



Catering Admin Kept Easy

Cuboree 2023 Detailed Menu

Please find below details of all of the meals that will be served at the event, and the additional products provided for each modified diet. All items are nut free. Menu may be subject to change.



Pantry

Saturday, 23 Sep 2023

Pantry

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
Alfoil 30m, Chux, Clingwrap 60m, Coffee instant Blend 43 retail, Detergent dishes, Fruit apple green small, Fruit apple red small, Fruit banana, Gloves dishwashing large, Hand sanitiser gel, Hand soap, Honey, Jam strawberry, Oil vegetable, Paper towel perforated roll, Pepper black with grinder, Salt table, Scourer sponge, Scourer stainless steel, Spray cleaner antibacterial, Spray surface sanitiser, Sugar, Tea bags, Vegemite			Vegemite GF	Vegemite GF	Vegemite GF	Vegemite GF
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free
	Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free
		Jam strawberry fruit spread DIET		Vegemite GF	Vegemite GF	

Breakfast

Saturday, 23 Sep 2023

Cereal, B&E muffin (PRE)

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
Bacon sliced, Bread english muffin, Bread sliced white, Bread sliced wholemeal, Cereal Cornflakes, Cereal Nutrigrain, Cereal Ricebubbles, Eggs free range bulk, Juice apple LL, Juice orange LL, Margarine, Milk full cream UHT, Milk low fat UHT	Milk soy UHT	Milk lactose free UHT	Bread sliced GF, Cereal Cornflakes GF VEGAN PC	Bread sliced GF, Cereal Cornflakes GF VEGAN PC, Milk soy UHT	Baked beans (retail), Bread sliced GF, Cereal Cornflakes GF VEGAN PC	Baked beans (retail), Bread sliced GF, Cereal Cornflakes GF VEGAN PC
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free
	Baked beans (retail)	Baked beans (retail)	Baked beans (retail)	Baked beans (retail)	Baked beans (retail)	Baked beans (retail)
Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free	
	Bread sliced multigrain, Cereal Special K PC		Bread sliced GF, Cereal Cornflakes GF VEGAN PC	Bread sliced GF, Cereal Cranberry & Buckwheat FODMAP, Milk lactose free UHT	Baked beans (retail)	

Lunch

Saturday, 23 Sep 2023

Sausage sub (PRE)

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
Cheese grated mozzarella, Onions brown sliced, Roll crusty long, Sauce BBQ GF, Sauce tomato GF large, Sausage Kransky GF	Cheese shredded VEGAN, Sausage GF VEGAN	Cheese shredded LF	Hot dog roll GF	Cheese shredded VEGAN, Hot dog roll GF, Sausage GF VEGAN	Hot dog roll GF, Sausage GF VEGAN	Cheese shredded VEGAN, Hot dog roll GF, Sausage GF VEGAN
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free
	Sausage GF VEGAN	Cheese shredded VEGAN, Sausage GF VEGAN	Sausage GF VEGAN	Cheese shredded VEGAN, Sausage BBQ KOSHER	Hot dogs HALAL	
Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free	
	Bread sliced multigrain		Hot dog roll GF, Sausages BBQ GF	Cheese shredded LF, Hot dog roll GF, Sausages BBQ GF	Sausage GF VEGAN	

Dinner

Saturday, 23 Sep 2023

Beef stew, mash and greens (PRE)

Standard Apple pie, Beans green frozen, Broccoli floret frozen, Chicken Cacciatore, Chickpea Ratatouille, Cream thickened, Hungarian Beef Goulash, Potato mash (premade)	Dairy free	Lactose free	Gluten free Cake triple choc brownie GF VEGAN	Gluten & Dairy free Cake triple choc brownie GF VEGAN	Gluten free & Vegetarian Cake triple choc brownie GF VEGAN	Gluten free & Vegan Cake triple choc brownie GF VEGAN
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free Cake triple choc brownie GF VEGAN
	Low fat	Diabetic Cream thickened LF, Peaches sliced	Tomato free	Low fructose Cake triple choc brownie GF VEGAN, DM Chicken Cacciatore Wedges, DM Indian Vegie Curry, DM Maple Pork Rice Broccoli, DM Smokey Chicken Potatoes Corn & Black Beans	Low FODMAP Cake triple choc brownie GF VEGAN, DM Chicken Cacciatore Wedges, DM Indian Vegie Curry, DM Maple Pork Rice Broccoli, DM Smokey Chicken Potatoes Corn & Black Beans	Red meat free

