

Cuboree 2023 Item Ingredients

GF - Gluten Free
DF - Dairy Free
LF - Lactose Free
DIA - Diabetic

VG - Vegan
VE - Vegetarian
RMF - Red Meat Free
EF - Egg Free

KO - Kosher
PF - Pork Free
LFR - Low Fructose
LFOD - Low FODMAP



Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	EF	KO	PF	LFOD	LFR
Alfoil 30m (1 whole box)	Multix	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Apple crumble cupcake GF VEGAN (1 piece pkt)	Gilbert & Marcel	<p>GLUTEN FREE FLOUR [Rice Flour, Potato Starch, Tapioca Starch, Sugar, Raising Agents (450, 500, 575), Vegetable Emulsifiers (475, 471, 481), Dextrose, Modified Tapioca Starch, Iodised Salt, Vegetable Gum (415), Thickener (466)], APPLE (28.2%), DAIRY FREE BAKER'S MARGARINE, SUGAR, WATER ,COCONUT MILK [Filtered Australian Water, Organic Coconut Cream (7.5%), Salt, Stabilisers,(Locust Bean Gum, Sodium Alginate, Guar Gum)] , SULTANAS, FLAX MEAL, MIXED SPICE, VANILLA, LEMON ESSENCE, DUSTING SUGAR[DEXTROSE, MAIZE STARCH, VEGETABLE FAT, ANTIOXIDANT(320)]</p> <p>Made on equipment that processes dairy, nut and egg products, therefore traces of these allergens may be present.</p>	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Apple danish (1700 g box)	Sara Lee	Apple (35%) [Sugar, Food Acids (300, 330)], Wheat Flour (Thiamine), Sugar, Butter (Cream, Salt), Egg, Vegetable Fats & Oils [Milk Solids, Emulsifier (Soy Lecithin)], Thickener (1412), Sultanas, Yeast, Apple Juice (From Concentrate), Lemon Juice, Humectant (420), Emulsifiers (471 from Soy, 475), Salt, Cinnamon, Dough Conditioner [Soy Flour, Whey Powder, Flour Treatment Agents (510, 300, 920), Enzyme (Amylase)], Glucose Syrup (Wheat Based), Apricot Flavour (Natural), Vegetable Gum (414), Gelatine.	No	No	No	No	No	No	No	No	No	No	No	No
Apple pie (2000 g tray)	Priestleys	Apple (35%) (Apples, Preservatives (202, 223)), Apple (20%) (Apple, Ascorbic Acid), Wheat Flour, Sugar, Margarine (Vegetable Oil, Emulsifiers (471, 322), Mixed Tocopherol (307b), Natural Flavour, Natural Colour (160a), Salt, Water), Icing Sugar (Sucrose, Tapioca Starch), Sultanas, Egg, Corn Starch, Glaze (Contains Gelling Agents (440iii, 407, 415), Acidifiers (330, 331iii, 341iii)), Dextrose Monohydrate, Cinnamon, Wheat Protein	No	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	No	No

