriyaki simmer sauce FODMAP
Dairy Free	Coconut cream

	Curry paste mild korma VEGAN
Gluten & Dairy Free	Coconut cream Curry paste mild korma VEGAN Pappadums mini plain GF
Diabetic	Pappadums mini plain GF
Vegan	Coconut cream Curry paste mild korma VEGAN

Sicilian beef and veggies on polenta

Standard	Beans green frozen Capsicum red Cheese grated parmesan Garlic bread Mushrooms sliced Pasta sauce Bolognese Polenta
Kosher	Bread sliced white Cheese mozzarella grated VEGAN Minced meat KOSHER Tomato Passata
Low Fructose	Bread sliced GF Minced meat Tomato Passata
Halal	Minced meat HALAL Tomato Passata
Lactose Free	Cheese shredded LF
Gluten Free	Bread sliced GF
Gluten Free & Vegan	Bread sliced GF Cheese mozzarella grated VEGAN Pasta sauce slow roasted vegetables
Gluten Free & Vegetarian	Bread sliced GF Pasta sauce slow roasted vegetables
Low FODMAP	Bread sliced GF Cheese shredded LF Minced meat

	Pasta sauce slow roasted vegetables
Dairy Free	Bread sliced white Cheese mozzarella grated VEGAN
Gluten & Dairy Free	Bread sliced GF Cheese mozzarella grated VEGAN
Diabetic	Bread sliced multigrain
Vegetarian	Pasta sauce slow roasted vegetables
Vegan	Cheese mozzarella grated VEGAN Pasta sauce slow roasted vegetables
Red Meat Free	Pasta sauce slow roasted vegetables

Chilli NON carne with rice, veggies and corn chips

Standard	Beans red kidney Carrot grated Cheese grated mozzarella Corn chips Mushrooms sliced Rice long grain Spice mix chilli Tomato diced Zucchini
Low Fructose	Spice cumin Spice oregano Spice paprika smoked
Lactose Free	Cheese shredded LF
Gluten Free & Vegan	Cheese mozzarella grated VEGAN
Low FODMAP	Cheese shredded LF Spice cumin Spice oregano Spice paprika smoked
Dairy Free	Cheese mozzarella grated VEGAN
Gluten & Dairy Free	Cheese mozzarella grated VEGAN
Vegan	

Cheese mozzarella grated VEGAN

Pulled pork tacos with salad and corn chips

Standard	Avocado pulp Cheese grated mozzarella Coleslaw mix Corn chips Lettuce iceberg shredded Pulled pork Salsa mild Sauce BBQ GF Sauce chipotle mayo Sour cream Tortilla flour 6"
Pork Free	Chicken breast (skin off, cooked)
Kosher	Cheese mozzarella grated VEGAN Chicken thigh KOSHER Mayonnaise GF VEGAN
Low Fructose	Chicken breast (skin off, cooked) Mayonnaise Tomato Tortilla corn 6" GF VEGAN
Halal	Chicken shami kebab HALAL
Lactose Free	Cheese shredded LF Sour cream LF
Gluten Free	Tortilla corn 6" GF VEGAN
Gluten Free & Vegan	Beans red kidney Cheese mozzarella grated VEGAN Mayonnaise GF VEGAN Tortilla corn 6" GF VEGAN
Gluten Free & Vegetarian	Beans red kidney Tortilla corn 6" GF VEGAN
Low FODMAP	Cheese shredded LF Chicken breast (skin off, cooked) Sour cream LF Tomato Tortilla corn 6" GF VEGAN

Dairy Free	Cheese mozzarella grated VEGAN Mayonnaise GF VEGAN
Gluten & Dairy Free	Cheese mozzarella grated VEGAN Mayonnaise GF VEGAN Tortilla corn 6" GF VEGAN
Diabetic	Sour cream LF Tortilla corn 6" GF VEGAN
Egg Free	Mayonnaise GF VEGAN
Vegetarian	Beans red kidney
Vegan	Beans red kidney Cheese mozzarella grated VEGAN Mayonnaise GF VEGAN
Red Meat Free	Chicken breast (skin off, cooked)