Breakfast

Sunday, 24 Sep 2023

Cereal, HCT toastie (PRE)

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan	
Bread sliced white, Bread sliced wholemeal, Cereal Cornflakes, Cereal Nutrigrain, Cereal Ricebubbles, Cheese tasty sliced, Cold cut ham sliced, Jam strawberry, Margarine, Milk full cream UHT, Milk low fat UHT, Tomato sliced, Vegemite	Cheese slices VEGAN, Milk soy UHT	Cheese tasty sliced LF, Milk lactose free UHT	Bread sliced GF, Cereal Cornflakes GF VEGAN PC, Vegemite GF	Bread sliced GF, Cereal Cornflakes GF VEGAN PC, Cheese slices VEGAN, Milk rice UHT, Vegemite GF	Bread sliced GF, Cereal Cornflakes GF VEGAN PC, Vegemite GF	Bread sliced GF, Cereal Cornflakes GF VEGAN PC, Vegemite GF	
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free	
		Cheese slices VEGAN, Milk soy UHT					
	Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free	
	Bread sliced multigrain, Cereal Special K PC, Cheese tasty DIET		Bread sliced GF, Cereal Cornflakes GF VEGAN PC, Vegemite GF	Bread sliced GF, Cereal Cornflakes GF VEGAN PC, Cheese tasty sliced LF, Milk lactose free UHT, Vegemite GF			

Lunch

Sunday, 24 Sep 2023

Pastries and salad (PRE)

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
Cucumber, Dressing balsamic, Onions red sliced, Pastie vegetable 175g, Pie beef 180g, Pie chicken curry 180g, Salad mix, Sauce BBQ GF, Sauce tomato GF large, Sausage roll 170g, Tomato cherry			Pie beef GF	Pie GF VEGAN	Pie GF VEGAN	Pie GF VEGAN
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free
	Pie plant based VEGAN	Pie plant based VEGAN				Pie plant based VEGAN
	Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free
			DM Chicken Cacciatore Wedges, DM Indian Vegie Curry, DM Maple Pork Rice Broccoli, DM Smokey Chicken Potatoes Corn & Black Beans	DM Chicken Cacciatore Wedges, DM Indian Vegie Curry, DM Maple Pork Rice Broccoli, DM Smokey Chicken Potatoes Corn & Black Beans		

Dinner

Sunday, 24 Sep 2023

Curry, rice and roti (PRE)

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
Beans green frozen, Beef Madras, Broccoli floret frozen, Chickpea masala, Ice cream, Rice cooked, Roti bread, Sticky date pudding, Thai Green Curry	Ice cream Coco DF 100ml	Ice cream Coco DF 100ml	Apple crumble cupcake GF VEGAN	Apple crumble cupcake GF VEGAN, Ice cream Coco DF 100ml	Apple crumble cupcake GF VEGAN	Apple crumble cupcake GF VEGAN, Ice cream Coco DF 100ml
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free
		Apple crumble cupcake GF VEGAN, Ice cream Coco DF 100ml				Apple crumble cupcake GF VEGAN
Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free	
	Cake iced angel DIET		DM Chicken Cacciatore Wedges, DM Indian Vegie Curry, DM Maple Pork Rice Broccoli, DM Smokey Chicken Potatoes Corn & Black Beans, Melting moments lemon FODMAP	DM Chicken Cacciatore Wedges, DM Indian Vegie Curry, DM Maple Pork Rice Broccoli, DM Smokey Chicken Potatoes Corn & Black Beans, Ice cream Coco DF 100ml, Melting moments lemon FODMAP		

Breakfast

Monday, 25 Sep 2023

Cereal, H&C croissant (PRE)

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
Bread sliced white, Bread sliced wholemeal, Cereal Cornflakes, Cereal Nutrigrain, Cereal Ricebubbles, Croissant 75g, Croissant ham & cheese, Jam PC apricot, Jam PC raspberry, Jam PC strawberry, Jam PC strawberry DIET, Juice apple LL, Juice orange LL, Margarine, Milk full cream UHT, Milk low fat UHT	Cheese slices VEGAN	Cheese tasty sliced LF, Milk lactose free UHT	Bread sliced GF, Cereal Cornflakes GF VEGAN PC	Bread sliced GF, Cereal Cornflakes GF VEGAN PC, Cheese slices VEGAN, Milk soy UHT	Bread sliced GF, Cereal Cornflakes GF VEGAN PC, Cheese tasty sliced	Bread sliced GF, Cereal Cornflakes GF VEGAN PC, Cheese slices VEGAN, Milk soy UHT
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free
	Cheese tasty sliced	Cheese slices VEGAN, Milk soy UHT	Cheese tasty sliced			
Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free	
	Bread sliced multigrain, Cereal Special K PC, Cheese tasty DIET		Bread sliced GF, Cereal Cornflakes GF VEGAN PC	Bread sliced GF, Cereal Cranberry & Buckwheat FODMAP, Cheese tasty sliced LF, Milk lactose free UHT	Cheese tasty sliced	