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	EF	KO	PF	LFOD	LFR
		, Salt, Mixed Spice, Stabiliser (Contains Emulsifier (471)), Baking Powder (Contains Raising Agents (450, 500)), Vanilla Essence												
Avocado pulp (454 g tub)	Edgell	Avocado	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Bacon sliced (2500 g bag)	Caterers Choice	Pork (92%, Water, Cure [Salt, Sugar, Mineral Salts (451,450), Antioxidant (316), Preservative (250], Naturally Wood Smoked.	Yes	Yes	Yes	Yes	No	No	No	Yes	No	No	Yes	Yes
Baked beans (retail) (850 g tin)	SPC	Navy Beans (50%), Rich Tomato Sauce [Tomato Puree (26%), Water, Sugar, Maize Thickener (1422), Salt, Seasoning (Contains Natural Flavours), Food Acid (Citric), Antioxidant (Ascorbic Acid)]	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Bar choc maple FODMAP (1 indiv piece)	Fodmapped for You	Gluten Free Flour (Maize Starch, Modified Tapioca Starch (E1412), Rice Flour, Sorghum Flour, Soy Flour, Emulsifier (E322) (Soy), Thickeners (415, 412, 464), Potato Starch), Vegetable Fats & Oils, Dark Chocolate Chips (9%) (Cocoa Solids, Sugar, Emulsifier (322) (Soy), Natural Flavour) Sorghum Flakes, Corn Flakes, Invert Sugar, Humectant (422), Castor Sugar, Rice Malt Syrup, Vegetable Fibre, Prebiotic Fibre (Maize), Brown Sugar, Natural Flavours, Maple Syrup (1.2%), Salt, Raising Agents (500, 450), Emulsifier (E322) (Soy). Dark Chocolate Chips Includes 50% Cocoa Solids Minimum. Product Includes 9% Chocolate Chips and 1.2% Maple Syrup	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Beans green frozen (2000 g bag)	Edgell	Green Beans.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Beans red kidney (400 g tin)	Edgell	Red kidney beans (small red variety) (60%), water, sugar, salt, food acid (acetic acid), firming agent (509).	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
Beef Madras (2000 g bag)	Chef's Pantry	DICED BEEF, ONION DICED 20MM, CARROT DICED 20MM, POTATO DICED 20MM, DICED TOMATO 6MM, GARLIC CRUSHED, GINGER CRUSHED, MASSEL BEEF POWD (Sea Salt from the Southern Ocean, Low Sugar Maize Maltodextrin, Natural Vegetable Flavour, Yeast Extract, Caramelized Sugar Syrup, Cane Sugar, Canola Oil, Extra Virgin Olive Oil, Potassium Chloride, Parsley.), CUMIN POWDER, BAYLEAF, TURMERIC, CORIANDER POWDER, CARDAMON POD GRN, GARAM MASALA, CHILLI POWDER, CURRY LEAVES, CINNAMON?, TOMATO PASTE, LEMON JUICE?, SALT, BROWN SUGAR, WATER, CANOLA OIL, POTATO STARCH	Yes	Yes	Yes	Yes	No	No	No	Yes	No	Yes	No	No
Beetroot sliced (850 g tin)	Golden Circle	Beetroot (62%), Water, Sugar, Food Acid (Acetic Acid), Salt, Herb & Spice Flavours.	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
Berries frozen (1000 g bag)	Caterers Choice	Blueberries, Raspberries, Blackberries, Redcurrants	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	EF	KO	PF	LFOD	LFR
Biscuit cacao cookies GF VEGAN (1 indiv box)	Orgran	Maize Starch, Sweetener (Xylitol), Palm Vegetable Oil, Cocoa Mass (8.7%), Rice Flour, Buckwheat Grits (6.6%), Cocoa Powder (3.1%), Yellow Pea Flour, Cacao Nibs (2.9%), Dextrin, Chia Seeds (2.2%), Potato Starch, Tapioca Starch, Flavour (Natural Vanilla), Raising agents (Sodium Bicarbonate, Calcium Carbonate, Citric Acid), Emulsifier (Vegetable Derived Monoglyceride), Stabilisers (Guar Gum, Methylcellulose), Salt	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Biscuit family assorted (500 g pkt)	Caterers Choice	Wheat Flour, Sugar, Vegetable Fats & Oils (Antioxidant 307b), Coconut (Preservative 223), Golden Syrup, Dark Chocolate Chips (1%) [Sugar, Cocoa Solids, Cocoa Butter, Emulsifier (Soy Lecithin)], Dark Compound Choc Chips (1%) [Sugar, Vegetable Fat, Cocoa Powder], Currants, Butter (Milk), Glucose, Oats, Wheat Starch, Sweetened Condensed Milk, Modified Wheat Starch (1413), Whey Powder, Salt, Natural Flavours (Milk), Invert Syrup, Raising Agents (500, 503, 450), Whole Egg Powder, Arrow root Flour (0.02%), Soy Lecithin.	No	No	No	No	No	Yes	Yes	No	Yes	Yes	No	No
Biscuit Oreo VEGAN (133 g pkt)	Oreo	Wheat Flour, Sugar, Vegetable Oil, Cocoa Powder, Glucose Syrup, Salt, Raising Agents (500, 503), Emulsifier (Soy Lecithin), Flavours, Antioxidant (319, 304, 307b).	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Biscuit Tim Tam PC (150 piece box)	Arnotts	Milk Chocolate (38%)(Sugar, Milk Solids, Cocoa Butter, Cocoa Mass, Vegetable Oil, Emulsifiers (Soy Lecithin, E476), Flavour), Wheat Flour, Sugar, Vegetable Oil (Contains Soy), Golden Syrup, Food Colours (Caramel III, Beet Red, Cochineal, Annatto), Cocoa Powder, Salt, Baking Powder, Emulsifier (Soy Lecithin), Flavour.	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	No
Biscuit Tim Tams double coat (200 g pkt)	Arnott's	Milk Chocolate (47%)(Sugar, Milk Solids, Cocoa Butter, Cocoa Mass, Vegetable Oil, Emulsifiers (Soy Lecithin, E476), Flavour), Wheat Flour, Sugar, Vegetable Oil (Contains Soy), Golden Syrup, Food Colours (Caramel III, Beet Red, Cochineal, Annatto), Cocoa Powder, Salt, Baking Powder, Emulsifier (Soy Lecithin), Flavour	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	No
Bread english muffin (6 piece bag)	Tip Top	Wheat Flour, Water, Baker's Yeast, Maize Polenta, Wheat Gluten, Vinegar, Canola Oil, Iodised Salt, Oat Fibre, Soy Flour, Acidity Regulators (263, 262, 341), Sugar, Emulsifiers (481, 472e, 471), Preservatives (202, 200), Vitamins (Thiamin, Folate).	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Bread sliced GF (10 slice loaf)	Abbotts	Modified Tapioca Starch (1442), Water, Rice Flour, Canola Oil, Sugar, Egg White Powder, Baker's Yeast, Molasses, Iodised Salt, Vinegar, Thickeners (464, 466).	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes
Bread sliced multigrain (20 slice loaf)	Sunblest	Wheat Flour, Water, Mixed Wholegrains (16%) (Kibbled Rye, Kibbled Wheat), Baker's Yeast, Vinegar, Wheat Gluten, Iodised	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	EF	KO	PF	LFOD	LFR
		Salt, Canola Oil, Emulsifiers (481, 472e, 471), Soy Flour, Vitamins (Thiamin, Folate).												
Bread sliced white (20 slice loaf)	Sunblest	Wheat Flour, Water, Baker's Yeast, Vinegar, Iodised Salt, Canola Oil, Wheat Gluten, Soy Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate). Contains Wheat & Soy. May be present: Sesame Seeds.	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Bread sliced wholemeal (20 slice loaf)	Sunblest	Wholegrain Wholemeal Wheat Flour (50%), Water, Wheat Flour, Baker's Yeast, Vinegar, Wheat Gluten, Iodised Salt, Canola Oil, Emulsifiers (481, 472e, 471), Soy Flour, Vitamins (Thiamin, Folate). Contains Wheat & Soy. May be Present: Sesame Seeds.	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Broccoli floret frozen (1500 g bag)	Edgell	IQF Broccoli	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Cake chocolate slab (1800 g tray)	Sara Lee	Sugar, Wheat Flour, Vegetable Fats & Oils [Water, Salt, Milk Solids, Emulsifiers (Soy Lecithin, 471), Butter Flavour (Nature Identical), Food Acid (330), Antioxidants (306, 304), Colour (160a)], Egg, Fondant [Sucrose, Glucose (Wheat Based), Butter (Cream, Salt), Cocoa, Chocolate Flakes [Dark Chocolate (Milk Solids)], Cocoa Mass, Raising Agents (500, 450), Salt, Emulsifiers (471 From Soy, 475, 477), Humectant (420), Food Acid (330). Cocoa Solids:5.0%	No	No	No	No	No	Yes	Yes	No	Yes	Yes	No	No
Cake iced angel DIET (4 piece pkt)	Noshu	Wheat Flour, Vegetable Oil Blend (Vegetable Fats and Oils, Antioxidant (407b) from Soy), Isomalt, Water, Egg, Non-GMO Erythritol, Isomalto-Oligosaccharides (Soluble Fibre), Sorbitol, Vegetable Glycerine, Coconut Oil, Polydextrose, Natural Flavour, Skim Milk Powder, Non-Dairy Creamer [Coconut Oil, Glucose Syrup, Emulsifier (472), Stabiliser (Dipotassium Phosphate)], Emulsifiers (475, 471), Soluble Corn Fibre, Raising Agents (575, 500), Salt, Natural Colour (Monascus Red), Steviol Glycosides (Stevia Leaf Extract), Monk Fruit Extract.	No	No	No	Yes	No	Yes	Yes	No	Yes	Yes	No	No
Cake triple choc brownie GF VEGAN (1 piece pkt)	Gilbert & Marcel	Sugar; Gluten Free Flour [Rice Flour, Potato Starch, Tapioca Starch, Sugar, Raising Agents (450, 500, 575), Vegetable Emulsifiers (475, 471, 481), Dextrose, Modified Tapioca Starch, Iodised Salt, Vegetable Gum (415), Thickener (466)], Water, Belgian Chocolate [Cocoa Mass (50.50%), Sugar, Cocoa Butter	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	EF	KO	PF	LFOD	LFR
Capsicum red (1 whole piece)	0	(9.5%), Soya Lecithin (E322), Natural Vanilla Extract], Vegetable Oil, Cocoa, Gluten Free Cornflour, Vanilla Capsicum (red)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
Carrot grated (1000 g bag)		Carrot	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Carrot sliced frozen (2000 g bag)	Edgell	Carrot	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Cereal Cornflakes (1000 g bag)	Kellogg's	Corn (90%), sugar, salt, barley malt extract, vitamins (vitamin E, niacin, vitamin B6, riboflavin, folate), minerals (iron, zinc oxide).	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Cereal Cornflakes GF VEGAN PC (1 whole pkt)	Kelloggs	Corn (91%), sugar, salt, vitamins (vitamin E, niacin, vitamin B6, thiamin, riboflavin, folate), minerals (iron, zinc, oxide).	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Cereal Cranberry & Buckwheat FODMAP (400 g box)	Freedom Foods	Gluten Free Multigrain Flakes (73%) (Buckwheat Flour, Rice Flour, Sorghum Flour, Maize Flour, Resistant Dextrin (Maize), Sugar, Chickpea Fibre, Psyllium Husk, Quinoa Flour, Emulsifier (Sunflower Lecithin), Salt), Seeds (Sunflower Kernels, Pepitas, Buckwheat Kernels (2.5%)), Corn Flakes (10%) (Maize Flour, Resistant Dextrin (Maize), Sugar, Golden Syrup, Emulsifier (Sunflower Lecithin), Salt), Sweetened Dried Cranberries (7%) (Sugar, Cranberries, Sunflower Oil).	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Cereal Nutrigrain (1000 g bag)	Kellogg's	Cereals (46%)(wheat flour, oatmeal, maize flour), sugar, wheat protein, maltodextrin, molasses, oat fibre, salt, minerals (calcium carbonate, iron, zinc oxide), barley malt extract, raising agent (potassium bicarbonate), flavours, natural colour (paprika, turmeric), vitamins (niacin, vitamin B6, riboflavin, folate).	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Cereal Ricebubbles (1000 g bag)	Kellogg's	Whole white rice (90%), sugar, salt, barley malt extract, vitamins (vitamin C, niacin, riboflavin, thiamin, folate), minerals (iron, zinc oxide).	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Cereal Special K PC (1 whole pkt)	Kelloggs	Rice (42%), whole grains (23%),(whole wheat, whole grain oat flour), wheat protein, sugar, minerals (calcium carbonate, iron zinc oxide), oat fibre, salt, barley malt extract, vitamins (niacin, vitamin B6, riboflavin, folate, vitamin D).	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Cheese brie (115 g pkt)	Australian Gold	Pasteurised milk, salt, cultures, rennet.	Yes	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	Yes
Cheese fetta (400 g pkt)	Lemnos	Pasteurised Cow's milk, Salt, Lactic Cultures, Microbial (Non -Animal) Rennet.	Yes	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	Yes
Cheese grated DIET (500 g bag)	Bega	Reduced Fat Cheddar Cheese [Milk, Salt, Cultures, Enzyme (Rennet)], Anticaking Agent (460), Preservative (200).	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes
Cheese grated mozzarella (2000 g bag)	Caterers Choice	Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (Rennet)), Anticaking Agent (460), Preservative (200) * Derived from	Yes	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	Yes

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	EF	KO	PF	LFOD	LFR
		synthetic rennet												
Cheese grated parmesan (1000 g bag)	Alfinas	Parmesan Cheese (Pasteurised Milk, Salt, Cultures, Enzyme (non-animal Rennet), Anticaking Agent (460), Preservative (200).	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes
Cheese hard tasty (250 g pkt)	Cracker Barrel	Pasteurized Milk, Salt, Starter Cultures, Non animal rennet	Yes	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	Yes
Cheese shredded LF (300 g bag)	Bega	Cheddar Cheese Milk, Salt, Cultures, Enzyme (Non-Animal Rennet), Anticaking Agent (460), Preservative (200)	Yes	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Cheese shredded VEGAN (200 g bag)	Bega	Water, Thickeners (1450, 1422, 1404), Vegetable Oil, Fava Bean Protein, Flavours, Mineral Salts (341, 508), Dietary Fibre (Fructo Oligosaccharides), Anti-caking Agent (460), Salt, Food Acid (330), Colour (160a).	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
Cheese slices VEGAN (200 g pkt)	Bega	Water, Thickeners (1450, 1422, 1404), Vegetable Oil, Fava Bean Protein, Flavours, Mineral Salts (341, 508), Dietary Fibre (Fructo Oligosaccharides), Salt, Food Acid (330), Colour (160a).	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Cheese tasty DIET (15 slice pkt)	Bega	Bega Country Light 50% Reduced Fat *Milk*, Salt, Cultures, Enzyme (Rennet)	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes
Cheese tasty sliced (96 slice pkt)	Caterers Choice	Pasteurised Milk, Salt, Cultures, Enzyme (non-animal rennet).	Yes	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	Yes
Cheese tasty sliced LF (6 slice pkt)	Liddells	Pasteurised Milk, Salt, Starter Cultures, Enzymes (Non-animal Rennet, Non-animal Lipase). Contains Milk.	Yes	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Cheesecake French cream (1500 g tray)	Sara Lee	Cream (Skim Milk, Concentrated Skim Milk), Neufchatel Cheese [Milk, Cream, Milk Solids, Salt, Vegetable Gum (410), Food Acid (270), Starter Culture (Lactic Acid Bacteria)], Sugar, Sour Cream (Milk, Cream, Concentrated Skim Milk, Gelatine, Culture), Vegetable Fats And Oils [Water, Salt, Milk Solids, Emulsifiers (Soy Lecithin, 471), Butter Flavour (Nature Identical), Antioxidants (306, 304), Colour (160a)], Wheat Flour, Wholemeal Wheat Flour, Thickeners (1412, 1422), Egg White, Rolled Oats, Gelatine, Egg, Emulsifiers (477, 471, 475), Vanilla Flavour (Natural), Salt, Food Acid (330), Cinnamon, Baking Powder, Baking Soda.	No	No	No	No	No	No	No	No	No	Yes	No	No
Chicken 15mm pieces (1000 g bag)	0	Chicken, salt, pepper	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes
Chicken breast (skin off, cooked) (1 piece bag)		Chicken	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes
Chicken Cacciatore (2000 g bag)	Chef's Pantry	CHICKEN - DICED 20mm, ONIONS - DICED - 20mm, CARROTS	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	Yes	No	No