Loaded jacket potatoes with pulled pork and salad

Standard	Carrot grated Cheese grated mozzarella Coleslaw mix Dressing coleslaw Potatoes Pulled pork Sauce BBQ GF Sour cream Spring onions
Pork Free	Beans red kidney
Kosher	Beans red kidney
Low Fructose	Bacon sliced
Halal	Beans red kidney
Lactose Free	Cheese shredded LF Sour cream LF
Gluten Free & Vegan	Beans red kidney Cheese mozzarella grated VEGAN

	Mayonnaise GF VEGAN
Gluten Free & Vegetarian	Beans red kidney
Low FODMAP	Bacon sliced Cheese shredded LF Sour cream LF
Dairy Free	Cheese mozzarella grated VEGAN Mayonnaise GF VEGAN
Gluten & Dairy Free	Cheese mozzarella grated VEGAN Mayonnaise GF VEGAN
Diabetic	Sour cream LF
Egg Free	Mayonnaise GF VEGAN
Vegetarian	Beans red kidney
Vegan	Beans red kidney Cheese mozzarella grated VEGAN Mayonnaise GF VEGAN
Red Meat Free	Beans red kidney

Pork ragu pasta with salad and garlic bread

Standard	Carrot grated Cheese grated parmesan Cucumber Dressing balsamic Garlic bread Lettuce iceberg shredded Pasta penne Pasta sauce garden vegetable GF VEGAN Pulled pork Salad mix (small) Tomato cherry
Pork Free	Mushrooms sliced
Kosher	Cheese mozzarella grated VEGAN Minced meat KOSHER Mushrooms sliced
Low Fructose	

	Bread sliced GF Pasta penne GF VEGAN Tomato Passata
Halal	Chicken shami kebab HALAL
Lactose Free	Cheese shredded LF
Gluten Free	Bread sliced GF Pasta penne GF VEGAN
Gluten Free & Vegan	Bread sliced GF Cheese mozzarella grated VEGAN Mushrooms sliced Pasta penne GF VEGAN
Gluten Free & Vegetarian	Bread sliced GF Mushrooms sliced Pasta penne GF VEGAN
Low FODMAP	Bread sliced GF Cheese shredded LF Pasta penne GF VEGAN Tomato Passata
Dairy Free	Cheese mozzarella grated VEGAN
Gluten & Dairy Free	Bread sliced GF Cheese mozzarella grated VEGAN Pasta penne GF VEGAN
Diabetic	Bread sliced multigrain
Vegetarian	Mushrooms sliced
Vegan	Cheese mozzarella grated VEGAN Mushrooms sliced
Red Meat Free	Mushrooms sliced

Mushroom ragu with salad and garlic bread

Standard	Carrot grated Cheese grated parmesan Cucumber Dressing balsamic
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	Garlic bread Lettuce iceberg shredded Mushrooms sliced Onions red sliced Pasta penne Pasta sauce garden vegetable GF VEGAN Salad mix (small) Tomato cherry
Low Fructose	Bread sliced GF Pasta penne GF VEGAN Tomato Passata
Lactose Free	Cheese shredded LF
Gluten Free	Bread sliced GF Pasta penne GF VEGAN
Gluten Free & Vegan	Bread sliced GF Cheese mozzarella grated VEGAN Pasta penne GF VEGAN
Gluten Free & Vegetarian	Bread sliced GF Pasta penne GF VEGAN
Low FODMAP	Bread sliced GF Cheese shredded LF Pasta penne GF VEGAN Tomato Passata
Dairy Free	Cheese mozzarella grated VEGAN
Gluten & Dairy Free	Bread sliced GF Cheese mozzarella grated VEGAN Pasta penne GF VEGAN
Diabetic	Bread sliced multigrain
Vegan	Cheese mozzarella grated VEGAN