Lunch

Monday, 25 Sep 2023

Pre made sandwich

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
SW Bacon Lettuce Avo & Tomato wmeal, SW Cheese Cos Pimento Onion & Tomato Turkish, SW Chicken Avo white, SW Chicken Caesar wrap, SW Chicken Mayo Lettuce GF, SW Chicken Tandoori Cucumber Raita wrap, SW Corn Beef Pickle Cheese wmeal, SW Egg Mayo Lettuce white, SW Falafel Hommus wrap, SW Ham Cheese Tomato GF, SW Ham Cheese Tomato wmeal, SW Herbed Chicken Mayo Lettuce turkish, SW Lamb Tzatziki multi, SW Roast Beef Rocket Tomato wrap, SW Roasted Vegetables GF, SW Vegan Chicken Lettuce white						
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free
Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free	

Lunch

Monday, 25 Sep 2023

Pre made meal (Dineamic)

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
DM Beef Lasagne, DM Beef Mushroom Mash Peas, DM Chicken Cacciatore Wedges, DM Chicken Mushroom Risotto,						
DM Chilli Con Carne, DM Frittata Pepperonata, DM Indian Veggie Curry, DM Lentil Mushroom Linguine, DM Maple Pork Rice Broccoli, DM Pumpkin Kale Risotto, DM Roast Chicken Potatoes Vege,	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free
DM Smokey Chicken Potatoes Corn & Black Beans, DM Spinach Ricotta Cannelloni Napoli, DM Teriyaki Beef Rice, DM Tuscan Vegetable Risotto	Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free

Dinner

Monday, 25 Sep 2023

BBQ hamburgers, potato salad and coleslaw

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
Beetroot sliced, Cheese tasty sliced, Coleslaw mix, Cordial orange, Dressing coleslaw, Hamburger beef 150g GF, Hamburger bun pre-sliced, Lettuce iceberg shredded, Onions brown sliced, Potato salad, Sauce BBQ GF, Sauce tomato GF large, Tomato sliced	Cheese slices VEGAN	Cheese tasty sliced LF	Hamburger bun GF VEGAN	Cheese slices VEGAN, Hamburger bun GF VEGAN	Hamburger bun GF VEGAN, Veggie burger GF VEGAN	Cheese slices VEGAN, Hamburger bun GF VEGAN, Mayonnaise GF VEGAN, Parsley, Potato (white large individual), Veggie burger GF VEGAN
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free
	Veggie burger GF VEGAN	Mayonnaise GF VEGAN, Parsley, Potato (white large individual), Veggie burger GF VEGAN		Cheese slices VEGAN, Hamburger beef KOSHER	Hamburger beef HALAL	Mayonnaise GF VEGAN, Parsley, Potato (white large individual)
	Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free
		Bread sliced multigrain, Cheese tasty DIET, Cordial tropical DIET		Hamburger bun GF VEGAN	Cheese tasty sliced LF, Hamburger bun GF VEGAN	Veggie burger GF VEGAN

Dessert

Monday, 25 Sep 2023

Chocolate cake with custard

Standard Cake chocolate slab, Custard UHT GF	Dairy free Cake triple choc brownie GF VEGAN, Custard GF VEGAN	Lactose free Custard Zymil LF	Gluten free Cake triple choc brownie GF VEGAN	Gluten & Dairy free Cake triple choc brownie GF VEGAN, Custard GF VEGAN	Gluten free & Vegetarian Cake triple choc brownie GF VEGAN	Gluten free & Vegan Cake triple choc brownie GF VEGAN, Custard GF VEGAN
	Vegetarian	Vegan Cake triple choc brownie GF VEGAN, Custard GF VEGAN	Pork free	Kosher	Halal	Egg free Cake triple choc brownie GF VEGAN
	Low fat	Diabetic Cake iced angel DIET	Tomato free	Low fructose Cake triple choc brownie GF VEGAN	Low FODMAP Cake triple choc brownie GF VEGAN, Custard Zymil LF	Red meat free