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		- DICED 20mm, SWEET POTATO - DICE 20mm, CELERY DICED 20MM, PUMPKIN, CAPSICUM (mixed) 20MM, FRESH THYME, FRESH ROSEMARY, CRUSHED GARLIC, PITTED OLIVES, CRUSHED TOMATOS, BAYLEAVES, BROWN SUGAR, CHICKEN STOCK MASSEL (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Natural Vegetable Flavors, Yeast Extract, Dehydrated Vegetables (Onion, Celery), Disodium Guanylate & Inosinate, Canola Oil), SALT, PEPPER BLACK, WATER, CANOLA OIL, POTATO STARCH												
Chicken maryland (boneless skin on) (10 piece bag)	0	Chicken thigh, skin on bone removed, salt, pepper	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes
Chicken schnitzel crumbed KOSHER (4 piece tray)			No	Yes	Yes	Yes	No	No	Yes	No	Yes	Yes	No	No
Chicken seekh kebab HALAL (8 piece tray)	Eastern Halal Butcher	Hand Cut Chicken	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	No	No
Chicken shami kebab HALAL (8 piece tray)	Eastern Halal Butcher	Hand Cut Chicken	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	No
Chicken souvlaki (1000 g bag)		Chicken thigh, souvlaki sprinkle (Dehydrated Vegetable, Salt, Sugar, Rice Flour, Herbs & Spice, Vegetable Powder, Citrus Fibre , Natural Colours (Paprika & Turmeric Oleoresins))	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	Yes	No	No
Chicken thigh KOSHER (4 piece tray)		Chicken	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes
Chickpea masala (2000 g bag)	Chef's Pantry	CHICKPEAS COOKED, ONION - DICED 20mm, POTATO 20MM, CARROTS 20MM, SWEET POTATO 20MM, GINGER CRUSHED, GARLIC CRUSHED, TOMATO CRUSHED, TUMERIC, CHILLI POWDER, BAYLEAF, CINAMON STICKS, CLOVES WHOLE, CARDAMON GREEN WHOLE, GARAM MASALA, CORIANDER POWDER, FENUGREEK POWDER, SALT, PEPPER, CANOLA OIL, BROWN SUGAR, WATER, POTATO STARCH,	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Chickpea Ratatouille (2000 g bag)	Chef's Pantry	CHICKPEAS, SPANISH ONION, ZUCCHINI, TOMATO, CAPSICUM RED & GREEN, CANOLA OIL, GARLIC CRUSHED (Garlic, Salt), TOMATO CRUSHED JB, DRIED PARSLEY, OREGANO, MASSEL G/F VEGETABLE STOCK (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Yeast Extract, Rice Flour, Dehydrated Vegetables (onion, celery, garlic, spinach), Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), WATER , SALT, PEPPER, POTATO STARCH,	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Chips crinkle cut original (PC 45g)	Smiths	Potatoes, Canola Oil, Sunflower Oil, Salt, Antioxidants	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

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(1 whole pkt)		(Tocopherols, Ascorbic Acid, Rosemary Extract, Citric Acid).												
Choc rice cakes (PC 14g) GF VEGAN (6 piece bag)	Table of Plenty	Dark Chocolate (contains sugar, cocoa mass, cocoa butter, emulsifier (soya lecithin), natural vanilla flavour), Wholegrain Rice.	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Chux (20 piece pkt)	Cater Clean	70% viscose + 30% polyester	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Clingwrap 60m (1 whole box)	Glad	Plastic	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Coffee ground (1000 g pkt)	Harris	Coffee	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Coffee instant Blend 43 retail (150 g jar)	Nescafe	100% Natural Coffee Beans.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Cold cut beef salami mild HALAL (6 slice tray)	Eastern Halal Butcher		Yes	Yes	Yes	Yes	No	No	No	Yes	No	Yes	No	No
Cold cut chicken roasted pieces (1000 g tray)	Tender Choice Foods	Chicken (92%) [Skinless Chicken Breast], Marinade Mix [Water, Potato Starch, Salt, Vegetable Protein, Maltodextrin, Mineral Salts (451, 450), Fibres, Yeast Extracts, Vinegar, Natural Flavours, Chicken Stock Powder, Vegetable Powders, Vegetable Gum (407a, 415), Spice, Natural Smoke Flavour]	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	Yes	No	No
Cold cut chicken salami HALAL (6 slice tray)	Eastern Halal Butcher		Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	Yes	Yes
Cold cut ham sliced (1000 g tray)	KR Castlemaine	PORK (73%), WATER, SALT, ACIDITY REGULATORS (326, 262), DEXTROSE (MAIZE, TAPIOCA), EMULSIFIERS (450, 451, 508), PORK PROTEIN (HERB EXTRACT (392)), SUGAR, MODIFIED TAPIOCA STARCH (1412), THICKENER (407a), ANTIOXIDANT (316), POTATO FIBRE, SODIUM NITRITE (250), CITRUS FIBRE, CANOLA OIL. MAY CONTAIN TRACES OF SOY.	Yes	Yes	Yes	Yes	No	No	No	Yes	No	No	Yes	Yes
Cold cut KOSHER (200 g tray)		Natural Beef Salami Beef (min 95%), Spices (Mace, Paprika, Nutmeg, Caraway seeds & Cayenne pepper) and Herbs (Marjoram), Celery Extract, Naturally Evaporated Sea Salt. Smoked product NO ADDED PRESERVATIVES, PHOSPHATES, COLOURS, FLAVOURS AND MSG. GLUTEN FREE. NO HORMONE GROWTH PROMOTANT. CERTIFIED FODMAP FRIENDLY Pariser Beef (Min 79%), Water, Potato Starch (Contains Sulphite), Spices and Herb, Mineral Salt (451), Salt, Acidity regulator (326), Antioxidant (316), Dehydrated Vegetables (Garlic and Onion),	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	No