Chicken schnitzel with mashed potato and salad

Standard	Carrot grated Chicken schnitzel 240g Cucumber Dressing balsamic Fruit lemon
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	Gravy powder GF Lettuce iceberg shredded Milk full cream UHT Potato mashed Salad mix (small) Tomato
Kosher	Chicken schnitzel crumbed KOSHER Potatoes
Low Fructose	Chicken breast (skin off, cooked) Egg cage free Panko breadcrumbs GF
Halal	Chicken crumbed schnitzel homemade HALAL
Gluten Free	Chicken breast (skin off, cooked) Egg cage free Panko breadcrumbs GF
Gluten Free & Vegan	Egg mix GF VEGAN Eggplant Panko breadcrumbs GF Potatoes
Gluten Free & Vegetarian	Egg cage free Eggplant Panko breadcrumbs GF Potatoes
Low FODMAP	Chicken breast (skin off, cooked) Egg cage free Panko breadcrumbs GF Potatoes
Dairy Free	Potatoes
Gluten & Dairy Free	Chicken breast (skin off, cooked) Egg cage free Panko breadcrumbs GF Potatoes
Diabetic	Potatoes
Vegetarian	Cornflake crumbs Egg cage free Eggplant

Vegan
 Cornflake crumbs
 Egg mix GF VEGAN
 Eggplant
 Potatoes

Chicken parmigiana with wedges and salad

Standard
 Carrot grated
 Cheese tasty sliced
 Chicken schnitzel 240g
 Cucumber
 Dressing balsamic
 Lettuce iceberg shredded
 Pasta sauce garden vegetable GF VEGAN
 Potato wedges
 Salad mix (small)
 Tomato

Kosher
 Cheese mild cheddar sliced VEGAN
 Chicken schnitzel crumbed KOSHER

Low Fructose
 Chicken breast (skin off, cooked)
 Egg cage free
 Panko breadcrumbs GF
 Potatoes
 Tomato Passata

Halal
 Chicken crumbed schnitzel homemade HALAL

Lactose Free
 Cheese tasty sliced LF

Gluten Free
 Chicken breast (skin off, cooked)
 Egg cage free
 Panko breadcrumbs GF
 Potatoes

Gluten Free & Vegan
 Cheese mild cheddar sliced VEGAN
 Egg mix GF VEGAN
 Eggplant
 Panko breadcrumbs GF
 Potatoes

Gluten Free & Vegetarian
 Egg cage free
 Eggplant
 Panko breadcrumbs GF
 Potatoes

Low FODMAP
 Chicken breast (skin off, cooked)
 Egg cage free
 Panko breadcrumbs GF
 Pasta sauce slow roasted vegetables
 Potatoes

Dairy Free
 Cheese mild cheddar sliced VEGAN

Gluten & Dairy Free
 Cheese mild cheddar sliced VEGAN
 Chicken breast (skin off, cooked)
 Egg cage free
 Panko breadcrumbs GF
 Potatoes

Diabetic
 Potatoes

Vegetarian
 Cornflake crumbs
 Egg cage free
 Eggplant

Vegan
 Cheese mild cheddar sliced VEGAN
 Cornflake crumbs
 Egg mix GF VEGAN
 Eggplant

Chicken Tonkatsu with rice and Japanese slaw

Standard
 Carrot sliced frozen
 Chicken schnitzel 240g
 Coleslaw mix
 Cucumber
 Dressing ponzu
 Dressing tonkatsu
 Edamame shelled
 Rice long grain
 Spring onions

Kosher
 Chicken schnitzel crumbed KOSHER

Low Fructose
 Chicken breast (skin off, cooked)
 Egg cage free
 Mayonnaise GF VEGAN
 Panko breadcrumbs GF
 Salad mix (small)

Halal
 Chicken crumbed schnitzel homemade HALAL

Gluten Free	Chicken breast (skin off, cooked) Egg cage free Mayonnaise GF VEGAN Panko breadcrumbs GF
Gluten Free & Vegan	Egg mix GF VEGAN Eggplant Mayonnaise GF VEGAN Panko breadcrumbs GF
Gluten Free & Vegetarian	Egg cage free Eggplant Mayonnaise Panko breadcrumbs GF
Low FODMAP	Chicken breast (skin off, cooked) Egg cage free Mayonnaise GF VEGAN Panko breadcrumbs GF
Gluten & Dairy Free	Chicken breast (skin off, cooked) Egg cage free Mayonnaise GF VEGAN Panko breadcrumbs GF
Vegetarian	Cornflake crumbs Egg cage free Eggplant
Vegan	Cornflake crumbs Egg mix GF VEGAN Eggplant Mayonnaise GF VEGAN