Breakfast

Tuesday, 26 Sep 2023

Cereal, toast, bacon and eggs

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
Bacon sliced, Bread sliced white, Bread sliced wholemeal, Cereal Cornflakes, Cereal Nutrigrain, Cereal Ricebubbles, Egg scrambled mix, Juice apple LL, Juice orange LL, Margarine, Milk full cream UHT, Milk low fat UHT	Egg (half dozen), Milk soy UHT		Bread sliced GF, Cereal Cornflakes GF VEGAN PC	Bread sliced GF, Cereal Cornflakes GF VEGAN PC, Egg (half dozen), Milk soy UHT	Bread sliced GF, Cereal Cornflakes GF VEGAN PC, Mushrooms sliced	Bread sliced GF, Cereal Cornflakes GF VEGAN PC, Milk soy UHT, Mushrooms sliced
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free
	Mushrooms sliced	Milk soy UHT, Mushrooms sliced	Mushrooms sliced	Mushrooms sliced	Mushrooms sliced	Mushrooms sliced
Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free	
	Bread sliced multigrain, Cereal Special K PC		Bread sliced GF, Cereal Special K PC	Bread sliced GF, Cereal Cranberry & Buckwheat FODMAP, Egg (half dozen), Milk lactose free UHT	Mushrooms sliced	

Morning Tea

Tuesday, 26 Sep 2023

Muffins

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
Cordial lemon, Muffin berry (PC 120g), Muffin chocolate (PC 120g)	Vanilla cupcake GF VEGAN		Vanilla cupcake GF VEGAN	Vanilla cupcake GF VEGAN	Vanilla cupcake GF VEGAN	Vanilla cupcake GF VEGAN
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free
		Vanilla cupcake GF VEGAN				Vanilla cupcake GF VEGAN
Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free	
	Cordial tropical DIET, Donuts DIET (Various Flavours)		Vanilla cupcake GF VEGAN	Bar choc maple FODMAP		

Lunch

Tuesday, 26 Sep 2023

Cold cut sandwiches

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
Avocado pulp, Bread sliced white, Bread sliced wholemeal, Carrot grated, Cheese tasty sliced, Cold cut chicken roasted pieces, Cold cut ham sliced, Cordial orange, Cucumber sliced, Lettuce iceberg shredded, Margarine, Mayonnaise, Tomato sliced, Wrap 8in	Cheese slices VEGAN	Cheese tasty sliced LF	Bread sliced GF, Wrap 10in Multigrain GF VEGAN	Bread sliced GF, Cheese slices VEGAN, Wrap 10in Multigrain GF VEGAN	Bread sliced GF, Wrap 10in Multigrain GF VEGAN	Bread sliced GF, Cheese slices VEGAN, Mayonnaise GF VEGAN, Wrap 10in Multigrain GF VEGAN
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free
		Cheese slices VEGAN, Mayonnaise GF VEGAN		Cold cut KOSHER, Tuna in brine	Cold cut beef salami mild HALAL	Mayonnaise GF VEGAN
	Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free
		Bread sliced multigrain, Cheese tasty DIET, Cordial tropical DIET		Bread sliced GF, Wrap 10in Multigrain GF VEGAN	Bread sliced GF, Cheese tasty sliced LF, Mayonnaise GF VEGAN	

Afternoon Tea

Tuesday, 26 Sep 2023

Popcorn and fruit

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
Cordial lemon, Fruit watermelon, Popcorn (PC 25g) GF VEGAN						
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free
	Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free
		Cordial tropical DIET		Fruit strawberries, Popcorn (PC13g) FODMAP	Mandarin, Popcorn (PC13g) FODMAP	