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	EF	KO	PF	LFOD	LFR
		Sodium Nitrite (250), Smoked Product. No added artificial flavours, colours, MSG or gluten. No hormone growth promotant.												
		No Garlic Wurst Beef (Min 91%), Water, Premix (potato starch, Mineral Salts (450, 451,452), Salt, Spices and Spice Extract, Antioxidant (316), Herb, Acidity Regulator (326), Salt, Sodium Nitrate (250), Naturally Smoked Product. No added artificial Colours, Flavours, MSG or Gluten. No Hormone Growth Promotant. Made from non-gm ingredients												
		Chicken Wurst Beef (Min 52%), Chicken (Min 27%), Water, Potato Starch, Salt, Mineral Salts (450, 451, 452), Spices, Acidity Regulators (326), Vegetable Powder (onion), Antioxidants (316), Sodium Nitrite (250). No added Artificial Colours, Flavours, MSG or Gluten.												
Coleslaw mix (1000 g bag)		Dry mix with cabbage and carrot	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Cordial lemon (2000 ml bottle)	Edlyn	Water, Sugar, Reconstituted Lemon Juice (25%), Acidity Regulator (330), Flavour, Preservatives (223, 211), Colour (102)	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Cordial orange (2000 ml bottle)	Edlyn	Water, Sugar, Reconstituted Orange Juice (25%), Acidity Regulator (330), Flavour, Preservatives (211,223), Colour (110).	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Cordial tropical DIET (2000 ml bottle)	Edlyn	Water, Reconstituted Fruit Juices (Orange (12%), Pineapple (12%), Passionfruit (1%)), Acidity Regulator (330), Sweeteners (952, 950, 954), Flavours, Preservatives (211, 223), Colours (102, 110).	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Corn chips (500 g bag)	Mission	Corn Flour (72%), Vegetable Oil, Water, Salt	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Corn kernels frozen (2000 g bag)	Edgell	Corn kernals	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
Cream thickened (2000 ml bottle)	Dairy Farmers	PASTEURISED REDUCED FAT CREAM (MILK), THICKENERS (1442, 407, 415), EMULSIFIER (472e), MINERAL SALT (508)	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	0	Yes
Cream thickened GF VEGAN (300 ml tub)	Loco	Water, coconut cream, coconut oil, sunflower oil, maltodextrin, tapioca starch, cocoa butter, sea salt, cellulose gum, vegan emulsifiers (472b, 433), natural colour (plant carotene).	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Cream thickened LF (300 ml bottle)	Zymil	Cream, skim milk, milk solids, gelatin, stabiliser (407a), emulsifier (471), enzyme (lactase)	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	EF	KO	PF	LFOD	LFR
Croissant 75g (36 piece tray)	Sara Lee	WHEAT FLOUR (THIAMINE), BUTTER (18%), WATER, MILK SOLIDS, SUGAR, YEAST, SALT.	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	No
Croissant ham & cheese (12 piece tray)	Everyday Cafe	Croissant (64%) [Wheat Flour, Water, Unsalted Buttery Spread, Sugar, Yeast, Soya Flour, Emulsifiers (481, 472, Enzymes, Iodised Salt], Sliced Ham (21%) [Pork (67%), Dextrose (Maize), Starch, Mineral Salts (451,450,452), Flavour Enhancer (631), Sugar, Antioxidant (316), Sodium Nitrite (250)], Cheese (15%) [Pasteurised Milk, Cultures, Non-Animal Rennet]	No	No	No	No	No	No	No	Yes	No	No	No	No
Cucumber (1 whole piece)		Cucumber	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Cucumber sliced (500 g bag)		Cucumber	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Custard GF VEGAN (250 g box)	Well & Good	Sugar, Potato Starch, Rice Flour, Maltodextrin, Stabilizer (Calcium Sulphate), Iodised Salt, Thickeners(Sodium Alginate, Xanthan Gum), Natural Vanilla Flavour, Coconut Milk Powder, Natural Colour (Riboflavin).	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Custard UHT GF (1000 ml carton)	Menu Maker	Full Cream milk, sugar, thickeners (1442, 407), vanilla flavour, colours (104, 110).	Yes	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	Yes
Custard Zymil LF (1000 g carton)	Pauls	Milk, Skim Milk, Sugar, Thickener (1442) (From Maize), Milk Solids , Stabilisers (412, 415, 407, 410, 452), Enzyme (Lactase), Flavours, Colour (160a).	Yes	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Dark choc block (100 g pkt)	Lindt	Sugar, Cocoa Mass, Cocoa Butter, Milk Fat, Emulsifier (Soy Lecithin), Fleur de sel (Sea Salt 0.3%), Flavouring.	Yes	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Detergent dishes (1000 ml bottle)	Earth Choice	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Dip hummus VEGAN (200 g tub)	Yumi's	Cooked Chickpeas (66%), Canola Oil, Tahini Paste (Sesame), Acidity Regulator (575), Salt, Food Acids (Citric Acid, Acetic Acid), Garlic (0.5%), Mineral Salt (Sodium Bicarbonate), Preservative (202).	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Dip kalamata olive tub (200 g tub)	Yumi's	Canola Oil, Kalamata Olive (30%), Green Olive, Egg, Sugar, Salt, Food Acid (Acetic Acid), Mustard.	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes
Dip tzatziki (1000 g tub)	Casa de Mare	Yogurt (76%) (Whole Milk, Milk Solids, SkimMilk, Cream, Live Cultures), Cucumber, Water, Garlic, Canola Oil, Salt, Vinegar, Preservative (202, 211), Thickener (415).	Yes	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	No
DM Beef Lasagne (1 whole pkt)	Dineamic	Grass Fed Beef Bolognese (69%) (Grass Fed Beef (32%), Crushed Tomato ((Crushed Tomato In Juice, Food Acid (Citric Acid))), Tomato Paste (Tomato Paste, Food Acid (Citric), Onion, Carrot, Celery, Salt, Sugar, Herbs, Garlic, Olive Oil, Pepper), Bechamel Sauce (Bechamel (Milk, Flour, Butter, Salt, Spices,	No	No	No	No	No	No	No	Yes	No	Yes	No	No

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	EF	KO	PF	LFOD	LFR
		Pepper), Pasta (11%) (Durum Wheat, Semolina, Water), Cheese (3%) Contains Wheat, Gluten, Milk												
DM Beef Mushroom Mash Peas (1 whole pkt)	Dineamic	Braised Beef & Mushroom (60%) (Beef (40%), Mushroom (12%), Tomato Paste (Tomato Paste, Food Acid (Citric)), Onion, Crushed Tomato (Crushed Tomato in Juice, Food Acid (Citric)), Water, Garlic, Herbs, Olive Oil, Pepper), Mixed Mash (36%) (Potato (44%), Sweet Potato (44%), Skim Milk, Salt), Peas (3%)	Yes	No	No	Yes	No	No	No	Yes	No	Yes	No	No
DM Chicken Cacciatore Wedges (1 whole pkt)	Dineamic	Low FODMAP Chicken Cacciatore (66%) (Free Range Chicken (47%), Crushed Tomato (39%) (Crushed Tomato in Juice, Food Acid (Citric)), Capsicum (7%), Olives (3%), Mushroom, Basil (1%) , Parsley, Corn Flour, Salt, Pepper), Potato Wedges (34%), Salt.	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes
DM Chicken Mushroom Risotto (1 whole pkt)	Dineamic	Water, Free Range Chicken Breast (31.1%), Arborio Rice (12.4%) , Onion, Mushroom (6.2%) (Button Mushroom, Oyster Mushroom, Cloud Ear, Shiitake, Portobello Mushrooms), Cream Cheese (Milk) , Leek, Salt, Olive Oil, Chives, Garlic, Pepper.	Yes	No	No	Yes	No	No	Yes	Yes	No	Yes	No	No
DM Chilli Con Carne (1 whole pkt)	Dineamic	Beef Chilli Con Carne (67%) (Grass Fed Beef (51%), Red Kidney Beans (18%) (Red Kidney Beans, Water, Salt, Firming Agent (Calcium Chloride)), Onion, Tomato Paste (Tomato Paste, Food Acid (Citric)), Capsicum (Red & Green), Jalapeno, Spices (Ground Cumin, Sweet Paprika, Ground Cinnamon), Salt, Garlic, Olive Oil, Crushed Chilli (1%), Herbs (Oregano), Pepper), Mexican Rice (33%) (Rice (22%), Crushed Tomato (18%) (Crushed Tomato in Juice, Food Acid (Citric)), Black Beans (18%) (Black Beans, Water, Sugar, Salt, Acidity Regulator (Acetic Acid), Firming Agent (Calcium Chloride)), Corn (9%), Onion (8%), Garlic, Spices (Ground Cumin, Sweet Paprika, Ground Cinnamon), Herbs (Dried Oregano), Salt, Chicken Style Stock Powder).	Yes	Yes	Yes	Yes	No	No	No	Yes	No	Yes	No	No
DM Frittata Pepperonata (1 whole pkt)	Dineamic	Frittata (77%) (Egg (25%), Pumpkin, Sweet Potato, Onion, Thickened Cream (Milk) (Pasteurised Cream, Mineral Salts (450, 500), Thickener (400)), Tasty Cheese (Milk), Feta (Milk), Spinach, Garlic, Salt, Pepper), Pepperonata (23%) (Crushed Tomato (73%) (Crushed Tomato in Juice, Food Acid (Citric)), Onion, Red Capsicum, Green Capsicum, Garlic, Parsley, Olive Oil, Salt, Pepper).	Yes	No	No	No	No	Yes	Yes	No	Yes	Yes	No	No
DM Indian Veggie Curry (1 whole pkt)	Dineamic	Southern Indian Vegetable Curry (66%) (Vegetables (51%) (Sweet Potato, Carrot, Eggplant, Canned Chickpeas, Tomato Paste), Water, UHT Coconut Milk, Herbs, Lime Juice, Olive Oil, Salt, Spices, Turmeric, Sugar, Crushed Ginger, Massel Stock	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	EF	KO	PF	LFOD	LFR
		Powder (Vegan Chicken Style Stock Powder), Pepper, Mild Chilli Powder), Water, Basmati Rice (16%).												
DM Lentil Mushroom Linguine (1 whole pkt)	Dineamic	Lentil & Mushroom Bolognese (67%) (Brown Lentils (19%), Crushed Tomato (19%) (Crushed Tomato in Juice, Food Acid (Citric)), Tomato Paste (13%) (Tomato Paste, Food Acid (Citric)), Onion, Carrot, Eggplant, Mushroom (3%), Celery, Salt, Sugar, Herbs, Garlic, Olive Oil, Pepper), Water, Linguine Pasta (15%) (Durum Wheat, Semolina (Wheat)), Salt.	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
DM Maple Pork Rice Broccoli (1 whole pkt)	Dineamic	Maple Pork (47%) (Free Range Pork (50%), Zucchini, Water, Maple Syrup (18%), Gluten Free Soy Sauce, Brown Sugar, Fish Sauce, Crushed Ginger, Olive Oil, Dried Chives, Lime Juice, Spices: Ground Cinnamon & Chinese 5 Spice), Brown Rice (36%), Water, Salt, Sesame Broccoli (17%) (Broccoli Florets (92%), Sesame Oil, Sesame Seeds, Salt).	Yes	Yes	Yes	Yes	No	No	No	Yes	No	No	Yes	Yes
DM Pumpkin Kale Risotto (1 whole pkt)	Dineamic	Water, Pumpkin (20%), Arborio Rice (13%), Onion, Kale (5%), Capsicum, Lite Coconut Cream, Salt, Olive Oil, Spices, Garlic, Herbs, Pepper.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
DM Roast Chicken Potatoes Vege (1 whole pkt)	Dineamic	Vegetables (65%) (Potato (37%), Pumpkin, Carrot, Onion, Capsicum, Celery), Free Range Chicken Breast (25%), Crushed Tomato, Water, Tomato Paste, Olive Oil, Salt, Dried Apricot, Spices, Herbs, Pepper, Garlic, Turmeric.	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	Yes	No	No
DM Smokey Chicken Potatoes Corn & Black Beans (1 whole pkt)	Dineamic	Smokey Chicken (39%) (Free Range Chicken Thigh (87%), Olive Oil, Herbs, Spices, Salt, Pepper), Corn & Black Bean Salsa (33%) (Black Beans (51%) (Black Beans, Water, Salt, Firming Agent (509)), Corn (15%), Capsicum), Roasted Chat Potatoes (28%) (Potato (95%), Olive Oil, Salt, Pepper).	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes
DM Spinach Ricotta Cannelloni Napoli (1 whole pkt)	Dineamic	Spinach & Ricotta Cannelloni (60%) (Ricotta (67%) (Milk, Salt, Acetic Acid, Whey), Semolina (Wheat), Spinach (12%), Parmesan (Milk), Egg, Salt, Garlic, Pepper), Crushed Tomato (31%) ((Crushed Tomato in Juice, Food Acid (Citric)), Onion, Carrot, Celery, Olive Oil, Herbs, Salt, Garlic, Pepper.	No	No	No	No	No	Yes	Yes	No	Yes	Yes	No	No
DM Teriyaki Beef Rice (1 whole pkt)	Dineamic	Teriyaki Beef (57%) (Vegetables (38%) (Broccoli, Baby Corn, Green Capsicum, Red Capsicum, Onion, Garlic), Grass Fed Beef (38%), Teriyaki Sauce (12%) (Water, Sugar, Soy Sauce, Pear Paste, Thickeners (1422, 415), Ginger, Sesame Oil, Food Acid (Acetic), Sherry, Garlic, Yeast Extract, Colour (150d)), Olive Oil, Garlic, Ginger), Sushi Rice (43%), Water, Salt.	Yes	Yes	Yes	Yes	No	No	No	Yes	No	Yes	No	No