Eggplant parmigiana with wedges and salad

Standard	Carrot grated Cheese tasty sliced Cornflake crumbs Cucumber Dressing balsamic Egg cage free Eggplant Lettuce iceberg shredded Pasta sauce garden vegetable GF VEGAN Plain flour Potato wedges
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Low Fructose	Salad mix (small) Tomato Panko breadcrumbs GF Potatoes Tomato Passata
Lactose Free	Cheese tasty sliced LF
Gluten Free	Panko breadcrumbs GF Potatoes
Gluten Free & Vegan	Cheese mild cheddar sliced VEGAN Egg mix GF VEGAN Panko breadcrumbs GF Potatoes
Gluten Free & Vegetarian	Panko breadcrumbs GF Potatoes
Low FODMAP	Cheese tasty sliced LF Panko breadcrumbs GF Pasta sauce slow roasted vegetables Potatoes
Dairy Free	Cheese mild cheddar sliced VEGAN
Gluten & Dairy Free	Cheese mild cheddar sliced VEGAN Panko breadcrumbs GF Potatoes
Diabetic	Panko breadcrumbs GF Potatoes
Egg Free	Egg mix GF VEGAN
Vegan	Cheese mild cheddar sliced VEGAN Egg mix GF VEGAN

Chilli con carne with rice, veggies and corn chips

Standard	Beans red kidney Carrot grated Cheese grated mozzarella Corn chips Pasta sauce Bolognese Rice long grain
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	Spice mix chilli Zucchini
Kosher	Cheese mozzarella grated VEGAN Minced meat KOSHER Tomato Passata
Low Fructose	Minced meat Spice cumin Spice oregano Spice paprika smoked Tomato Passata
Halal	Minced meat HALAL Tomato Passata
Lactose Free	Cheese shredded LF
Gluten Free & Vegan	Beans red kidney Cheese mozzarella grated VEGAN Tomato Passata
Gluten Free & Vegetarian	Beans red kidney Tomato Passata
Low FODMAP	Cheese shredded LF Minced meat Spice cumin Spice oregano Spice paprika smoked Tomato Passata
Dairy Free	Cheese mozzarella grated VEGAN
Gluten & Dairy Free	Cheese mozzarella grated VEGAN
Diabetic	Cheese shredded LF
Vegetarian	Beans red kidney Tomato Passata
Vegan	Beans red kidney Cheese mozzarella grated VEGAN Tomato Passata
Red Meat Free	Beans red kidney

Tomato Passata

Offsite: BBQ hamburgers and salad

Standard	Beetroot sliced Cheese tasty sliced Cordial lemon Cordial orange Hamburger beef 120g Hamburger bun sliced Lettuce iceberg shredded Napkin 1-ply natural Napkin dispenser Oil vegetable Onions brown sliced Sauce BBQ GF Sauce tomato GF large Tomato sliced
Kosher	Cheese mild cheddar sliced VEGAN Hamburger beef KOSHER
Low Fructose	Hamburger bun sliced GF
Halal	Hamburger beef HALAL
Lactose Free	Cheese tasty sliced LF
Gluten Free	Hamburger bun sliced GF
Gluten Free & Vegan	Cheese mild cheddar sliced VEGAN Hamburger bun sliced GF Veggie burgers (assorted flavours) VEGAN
Gluten Free & Vegetarian	Hamburger bun sliced GF Veggie burgers (assorted flavours) VEGAN
Low FODMAP	Cheese tasty sliced LF Hamburger bun sliced GF
Dairy Free	Cheese mild cheddar sliced VEGAN
Gluten & Dairy Free	Cheese mild cheddar sliced VEGAN Hamburger bun sliced GF
Diabetic	Cordial tropical DIET

Vegetarian	Veggie burgers (assorted flavours) VEGAN
Vegan	Cheese mild cheddar sliced VEGAN Veggie burgers (assorted flavours) VEGAN
Red Meat Free	Veggie burgers (assorted flavours) VEGAN