Dinner

Tuesday, 26 Sep 2023

Souvlaki and salad with wedges

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
Cheese fetta, Cheese grated mozzarella, Chicken souvlaki, Cordial orange, Cucumber sliced, Dip tzatziki, Lamb souvlaki, Lettuce iceberg shredded, Olive kalamata pitted, Onions red sliced, Pita bread, Potato wedges, Tomato sliced	Cheese shredded VEGAN, Dip hummus VEGAN, Wrap 10in Multigrain GF VEGAN	Cheese shredded LF, Dip hummus VEGAN	Potato (white large individual), Wrap 10in Multigrain GF VEGAN	Cheese shredded VEGAN, Dip hummus VEGAN, Potato (white large individual), Wrap 10in Multigrain GF VEGAN	Falafel balls GF VEGAN, Potato (white large individual), Wrap 10in Multigrain GF VEGAN	Cheese shredded VEGAN, Dip hummus VEGAN, Falafel balls GF VEGAN, Potato (white large individual), Wrap 10in Multigrain GF VEGAN
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free
	Falafel balls GF VEGAN	Cheese shredded VEGAN, Dip hummus VEGAN, Falafel balls GF VEGAN, Wrap 10in Multigrain GF VEGAN		Chicken thigh KOSHER, Dip hummus VEGAN	Chicken shami kebab HALAL	
Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free	
	Cheese grated DIET, Cordial tropical DIET, Mayonnaise GF VEGAN, Wrap white LOW CARB		Chicken breast (skin off, cooked), Potato (white large individual), Wrap 10in Multigrain GF VEGAN, Yoghurt natural	Cheese shredded LF, Chicken breast (skin off, cooked), Potato (white large individual), Wrap 10in Multigrain GF VEGAN		

Dessert

Tuesday, 26 Sep 2023

Ice cream sandwich

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
Ice cream sandwich	Ice cream Coco DF 100ml	Ice cream Coco DF 100ml	Ice cream Coco DF 100ml	Ice cream Coco DF 100ml	Ice cream Coco DF 100ml	Ice cream Coco DF 100ml
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free
		Ice cream Coco DF 100ml		Ice cream Coco DF 100ml		Ice cream Coco DF 100ml
Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free	
	Ice cream Coco DF 100ml		Ice cream Coco DF 100ml	Ice cream Coco DF 100ml	Ice cream Coco DF 100ml	

Breakfast

Wednesday, 27 Sep 2023

Cereal, toast, pancakes

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
Bread sliced white, Bread sliced wholemeal, Cereal Cornflakes, Cereal Nutrigrain, Cereal Ricebubbles, Fruit lemon, Jam strawberry, Juice apple LL, Juice orange LL, Maple syrup, Margarine, Milk full cream UHT, Milk low fat UHT, Pancake mix	Milk soy UHT, Pancake mix GF VEGAN	Milk lactose free UHT	Bread sliced GF, Cereal Cornflakes GF VEGAN PC, Pancake mix GF VEGAN	Bread sliced GF, Cereal Cornflakes GF VEGAN PC, Milk soy UHT, Pancake mix GF VEGAN	Bread sliced GF, Cereal Cornflakes GF VEGAN PC, Pancake mix GF VEGAN	Bread sliced GF, Cereal Cornflakes GF VEGAN PC, Milk soy UHT, Pancake mix GF VEGAN
	Vegetarian	Vegan Milk soy UHT, Pancake mix GF VEGAN	Pork free	Kosher	Halal	Egg free Pancake mix GF VEGAN
	Low fat	Diabetic Bread sliced multigrain, Cereal Special K PC	Tomato free	Low fructose Bread sliced GF, Cereal Cornflakes GF VEGAN PC, Pancake mix GF VEGAN	Low FODMAP Bread sliced GF, Cereal Cranberry & Buckwheat FODMAP, Milk lactose free UHT, Pancake mix GF VEGAN	Red meat free

Morning Tea

Wednesday, 27 Sep 2023

Muesli bar

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
Cordial lemon, Muesli bar strawberry & yoghurt	Choc rice cakes (PC 14g) GF VEGAN		Choc rice cakes (PC 14g) GF VEGAN	Choc rice cakes (PC 14g) GF VEGAN	Choc rice cakes (PC 14g) GF VEGAN	Choc rice cakes (PC 14g) GF VEGAN
	Vegetarian	Vegan Choc rice cakes (PC 14g) GF VEGAN	Pork free	Kosher	Halal	Egg free
	Low fat	Diabetic Cordial tropical DIET, Snackle bar DIET	Tomato free	Low fructose Choc rice cakes (PC 14g) GF VEGAN	Low FODMAP Choc rice cakes (PC 14g) GF VEGAN	Red meat free