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	EF	KO	PF	LFOD	LFR
DM Tuscan Vegetable Risotto (1 whole pkt)	Dineamic	Water, Vegetables (27%) (Zucchini, Eggplant, Onion, Capsicum), Arborio Rice (12%), Tomato Paste (7%) (Tomato Paste, Food Acid (Citric)), Herbs, Olive Oil, Salt, Garlic, Pepper	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Donuts DIET (Various Flavours) (1 piece pkt)	Noshu	<p>Dark Choc & Raspberry Donut (97% sugar free) Egg, Water, Dark Choc Icing (Non-GMO Erythritol, Sustainable Palm Kernel Oil^, Coconut Oil, Cocoa Powder, Soy Lecithin, Natural Raspberry Flavour), Pumpkin Puree, Organic Coconut, Cocoa Powder (4%), Australian Soy Flour, Soluble Fibre (Polydextrose), Baking Powder, Vegetable Fibre, Vegetable Glycerine, Beetroot, Guar Gum, Steviol Glycosides (Stevia), Natural Flavours. *Naturally occurring, not added. ^RSPO Certified Sustainable.</p> <p>Caramel Spice Donut (97% sugar free) Egg, Water, Caramel Flavoured Icing (Non-GMO Erythritol, Sustainable Palm Kernel Oil^, Coconut Oil, Cocoa Powder, Soy Lecithin, Natural Caramel Flavour, Natural Paprika Colour), Pumpkin Puree, Organic Coconut, Australian Soy Flour, Soluble Fibre (Polydextrose), Baking Powder, Vegetable Glycerine, Vegetable Fibre, Spices, Guar Gum, Steviol Glycosides (Stevia), Natural Flavours. *Naturally occurring, not added. ^RSPO Certified Sustainable.</p> <p>Strawberry Donut (97% sugar free) Egg, Water, Strawberry Flavoured Icing (Non-GMO Erythritol, Sustainable Palm Kernel Oil^, Coconut Oil, Soy Lecithin, Beetroot Red, Freeze Dried Strawberry, Natural Strawberry Flavour), Pumpkin Puree, Organic Coconut, Australian Soy Flour, Soluble Fibre (Polydextrose), Baking Powder, Vegetable Glycerine, Vegetable Fibre, Guar Gum, Koji Rice Extract, Steviol Glycosides (Stevia), Natural Flavours. *Naturally occurring, not added. ^RSPO Certified Sustainable.</p>	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes
Dressing balsamic (330 ml bottle)	Praise	Water, Sunflower Oil [Antioxidant (320)], Balsamic Vinegar (15%) [wine vinegar, grape must, Preservative (224) (sulphites), Colour (150d)] Sugar, Lemon Juice Concentrate [Food Acid (330) , preservative (223) (Sulphites)], White Vinegar, Salt, Garlic (0.7%) [Food acid (330)], Mineral Salts (332, 341, 508), Vegetable Gums (407, 410, 415 from Soy, 440), Red Bell Pepper , Parsley (0.03%).	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	EF	KO	PF	LFOD	LFR
Dressing coleslaw (330 ml bottle)	Praise	Water, sunflower oil [antioxidant (320)], sugar, white vinegar, free range whole egg, salt, maize thickener (1442), mustard flour , vegetable gums (415 from soy), flavour, natural colour (161b).	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes
Drinking chocolate DIET (200 g tin)	Avalanche	Erythritol, Cocoa, (Soy Lecithin), Natural Flavour, Stevia Extract, Salt.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Drinking chocolate GF VEGAN (450 g box)	Cadbury	Sugar, Cocoa Powder, Starch (Maize or Tapioca), Mineral Salt (501), Flavour.	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Egg (half dozen) (6 piece carton)	Sunrise	Eggs (free range)	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes
Egg scrambled mix (2000 g bag)	Sunnyqueen	Whole Egg (72%), Water, Milk Solids, Canola Oil, Vegetable Gum (415), Salt, Food Acid (330), Colour (160b).	Yes	No	No	Yes	No	Yes	Yes	No	Yes	Yes	No	Yes
Eggs free range bulk (180 piece box)	Caterers Choice	egg	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes
Face mask (50 piece pkt)	0	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Falafel balls GF VEGAN (1000 g bag)	Casa de mare	Chickpeas (65%), Water, Onion, Potato, Garlic, Canola Oil, Spices , Salt, Herb, Raising Agents (500, 450)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Freddo frog (72 piece pkt)	Cadbury	Full Cream Milk, Sugar, Milk Solids, Cocoa Butter, Cocoa Mass, Emulsifiers (Soy Lecithin, 476), Flavours.	Yes	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	Yes
Frozen blueberries (300 g bag)	Creative Gourmet	100% Blueberries	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Fruit apple green small (90 piece box)		Apple	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Fruit apple red small (90 piece box)		Apple	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Fruit banana (90 piece box)		Banana	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Fruit lemon (1 whole piece)		Lemon	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Fruit strawberries (250 g pkt)		Strawberry	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Fruit watermelon (1 whole)			Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Fruity flavoured lollies (200 g pkt)	Natural Confectionary Company	Cane Sugar, Invert Sugar, Glucose Syrup (From Wheat and Corn), Thickener (Acid Modified Wheat Starch), Food Acid (Citric), Fruit Juice Concentrate, Natural Flavours, Natural Food Colours (Anthocyanins, Spirulina, Turmeric, Paprika Oleoresin), Glazing Agent (Vegetable Oil, Carnauba Wax).	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Garlic bread (1 whole loaf)	AGB	Bread [Wheat Flour, Water, Yeast, Iodised Salt, Sugar, Canola Oil , Dextrose, Preservative (282), Emulsifiers (481, 472e), Soy Flour,	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	EF	KO	PF	LFOD	LFR
		Vitamins (Thiamin, Folate)], Margarine (Vegetable Oil, Water, Salt, Emulsifiers (322 Soy, 471), Flavour, Antioxidant (306), Acidity Regulator (330), Colour (160a)), Garlic (1.5%), Sugar, Parsley, Acidity Regulator (330). Contains: Gluten and Soy. May be present: Sesame.												
Gloves dishwashing large (1 pair pkt)	Ansell	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Gloves disposable powder free (100 piece box)		NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Gravy powder GF (120 g tub)	Gravox	Maltodextrin (From Maize), Maize Starch, Salt, Shortening Powder, Vegetable Gum (Guar), Colour (Caramel Iii), Flavours, Dextrose, Anticaking Agent (450), Canola Oil, Yeast Extracts.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Hamburger beef 150g GF (64 piece pkt)	Diamantina	100% beef	Yes	Yes	Yes	Yes	No	No	No	Yes	No	Yes	Yes	Yes
Hamburger beef HALAL (1 whole box)	Eastern Halal Butcher		No	No	No	Yes	No	No	No	No	No	Yes	No	No
Hamburger beef KOSHER (1 piece tray)		Beef (min 92%), Water, Potato starch, Paprika, White pepper, Preservative (223, contain Sulphites), Rosemary and onion extracts. NO ADDED ARTIFICIAL COLOURS OR FLAVOURS, NO ADDED MSG OR GLUTEN. NO HORMONE GROWTH PROMOTANT.	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	No
Hamburger bun GF VEGAN (3 piece pkt)	Well & Good	Gluten Free Baking Blend (Corn Starch, Tapioca Starch, Potato Starch, Buckwheat Flour, Flax Seed Flour), Filtered Water, Vegetable Oil, Yeast, Cellulose Powder, Xanthan Gum, Brown Sugar, Psyllium Husk, GDL, Baking Powder, Iodised Sea Salt, Spirulina.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Hamburger bun pre-sliced (20 piece bag)	Tip Top	Wheat Flour, Water, Potato Flakes (6%), Sugar, Baker's Yeast, Canola Oil, Wheat Gluten, Iodised Salt, Soy Flour, Preservative (282), Emulsifiers (472e, 481), Wheat Malt flour, Natural Colour (160a), Vitamins (Thiamin, Folic Acid).	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Hand sanitiser gel (500 ml bottle)	Softcare	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Hand soap (250 ml bottle)	Dettol	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Hashbrown GF VEGAN (50 piece bag)	McCain	POTATO (91%), CANOLA OIL, SALT, DEXTROSE (FROM MAIZE)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Honey (375 g jar)	Goodes	100% honey	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	No
Hot dog roll GF (3 piece pkt)	Well & Good	Corn Starch, Modified Starches(GMO free Corn & Tapioca),Filtered Water, Potato Starch, Vegetable Oil (Canola, Palm),	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	EF	KO	PF	LFOD	LFR
		Brown Sugar, Fresh Yeast, Organic Psyllium Husk, Methyl Cellulose, Glucono Delta Lactone, Iodised Sea Salt, Sodium Bicarbonate, Vinegar, Xanthan Gum, Mono Di Glycerides, Invert Sugar, Flaxseed Flour, Buckwheat Flour, Organic Spirulina												
Hot dogs HALAL (1 whole pkt)	Eastern Halal Butcher	88% Beef, Water, Nitrate cure in the premix contains the following: Wheat Flour (Gluten), Salt, Dextrose, Mineral Salt (450), Antioxidant (316), natural flavouring, natural colouring	No	Yes	Yes	Yes	No	No	No	Yes	No	Yes	No	No
Hungarian Beef Goulash (2000 g bag)	Chef's Pantry	DICED BEEF, ONION DICED 20mm, RED CAPSICUM DICED, CARROT DICED 20mm, DICED POTATO 20mm, DICED TOMATO 6mm, CRUSHED GARLIC CV, CRUSHED TOMATO JB, MASSEL BEEF POWDER (Southern Ocean Sea Salt, Maize Maltodextrin, cane sugar, yeast extract, rice flour, dehydrated vegetables (onion, celery , garlic), natural vegetable flavors, caramelized sugar syrup (colour) disodium guanylate & inosinate, sunflower oil), PAPRIKA GROUND, CARAWAY SEED, BAYLEAVES, BLACK PEPPER, BROWN SUGAR, SALT, WATER , CANOLA OIL, POTATO STARCH	Yes	Yes	Yes	Yes	No	No	No	Yes	No	Yes	No	No
Ice cream (4000 ml tub)	Caterers Choice	Milk, Liquid Sugar (Sugar, Water), Cream, Maltodextrin (From Maize), Vegetable Gum (407, 412, 410), Emulsifier (471, 460), Natural Vanilla Flavour.	Yes	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	Yes
Ice cream Coco DF 100ml (1 whole tub)	Everest	Coconut Milk (57%), Water, Sugar, Glucose (Maize), Emulsifier (471), Vegetable Gums (407a, 460, 412, 410), Flavour	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Ice cream sandwich (4 piece box)	Bulla	Fresh Milk, Sugar, Wheat Flour, Fresh Cream (10%), Vegetable Oil (Soy), Maltodextrin, Milk Solids, Invert Syrup, Golden Syrup, Compound Chocolate (Soy), Cocoa Solids, Colours (Caramel I, Annatto), Emulsifier (471), Raising Agents (Sodium Bicarbonate, 503), Flavours, Thickeners (Guar Gum, Carrageenan), Salt, Contains no less than 10% Milk Fat in Ice Cream	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	No
Jam PC apricot (75 piece box)	Kraft	Sugar, Apricots (43%) [Contain Preservative (220)], Food Acid (Citric Acid), Gelling Agent (Pectin).	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Jam PC raspberry (75 piece box)	Kraft	Sugar, Raspberries (42%), Gelling Agent (Pectin), Food Acid (Citric Acid).	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Jam PC strawberry (75 piece box)	Kraft	Sugar, Strawberries (41%), Gelling Agent (Pectin), Food Acid (Citric Acid).	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Jam PC strawberry DIET (200 piece box)	Yarra Valley	Strawberries (60%), Fruit Juice Concentrate, Pectin, Food Acid (330).	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Jam strawberry (375 g jar)	Cottees	Sugar, Strawberries (40%), Gelling Agent (Pectin), Food Acid	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	EF	KO	PF	LFOD	LFR
Jam strawberry fruit spread DIET (284 g jar)	St Dalfour	(Citric Acid). Strawberries, fruit juice concentrates (grape, date and pineapple), fruit pectin, lemon juice.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Juice apple LL (2000 ml bottle)	Golden Circle	Reconstituted Apple Juice, Food Acid (296), Vitamin C (300), Flavour	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Juice orange LL (2000 ml bottle)	Golden Circle	Reconstituted Orange Juice, Vitamin C (300), Food Acid (Citric Acid), Natural Flavours.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Lamb souvlaki (1000 g bag)		Lamb, souvlaki sprinkle (Dehydrated Vegetable, Salt, Sugar, Rice Flour, Herbs & Spice, Vegetable Powder, Citrus Fibre, Natural Colours (Paprika & Turmeric Oleoresins))	0	0	0	0	No	No	No	0	No	Yes	0	0
Lettuce iceberg shredded (2000 g bag)		Lettuce (Iceberg)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Mandarin (1 indiv piece)	Greenlands	Mandarin	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Maple syrup (250 ml bottle)	Steeves Maples Maple	Natural Cane Sugar, Pure Maple Syrup, Natural Maple Flavour	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Margarine (1000 g tub)	Caterers Choice	Vegetable oils, water, salt, emulsifiers (322 (from soy), 471), preservative (202), food acid (270), colour (160a), flavour, vitamin D.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Mayonnaise (1000 g bottle)	Menu Maker	Canola Oil, Pasteurised Whole Egg(14%), White Vinegar, Lemon Juice, Dijon Mustard, Sugar, Salt, Natural Flavour(Egg), Mustard Powder, Acid Regulator(Citric Acid).	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes
Mayonnaise GF VEGAN (360 g bottle)	Praise	Sunflower oil [antioxidant (320)], water, sugar, white vinegar, salt , mustard flour, vegetable gums (405, 412, 415 from soy), carob germ flour, garlic, lemon juice concentrate [food acid (330), preservative (223)], natural colour (carrot extract).	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Meatball in napoli sauce (2000 g bag)		(Each bag contains 36 x 40g balls + 560g napoli. Standard adult serve of 330g = 6 balls)	Yes	Yes	Yes	Yes	No	No	No	Yes	No	Yes	No	No
Melting moments lemon FODMAP (6 piece pkt)	Kez's Kitchen	Icing Sugar (Cane Sugar, Tapioca Starch), Gluten Free Flour [Tapioca Starch, Rice Flour, Potato Starch, Thickeners (1412), Dextrose Monohydrate, Vegetable Gum (466), Emulsifier (471), Thickeners (464, 415)], Vegetable Shortening [Vegetable Oils and Fats (Soy), Water, Salt, Emulsifiers (471, 322 (Soy), 435), Anti-Oxidants (307b (Soy)), Natural Flavour, Acidity Regulator (330), Natural Colour (160a)], Hydrogenated Coconut Oil, Invert Sugar Syrup (Cane Sugar, Water), Stabiliser (1412), Egg White, Natural Lemon Flavour (0.1%), Natural Colour (160b).	Yes	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	EF	KO	PF	LFOD	LFR
Milk full cream UHT (1000 ml carton)	Caterers Choice	Cow's milk	Yes	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	Yes
Milk lactose free UHT (1000 ml carton)	Cater choice	Milk	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Milk low fat UHT (1000 ml carton)	Caterers Choice	Skim Milk. Contains 0.1% Fat	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes
Milk rice UHT (1000 ml bottle)	Vitasoy	Filtered water, whole brown rice (min. 13%), sunflower oil, mineral (calcium phosphate), sea salt.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Milk soy UHT (1000 ml carton)	Little Things	Water, soybeans (13%), calcium salts of orthophosphoric acid, gellan gum, salt, flavour, vitamins A and D.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
Milo (1900 g tin)	Nestle	Extract of Malted Barley (16%) or Malt Barley and Rice (Total Extract 35%), Milk Solids, Sugar, Cocoa, Mineral (Calcium,Iron), Maltodextrin (corn),Vitamins (C, B3, A, B6, D, B2, B12), Emulsifier (Soy Lecithin). Vitamins (C, A, B1, B2, D), Emulsifier (Soy Lecithin).	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	No
Minced meat HALAL (100 g bag)	Eastern Halal Butcher		Yes	Yes	Yes	Yes	No	No	No	Yes	No	Yes	Yes	Yes
Minced meat KOSHER (100 g tray)		Beef	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	Yes	Yes
Mixed herbs (10 g jar)		Thyme, Rosemary, Marjoram, Basil, Oregano, Sage.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Muesli bar strawberry & yoghurt (6 piece box)	Uncle Tobys	[Uncle Tobys Rolled Oats (34%), wheat (11%), breakfast cereal (whole grain wheat (5%), wholemeal wheat flour, wheat bran, sugar, vitamin E), strawberry pieces (strawberry puree [1%]), coconut, milk powder], glucose, yoghurt compound (milk) [sugar, vegetable fat, yoghurt powder (1.3%), whey powder, emulsifiers (soy lecithin, 492), food acid (citric)], chicory root fibre, sunflower oil, sugar, humectant (glycerine), modified starch (1412), berry juice concentrate (strawberry [0.6%]), invert sugar, honey, natural flavour, emulsifier (soy lecithin),	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	No
Muffin berry (PC 120g) (15 piece tray)	Sara Lee	Sugar, Wheat Flour (Thiamine), Blueberries (11.5%), Egg, Canola Oil, Apple [Preservative (202, 223), Fructose Syrup, Whey Powder, Thickener (1412), Emulsifiers (477, 471, 475), Raising Agent [(450, 500), Wheat Starch], Salt, Preservative (202), Blueberry Flavour (Nature Identical), Vegetable Gum (415).	No	No	No	No	No	Yes	Yes	No	Yes	Yes	No	No
Muffin chocolate (PC 120g) (15 piece tray)	Sara Lee	Sugar, Wheat Flour (Thiamine), Egg, Canola Oil, Apple [Preservatives (202, 223)], Dark Chocolate Chips [Sugar, Cocoa	No	No	No	No	No	Yes	Yes	No	Yes	Yes	No	No