Dessert

Apple danish with whipped cream

Standard	Apple danish Whipped cream
Kosher	Apple crumble cake GF VEGAN
Low Fructose	Slice caramel (PC 70g) GF
Halal	Apple crumble cake GF VEGAN
Lactose Free	Custard Zymil LF
Gluten Free	Apple crumble cake GF VEGAN
Gluten Free & Vegan	Apple crumble cake GF VEGAN Custard GF VEGAN
Gluten Free & Vegetarian	Apple crumble cake GF VEGAN
Low FODMAP	Custard Zymil LF Peaches sliced
Dairy Free	Apple crumble cake GF VEGAN Custard GF VEGAN
Gluten & Dairy Free	Apple crumble cake GF VEGAN Custard GF VEGAN
Diabetic	Custard Zymil LF
Egg Free	Apple crumble cake GF VEGAN
Vegetarian	Apple crumble cake GF VEGAN
Vegan	Apple crumble cake GF VEGAN Custard GF VEGAN
Red Meat Free	Apple crumble cake GF VEGAN

Chocolate cake with custard

Standard

	Cake chocolate slab Custard UHT GF
Low Fructose	Cake triple choc brownie GF VEGAN
Lactose Free	Custard Zymil LF
Gluten Free	Cake triple choc brownie GF VEGAN
Gluten Free & Vegan	Cake triple choc brownie GF VEGAN Custard GF VEGAN
Gluten Free & Vegetarian	Cake triple choc brownie GF VEGAN
Low FODMAP	Cake triple choc brownie GF VEGAN Custard Zymil LF
Dairy Free	Cake triple choc brownie GF VEGAN Custard GF VEGAN
Gluten & Dairy Free	Cake triple choc brownie GF VEGAN Custard GF VEGAN
Egg Free	Cake triple choc brownie GF VEGAN
Vegan	Cake triple choc brownie GF VEGAN Custard GF VEGAN

Cheesecake

Standard	Cheesecake French cream Fruit strawberries
Pork Free	Yoghurt vanilla GF VEGAN
Kosher	Yoghurt vanilla GF VEGAN
Low Fructose	Cheesecake GF
Halal	Yoghurt vanilla GF VEGAN
Lactose Free	Yoghurt vanilla LF
Gluten Free	Cheesecake GF
Gluten Free & Vegan	

	Yoghurt vanilla GF VEGAN
Gluten Free & Vegetarian	Yoghurt vanilla GF VEGAN
Low FODMAP	Yoghurt vanilla LF
Dairy Free	Yoghurt vanilla GF VEGAN
Gluten & Dairy Free	Yoghurt vanilla GF VEGAN
Diabetic	Yoghurt vanilla
Egg Free	Yoghurt vanilla GF VEGAN
Vegetarian	Yoghurt vanilla GF VEGAN
Vegan	Yoghurt vanilla GF VEGAN
Red Meat Free	Yoghurt vanilla GF VEGAN

Tinned peaches with custard

Standard	Custard UHT GF Peaches in juice
Low Fructose	Peaches sliced
Lactose Free	Custard Zymil LF
Gluten Free & Vegan	Custard GF VEGAN
Low FODMAP	Custard Zymil LF Peaches sliced
Dairy Free	Custard GF VEGAN
Gluten & Dairy Free	Custard GF VEGAN
Diabetic	Custard Zymil LF
Vegan	Custard GF VEGAN

Ice cream in a cone

Standard	
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	Chocolate sprinkles Ice cream Ice cream cone
Low Fructose	Waffle Cones GF
Lactose Free	Ice cream LF
Gluten Free	Waffle Cones GF
Gluten Free & Vegan	Ice cream coconuts for mango GF VEGAN
Gluten Free & Vegetarian	Waffle Cones GF
Low FODMAP	Ice cream LF Waffle Cones GF
Dairy Free	Ice cream coconuts for mango GF VEGAN
Gluten & Dairy Free	Ice cream coconuts for mango GF VEGAN
Diabetic	Ice cream choc no sugar added
Egg Free	Ice cream no sugar added vanilla DIET
Vegan	Ice cream coconuts for mango GF VEGAN

Waffles with berries and whipped cream

Standard	Berries frozen Waffle Whipped cream
Low Fructose	Pancake mix GF VEGAN
Lactose Free	Ice cream LF
Gluten Free	Pancake mix GF VEGAN
Gluten Free & Vegan	Pancake mix GF VEGAN Yoghurt vanilla GF VEGAN
Gluten Free & Vegetarian	Pancake mix GF VEGAN
Low FODMAP	Fruit strawberries