Lunch

Wednesday, 27 Sep 2023

Chicken taco with corn chips

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
Avocado pulp, Carrot grated, Cheese grated mozzarella, Chicken 15mm pieces, Coleslaw mix, Cordial orange, Corn chips, Corn kernels frozen, Lettuce iceberg shredded, Salsa mild, Sour cream, Spice mix taco GF, Tortilla flour 6in	Cheese shredded VEGAN, Sour cream GF VEGAN	Cheese shredded LF, Sour cream LF	Tortilla corn 6in GF VEGAN	Cheese shredded VEGAN, Sour cream GF VEGAN, Tortilla corn 6in GF VEGAN	Beans red kidney, Capsicum red, Onions, Tortilla corn 6in GF VEGAN	Beans red kidney, Capsicum red, Cheese shredded VEGAN, Onions, Sour cream GF VEGAN, Tortilla corn 6in GF VEGAN
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free
	Beans red kidney, Capsicum red, Onions, Sour cream GF VEGAN	Beans red kidney, Capsicum red, Cheese shredded VEGAN, Onions, Sour cream GF VEGAN		Chicken thigh KOSHER	Chicken shami kebab HALAL	
Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free	
	Cheese grated DIET, Cordial tropical DIET, Wrap white LOW CARB		Tortilla corn 6in GF VEGAN	Cheese shredded LF, Sour cream LF, Tortilla corn 6in GF VEGAN	Sour cream GF VEGAN	

Afternoon Tea

Wednesday, 27 Sep 2023

Potato chips and fruit

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
Chips crinkle cut original (PC 45g), Cordial lemon						
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free
Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free	
	Cordial tropical DIET		Fruit strawberries	Mandarin		

Dinner

Wednesday, 27 Sep 2023

Pasta with meatballs, garlic bread and garden salad

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
Cheese grated parmesan, Cordial orange, Cucumber, Dressing balsamic, Garlic bread, Meatball in napoli sauce, Onions red sliced, Pasta penne , Salad mix (small), Tomato cherry	Cheese shredded VEGAN	Cheese shredded LF	Hot dog roll GF, Pasta penne GF VEGAN	Cheese shredded VEGAN, Hot dog roll GF, Pasta penne GF VEGAN	Hot dog roll GF, Mixed herbs, Pasta penne GF VEGAN, Pasta sauce slow roasted vegetables	Cheese shredded VEGAN, Hot dog roll GF, Mixed herbs, Pasta penne GF VEGAN, Pasta sauce slow roasted vegetables
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free
	Mixed herbs, Pasta sauce slow roasted vegetables	Cheese shredded VEGAN, Mixed herbs, Pasta sauce slow roasted vegetables		Minced meat KOSHER, Mixed herbs, Pasta sauce slow roasted vegetables	Minced meat HALAL, Mixed herbs, Pasta sauce slow roasted vegetables	
Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free	
	Bread sliced multigrain, Cheese grated DIET, Cordial tropical DIET		Hot dog roll GF, Mixed herbs, Pasta penne GF VEGAN, Pasta sauce slow roasted vegetables	Cheese shredded LF, Hot dog roll GF, Mixed herbs, Pasta penne GF VEGAN, Pasta sauce slow roasted vegetables	Mixed herbs, Pasta sauce slow roasted vegetables	

Dessert

Wednesday, 27 Sep 2023

Apple danish with whipped cream

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
Apple danish, Whipped cream	Apple crumble cupcake GF VEGAN, Cream thickened GF VEGAN	Cream thickened LF	Apple crumble cupcake GF VEGAN	Apple crumble cupcake GF VEGAN, Cream thickened GF VEGAN	Apple crumble cupcake GF VEGAN	Apple crumble cupcake GF VEGAN, Cream thickened GF VEGAN
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free
	Apple crumble cupcake GF VEGAN	Apple crumble cupcake GF VEGAN, Cream thickened GF VEGAN	Apple crumble cupcake GF VEGAN	Apple crumble cupcake GF VEGAN	Apple crumble cupcake GF VEGAN	Apple crumble cupcake GF VEGAN
Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free	
	Cream thickened LF, Peaches sliced		Melting moments lemon FODMAP	Melting moments lemon FODMAP	Apple crumble cupcake GF VEGAN	

Standard Biscuit Tim Tams double coat, Cheese brie, Cheese hard tasty, Dark choc block, Dip kalamata olive tub, Fruity flavoured lollies, Rice crackers original GF, Water crackers	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free
	Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free