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	EF	KO	PF	LFOD	LFR
		Mass, Vegetable Fat, Milk Solids, Emulsifier (Soy Lecithin, 476), Cocoa Butter, Flavour], Fructose Syrup, Cocoa, Whey Powder, Thickener (1412), Salt, Emulsifier (477, 471, 475), Raising Agent [(450,500), Wheat Starch], Vanilla Flavour (Natural), Preservative (202), Vegetable Gum (415), Raising Agent (500). Cocoa Solids: 5.5%												
Mushrooms sliced (500 g pkt)		Mushroom	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
Oil vegetable (2000 ml bottle)	Sunshine	Vegetable Oil (Canola Oil)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Olive kalamata pitted (425 g jar)	Always Fresh	Kalamata Olives (52%), Water, Salt, Olive Oil, Sugar, Food Acid (260), Colour (150c).	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Onions (1 indiv piece)			Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Onions brown sliced (1000 g bag)		Onion (Brown)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Onions red sliced (500 g bag)		Onion (Red)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Pancake mix (1750 g bag)	Allied	Wheat flour (vitamins (thiamin, folate)), maize flour, raising agents (341, 500, 541), buttermilk solids (2.5%), dextrose (maize), sugar, salt, egg powder, vegetable oils, thickener (461), emulsifier (471)	No	No	No	Yes	No	Yes	Yes	No	Yes	Yes	No	No
Pancake mix GF VEGAN (375 g box)	Orgran	Buckwheat Flour (49%), Tapioca Starch, Rice Flour, Maize Starch, Raising Agents: Monocalcium Phosphate, Sodium Bicarbonate, Calcium Carbonate. Potato Starch, Acidity Regulator: Citric Acid. Vegetable Gum (Stabiliser): Methylcellulose	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Paper towel perforated roll (2 piece pkt)	Viva	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Parsley (1 whole bunch)			Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Pasta penne (750 g bag)	San Remo	Durum Wheat Semolina	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Pasta penne GF VEGAN (350 g box)	San Remo	Maize Starch, Soy Flour, Potato Starch, Rice Starch	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Pasta sauce slow roasted vegetables (375 g pkt)	Fodmapped For You	Tomato (78%) (Contains Citric Acid), Slow Roasted Vegetables (12%) (Eggplant, Red Capsicum, Canola Oil), Tomato Paste (6%), Olive Oil, Herbs (0.8%), Salt, Lemon Juice, Yeast Extract, Black Pepper, Spices	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Pastie vegetable 175g (12 piece box)	Herbert Adams	Vegetables (39%) [Potatoes, Carrots, Peas, Pumpkin, Corn, Onion, Turnip], Australian Wheat Flour, Water, Margarine (Vegetable Fats and Oils, Water, Salt, Emulsifiers (471, Soy Lecithin), Acidity Regulators (331, 330), Antioxidant (307b (Soy),	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	No