	Ice cream LF Pancake mix GF VEGAN
Dairy Free	Pancake mix GF VEGAN Yoghurt vanilla GF VEGAN
Gluten & Dairy Free	Pancake mix GF VEGAN Yoghurt vanilla GF VEGAN
Diabetic	Ice cream no sugar added vanilla DIET
Egg Free	Pancake mix GF VEGAN
Vegan	Pancake mix GF VEGAN Yoghurt vanilla GF VEGAN

Chocolate baked bananas

Standard	Chocolate bits Fruit banana Marshmallows
Pork Free	Fruit strawberries
Kosher	Fruit strawberries
Low Fructose	Fruit strawberries
Halal	Fruit strawberries
Gluten Free	Fruit strawberries
Gluten Free & Vegan	Chocolate VEGAN Fruit strawberries
Gluten Free & Vegetarian	Fruit strawberries
Low FODMAP	Fruit strawberries
Dairy Free	Chocolate VEGAN Fruit strawberries
Gluten & Dairy Free	Chocolate VEGAN Fruit strawberries
Vegetarian	

	Fruit strawberries
Vegan	Chocolate VEGAN Fruit strawberries
Red Meat Free	Fruit strawberries

Pikelet s'mores

Standard	Chocolate bits Marshmallows Pancake mix
Pork Free	Fruit banana
Kosher	Fruit banana
Low Fructose	Fruit banana Pancake mix GF VEGAN
Halal	Fruit banana
Gluten Free	Fruit banana Pancake mix GF VEGAN
Gluten Free & Vegan	Chocolate VEGAN Fruit banana Pancake mix GF VEGAN
Gluten Free & Vegetarian	Fruit banana Pancake mix GF VEGAN
Low FODMAP	Fruit banana Pancake mix GF VEGAN
Dairy Free	Chocolate VEGAN Pancake mix GF VEGAN
Gluten & Dairy Free	Chocolate VEGAN Fruit banana Pancake mix GF VEGAN
Diabetic	Fruit banana Pancake mix GF VEGAN
Egg Free	Pancake mix GF VEGAN

Vegetarian	Fruit banana
Vegan	Chocolate VEGAN Fruit banana Pancake mix GF VEGAN
Red Meat Free	Fruit banana

Banana split

Standard	Fruit banana Ice cream Sauce chocolate Whipped cream
Low Fructose	Fruit strawberries
Lactose Free	Ice cream LF
Gluten Free & Vegan	Ice cream coconuts for mango GF VEGAN
Low FODMAP	Fruit strawberries Ice cream LF
Dairy Free	Ice cream coconuts for mango GF VEGAN
Gluten & Dairy Free	Ice cream coconuts for mango GF VEGAN
Diabetic	Ice cream no sugar added vanilla DIET
Vegan	Ice cream coconuts for mango GF VEGAN

White chocolate and raspberry cake

Standard	Cake white choc and raspberry
Low Fructose	Cake triple choc brownie GF VEGAN
Gluten Free	Cake triple choc brownie GF VEGAN
Gluten Free & Vegan	Cake triple choc brownie GF VEGAN
Gluten Free & Vegetarian	Cake triple choc brownie GF VEGAN
Low FODMAP	

	Cake triple choc brownie GF VEGAN
Dairy Free	Cake triple choc brownie GF VEGAN
Gluten & Dairy Free	Cake triple choc brownie GF VEGAN
Diabetic	Donuts DIET (Various Flavours)
Egg Free	Cake triple choc brownie GF VEGAN
Vegan	Cake triple choc brownie GF VEGAN

Offsite: Caramel slice and Coconut slice

Standard	Napkin 1-ply natural Slice caramel (PC 70g) GF Slice coconut bush plum (PC 60g) GF
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Supper

Leader's pamper pack

Standard	Biscuit rice crackers original GF Biscuit Tim Tams double coat Cheese brie Cheese cheddar block original Dip beetroot Dip spring onion Fruity flavoured lollies Milk chocolate block Water crackers
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