Breakfast

Thursday, 28 Sep 2023

Cereal, toast, spaghetti and baked beans

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
Bacon sliced, Baked beans (retail), Bread sliced white, Bread sliced wholemeal, Cereal Cornflakes, Cereal Nutrigrain, Cereal Ricebubbles, Hashbrown GF VEGAN, Juice apple LL, Juice orange LL, Margarine, Milk full cream UHT, Milk low fat UHT, Spaghetti in tomato sauce	Milk soy UHT	Milk lactose free UHT	Bread sliced GF, Cereal Cornflakes GF VEGAN PC	Bread sliced GF, Cereal Cornflakes GF VEGAN PC, Milk soy UHT	Bread sliced GF, Cereal Cornflakes GF VEGAN PC, Mushrooms sliced	Bread sliced GF, Cereal Cornflakes GF VEGAN PC, Milk soy UHT, Mushrooms sliced
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free
	Mushrooms sliced	Milk soy UHT, Mushrooms sliced	Mushrooms sliced	Mushrooms sliced	Mushrooms sliced	
	Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free
		Bread sliced multigrain, Cereal Special K PC		Bread sliced GF, Cereal Cornflakes GF VEGAN PC, Mushrooms sliced	Bread sliced GF, Cereal Cranberry & Buckwheat FODMAP, Milk lactose free UHT, Mushrooms sliced	Mushrooms sliced

Morning Tea

Thursday, 28 Sep 2023

Biscuits

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
Biscuit family assorted, Biscuit Oreo VEGAN, Cordial lemon			Biscuit cacao cookies GF VEGAN	Biscuit cacao cookies GF VEGAN	Biscuit cacao cookies GF VEGAN	Biscuit cacao cookies GF VEGAN
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free
	Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free
		Biscuit cacao cookies GF VEGAN, Cordial tropical DIET		Biscuit cacao cookies GF VEGAN	Biscuit cacao cookies GF VEGAN	

Lunch

Thursday, 28 Sep 2023

Toasted sandwiches and soup

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
Bread sliced white, Bread sliced wholemeal, Cheese tasty sliced, Cold cut ham sliced, Cordial orange, Margarine, Sauce tomato GF large, Soup spring vegetable GF VEGAN, Tomato sliced	Cheese slices VEGAN	Cheese tasty sliced LF	Bread sliced GF	Bread sliced GF, Cheese slices VEGAN	Bread sliced GF	Bread sliced GF, Cheese slices VEGAN, Soup minestrone GF VEGAN
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free
		Cheese slices VEGAN, Soup minestrone GF VEGAN				Cold cut chicken salami HALAL
	Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free
		Bread sliced multigrain, Cheese tasty DIET, Cordial tropical DIET		Bread sliced GF, Soup minestrone GF VEGAN	Bread sliced GF, Cheese tasty sliced LF, Soup minestrone GF VEGAN	

Afternoon Tea

Thursday, 28 Sep 2023

Popcorn and fruit

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
Cordial lemon, Fruit watermelon, Popcorn (PC 25g) GF VEGAN						
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free
	Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free
		Cordial tropical DIET		Fruit strawberries, Popcorn (PC13g) FODMAP	Mandarin, Popcorn (PC13g) FODMAP	

Dinner

Thursday, 28 Sep 2023

Roast chicken, with veggies, mashed potato and yorkshire pudding

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
Carrot sliced frozen, Chicken maryland (boneless skin on), Cordial orange, Corn kernels frozen, Gravy powder GF, Peas frozen, Potato mashed, Yorkshire pudding	Hot dog roll GF, Milk soy UHT	Milk lactose free UHT	Hot dog roll GF	Hot dog roll GF, Milk soy UHT	Hot dog roll GF, Sausage GF VEGAN	Hot dog roll GF, Milk soy UHT, Sausage GF VEGAN
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free
	Sausage GF VEGAN	Hot dog roll GF, Milk soy UHT, Sausage GF VEGAN		Chicken schnitzel crumbed KOSHER, Oil vegetable	Chicken seekh kebab HALAL	
Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free	
	Cordial tropical DIET		Hot dog roll GF	Hot dog roll GF, Milk lactose free UHT		

Dessert

Thursday, 28 Sep 2023

Cheesecake with berries

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
Berries frozen, Cheesecake French cream	Yoghurt coco vanilla GF VEGAN	Yoghurt coco vanilla GF VEGAN	Yoghurt coco vanilla GF VEGAN	Yoghurt coco vanilla GF VEGAN	Yoghurt coco vanilla GF VEGAN	Yoghurt coco vanilla GF VEGAN
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free
	Yoghurt coco vanilla GF VEGAN	Yoghurt coco vanilla GF VEGAN	Yoghurt coco vanilla GF VEGAN	Yoghurt coco vanilla GF VEGAN	Yoghurt coco vanilla GF VEGAN	Yoghurt coco vanilla GF VEGAN
Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free	
	Yoghurt coco vanilla GF VEGAN		Frozen blueberries, Yoghurt coco vanilla GF VEGAN	Frozen blueberries, Yoghurt coco vanilla GF VEGAN	Yoghurt coco vanilla GF VEGAN	