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	EF	KO	PF	LFOD	LFR
		Flavour, Colour (160a)), Thickeners (1422, 461), Salt, Sugar, Dehydrated Potato (Contains Preservative 222), Flavours, Spice, Glaze (Contains Wheat, Colour (160a)).												
Peaches sliced (410 g can)	SPC	Peach (58%), Water, Sugar, Acidity Regulator (Citric Acid) PEACHES IN JUICE	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
Peas frozen (2000 g bag)	Edgell	Peas	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Pepper black with grinder (55 g bottle)	McKenzie	Pepper	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Pie beef 180g (16 piece tray)	National Pies	Water, Flour (Incl. Gluten), Australian Beef (25%), Shortening (Contains Animal Fat, Emulsifiers (471, Soybean Lecithin) Colour (160a)), Thickener (E1422), Textured Vegetable Protein (Defatted Soy Flour), Onion, Seasoning (Contains Onion, Celery, Flavour Enhancers (621, 635), Hydrolysed Vegetable Protein (Maize), Yeast Extract), Salt Iodised, Gravox (Contains Wheat Flour, Colour (150c), Flavour), Colour (150c, Natural Colour), Pepper.	No	Yes	Yes	Yes	No	No	No	Yes	No	Yes	No	No
Pie beef GF (2 piece pkt)	Gluten Free Bakehouse	Ingredients: Filling: (50%) Beef (50%), water, onion, modified starch (1422), red wine (contains preservative (223), egg), tomato paste, herbs and spices, iodised salt, natural beef booster (natural colour (150a), spice extract (160c)), garlic, dijon mustard , horseradish, vegetable protein extract (maize). Pastry: (50%) water, rice flour, maize starch, margarine (vegetable fats and oils), water, salt, emulsifiers (471, 322 (soy), preservative (202), citric acid, antioxidant (307b)), modified starch (1422), soy flour, whey powder (milk), thickeners (guar gum 464), baking powder (450, 500), iodised salt, glaze (milk solids, natural colour (160a)). Contains: egg, milk and soy May contain: tree nuts and sesame seeds	Yes	No	No	Yes	No	No	No	No	No	Yes	No	No
Pie chicken curry 180g (16 piece tray)	National Pies	Flour (Incl. Gluten), Free Range Chicken (27%), Water, Shortening (Contains Animal Fat, Emulsifiers (471, Soybean Lecithin) Colour (160a)), Carrot, Onion, Thickener (E1422), Wheaten Cornflour, Milk Powder, Curry Powder (0.5%) (Turmeric, Coriander, Salt, Fenugreek, Black Pepper, Chilli Powder, Rice Flour, Allspice, Celery), Salt Iodised, Onion & Celery Seasoning (Contains Flavour Enhancer (621)), Seasoning (Contains (Onion, Celery, Flavour Enhancers (621, 635), Hydrolysed Vegetable Protein (Maize))), Pepper, Colour (Natural Colour).	No	No	No	Yes	No	No	Yes	Yes	No	Yes	No	No