Breakfast

Friday, 29 Sep 2023

Cereal, toast, yoghurt

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
Bread sliced white, Bread sliced wholemeal, Cereal Cornflakes, Cereal Nutrigrain, Cereal Ricebubbles, Juice apple LL, Juice orange LL, Milk full cream UHT, Milk low fat UHT, Yoghurt classic mix (100g tubs)	Milk soy UHT, Yoghurt coco vanilla GF VEGAN	Milk lactose free UHT, Yoghurt vanilla LF	Bread sliced GF, Cereal Cornflakes GF VEGAN PC	Bread sliced GF, Cereal Cornflakes GF VEGAN PC, Milk soy UHT, Yoghurt coco vanilla GF VEGAN	Bread sliced GF, Cereal Cornflakes GF VEGAN PC	Bread sliced GF, Cereal Cornflakes GF VEGAN PC, Milk soy UHT, Yoghurt coco vanilla GF VEGAN
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free
	Yoghurt coco vanilla GF VEGAN	Milk soy UHT, Yoghurt coco vanilla GF VEGAN	Yoghurt coco vanilla GF VEGAN	Yoghurt coco vanilla GF VEGAN		
Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free	
	Bread sliced multigrain, Cereal Special K PC, Yoghurt coco vanilla GF VEGAN		Bread sliced GF, Cereal Cornflakes GF VEGAN PC	Bread sliced GF, Cereal Cranberry & Buckwheat FODMAP, Milk lactose free UHT, Yoghurt vanilla LF	Yoghurt coco vanilla GF VEGAN	

Morning Tea

Friday, 29 Sep 2023

Muffins

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
Cordial lemon, Muffin berry (PC 120g), Muffin chocolate (PC 120g)	Vanilla cupcake GF VEGAN		Vanilla cupcake GF VEGAN	Vanilla cupcake GF VEGAN	Vanilla cupcake GF VEGAN	Vanilla cupcake GF VEGAN
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free
		Vanilla cupcake GF VEGAN				Vanilla cupcake GF VEGAN
Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free	
	Cordial tropical DIET, Donuts DIET (Various Flavours)		Vanilla cupcake GF VEGAN	Bar choc maple FODMAP		

Lunch

Friday, 29 Sep 2023

Cold cut sandwiches

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
Avocado pulp, Bread sliced white, Bread sliced wholemeal, Carrot grated, Cheese tasty sliced, Cold cut chicken roasted pieces, Cold cut ham sliced, Cordial orange, Cucumber sliced, Lettuce iceberg shredded, Margarine, Mayonnaise, Tomato sliced, Wrap 8in	Cheese slices VEGAN	Cheese tasty sliced LF	Bread sliced GF, Wrap 10in Multigrain GF VEGAN	Bread sliced GF, Cheese slices VEGAN, Wrap 10in Multigrain GF VEGAN	Bread sliced GF, Wrap 10in Multigrain GF VEGAN	Bread sliced GF, Cheese slices VEGAN, Mayonnaise GF VEGAN, Wrap 10in Multigrain GF VEGAN
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free
		Cheese slices VEGAN, Mayonnaise GF VEGAN		Cold cut KOSHER, Tuna in brine	Cold cut beef salami mild HALAL	Mayonnaise GF VEGAN
	Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free
		Bread sliced multigrain, Cheese tasty DIET, Cordial tropical DIET		Bread sliced GF, Wrap 10in Multigrain GF VEGAN	Bread sliced GF, Cheese tasty sliced LF, Mayonnaise GF VEGAN	

Afternoon Tea

Friday, 29 Sep 2023

Potato chips and fruit

Standard	Dairy free	Lactose free	Gluten free	Gluten & Dairy free	Gluten free & Vegetarian	Gluten free & Vegan
Chips crinkle cut original (PC 45g), Cordial lemon						
	Vegetarian	Vegan	Pork free	Kosher	Halal	Egg free
	Low fat	Diabetic	Tomato free	Low fructose	Low FODMAP	Red meat free
		Cordial tropical DIET		Fruit strawberries	Mandarin	