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	EF	KO	PF	LFOD	LFR
Pie GF VEGAN (6 piece box)	Byron Gourmet Pies	Gluten Free Curry Vegetable Rice Flour, Chickpea Flour, Potatoes, Carrots, Capsicum, Broccoli, Onions, Tomatoes (Acidity Regulator 330), Tofu (Organic), Olive Oil, Thickener 1422 (maize), Xanthium Gum, Guar Gum, Ginger, Garlic, Chillies, Coriander, Sesame Seeds, Sea Salt, Spices.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Pie plant based VEGAN (4 piece pkt)	Four'n Twenty	Water, Wheat Flour, Plant Protein Mince (10%) (Water, Isolated Soy Protein, Wheat, Soy Protein Concentrate, Soy Fibre, Colour (150a), Yeast Extract, Natural Smoke Flavour, Mushroom Powder), Margarine (Vegetable Fats and Oils, Water, Salt, Emulsifiers (471, Soy Lecithin), Acidity Regulators (331, 330), Antioxidant (307b (Soy)), Flavour, Colour (160a)), Thickeners (1422, 412), Onion, Seasoning (Contains Wheat, Colour (150d)), Carrots, Textured Soy Protein (Colour (150a)), Black Chia Seeds, Tomato Paste, Colour (150a), Salt, Mineral Salts (500, 341), Emulsifier (481), Glaze (Contains Wheat, Colour (160b)), Rice Flour.	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Pita bread (10 piece pkt)	Morgans	Bakers flour, water, salt, margarine, yeast, milk powder, colour (102)	No	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	No	No
Popcorn (PC 25g) GF VEGAN (1 whole bag)	Piranha	Popcorn[80%], Sunflower Oil, Sea Salt [2%], Sugar, Natural Flavour, Yeast Extract, Vegetable Powders (Onion, Garlic, Tomato), Spices, Probiotic (Bacillus coagulans).	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Popcorn (PC13g) FODMAP (5 piece pkt)	COBS	POPCORN (80%), SUNFLOWER OR CANOLA OIL- HI OLEIC, SEA SALT.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Potato (white large individual) (1 whole piece)		Potatoes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Potato mash (premade) (2000 g bag)	Chef's Pantry	POTATO , POTATO FLAKES, MILK, MARGARINE (Vegetable Oil (containing sunflower oil 10%), water, salt, emulsifiers (471, sunflower lecithin), natural flavour, vitamins A, D, E, natural colour (beta carotene).), SALT, WATER	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes
Potato mashed (2000 g box)	Maggi	100% potato	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Potato salad (2000 g bag)	Chef's Pantry	Potato, Celery, Parsley Fresh, Mayonnaise (Whole Egg, Canola Oil, Water, Sugar, Salt, Food Acid (acetic), Mustard Powder), Seeded Mustard (Water, Mustard Seed (28%), Salt, Sugar, Food Acid (acetic), Turmeric, Marjoram, Thyme, Garlic Extract, Spice Extract), Salt, Pepper.	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	No	No
Potato wedges (2000 g bag)	McCain	Potato (85%), Vegetable Oils, Flour (Wheat, Maize), Thickener	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	EF	KO	PF	LFOD	LFR
		(1404), Salt, Spices, Garlic, Dextrose, Thickener (461), Natural Colours (150, 160b).												
Rice cooked (1000 g bag)	Chef's Pantry	Cooked long grain rice (98.5%), sunflower oil (1.5%)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Rice crackers original GF (100 g pkt)	Peckish	Rice Flour, Rice Bran, Oil, Maltodextrin (from Corn), Salt, Sugar, Soy Sauce Powder, Natural Antioxidant (Vitamin E).	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Roll crusty long (6 piece bag)	Tip Top	Wheat Flour (Vitamins (Thiamin, Folic Acid)), Water, Yeast, Iodised Salt, Soy Flour, Emulsifiers (481, 472e), Wheat Malt Flour. Contains: Gluten Cereals and Soy May Contain: Egg, Milk, Sesame and Sulphite	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Roti bread (6 piece pkt)	Mission	Wheat Flour (68%) (Thiamine, Folic Acid), Water, Vegetable Oil [Antioxidant (320)], Iodised Salt, Sugar, Mineral Salts (500, 450, 341), Preservative (282), Yeast.	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Salad mix (1500 g box)			Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Salad mix (small) (1000 g bag)			Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Salsa mild (2000 g tub)	Wombat Valley	Water, Tomato (39%), Green Capsicum (8%), Onion (6%), Red Capsicum (6%), Vinegar, Salt, Vegetable Oil, Spices, Modified Starch(1422), Acidity Regulator (330), Preservative (202), Coriander.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Salt table (750 g bottle)	Saxa	Salt	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Sauce BBQ GF (500 ml bottle)	Heinz	Concentrated Tomatoes, Sugar, Apple Purée, Maize Thickener (1414), Food Acids (260, 330), Salt, Colour (150c), Flavours, Spice.	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Sauce tomato GF large (920 ml bottle)	Masterfoods	Tomatoes 76% (from paste), sugar, salt, food acid (acetic), water, onion powder, spice	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Sausage BBQ KOSHER (1 whole tray)		Beef and Lamb (min 79%), Water Premix[Rice flour, Salt, Mineral salts (450,451,452), Preservative (223) (CONTAINS SULPHITS), Hydrolysed Maize Protein, Spices, Spices Extract (160c), Antioxidant (316), Vegetable powder (Onion), Herb], Edible Beef Collagen Casing NO ADDED ARTIFICIAL COLOURS, FLAVOURS, MSG OR GLUTEN. NO HORMONE GROWTH PROMOTANT	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	No
Sausage GF VEGAN (6 piece pkt)	V2	Water, Soy, Protein, Vegetable Oils (contains Antioxidant (Tocopherol)), Seasoning 3.8% (Rice Flour, Salt, Sugar, Potato Starch, Spices, Mineral Salt (451), Vegetable Powders, Herb, Herb Extract, Spice Extract), Thickeners, (Methyl Cellulose,	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	EF	KO	PF	LFOD	LFR
		Modified Cornstarch), Flavours (contains Glutamic Acid), Polysaccharide Based Casing, Yeast Extract, Preservative (Potassium Sorbate), Colours (Beetroot Powder).												
Sausage Kransky GF (8 piece pkt)		Pork, water, salt, potato starch, spices, vegetable powder, yeast extract, spice extract, sodium lactate, sodium acetate, dextrose, mineral salts, preservative (250) and antioxidant	Yes	No	No	Yes	No	No	No	Yes	No	No	No	No
Sausage roll 170g (20 piece tray)	National Pies	Flour (Incl. Gluten), Water, Australian Beef (18%), Breadcrumbs (Wheat Flour, Iodised Salt, Dry Yeast, Water), Onion, Beef Flavour (Contains Mineral Salts (451, 450) Preservative (223)), Shortening (Contains Animal Fat, Emulsifiers (471, Soybean Lecithin) Colour (160a)), Salt Iodised, Seasoning (Contains (Onion, Celery, Flavour Enhancers (621, 635), Hydrolysed Vegetable Protein (Maize))), Stabiliser (Mineral Salts (450, 451, 452), Humectant (422)), Pepper, Colour (Natural Colour).	No	Yes	Yes	Yes	No	No	No	Yes	No	Yes	No	No
Sausages BBQ GF (500 g pkt)		100% beef	Yes	Yes	Yes	Yes	No	No	No	Yes	No	Yes	Yes	Yes
Scourer sponge (2 piece pkt)	Oates	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Scourer stainless steel (2 piece pkt)	Cater Clean	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Snackle bar DIET (1 indiv piece)	Noshu	<p>Double Choc Snackles Bar (97% sugar free) Puffed Rice (22%) [Rice, Sucrose, Salt, Emulsifier (471)], Non-Dairy Choc Compound (20%) [Vegetable Fat[^], Non-GMO Erythritol, Cocoa Powder, Polydextrose, Maltodextrin, Emulsifier (Soy Lecithin), Steviol Glycosides (Stevia)], Soluble Corn Fibre, Chicory Root Fibre, Coconut Oil Powder (Coconut Oil, Maltodextrin, Pea Protein), Vegetable Glycerine, Natural Flavour. *Naturally occurring, not added. [^]RSPO Certified Sustainable Palm. Cocoa Powder UTZ Certified.</p> <p>Marshy Mellow Snackles Bar (96% sugar free) Puffed Rice (22%) [Rice, Sucrose, Salt, Emulsifier (471)], Non-Dairy White Choc Compound (20%) [Vegetable Fat*, Non-GMO Erythritol, Polydextrose, Maltodextrin, Emulsifier (Soy Lecithin), Steviol Glycosides (Stevia)], Soluble Corn Fibre, Chicory Root Fibre, Coconut Oil Powder (Coconut Oil, Maltodextrin, Pea Protein), Vegetable Glycerine, Natural Flavours. *Naturally occurring, not added. [^]RSPO Certified Sustainable Palm.</p>	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
Soup minestrone GF VEGAN	Fodmapped	Water, Pumpkin, Carrot, Potato, Celery, Tomato, Tomato Paste,	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	EF	KO	PF	LFOD	LFR
(500 g pkt)	for you	Chickpea, Brown Rice, Red Capsicum, Corn Starch, Glucose, Salt , Canola Oil, Yeast Extracts, Herbs, Spices, Black Pepper												
Soup spring vegetable GF VEGAN (2000 g tub)	Continental	Vegetables (62%) (potato, onion, green peas, carrots, green beans, leeks, celery), potato starch,maize starch, maltodextrin (from maize), salt, sugar, tomatoes, mineral salt (potassium chloride), glucose, yeast extract, parsley, sunflower oil, colours (caramel IV, turmeric), flavour enhancers (635,627), garlic extract , flavours (contain milk derivatives), spice extract, food acid (citric) , preservative (sulphur dioxide). Contains milk and sulphite products. Made on equipment that also processes products containing egg, fish and soybean.	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	No
Sour cream (1000 ml bag)	Tatua	Cream (64%), Water, Skim Milk Powder, Thickeners(1442) , gelatine, Food Acid (270), Salt, Cultures	Yes	No	No	No	No	No	No	Yes	No	Yes	No	Yes
Sour cream GF VEGAN (200 ml tub)	Loco	Water, coconut cream, coconut oil, sunflower oil, tapioca starch, maltodextrin, cocoa butter, vegetable gums (xanthan, guar), natural colour (plant carotene), live vegan cultures.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Sour cream LF (200 g tub)	Bulla	Reduced Fat Cream, Milk Solids, Thickeners (1442 from Maize), Enzyme (Lactase), Sour Cream Culture	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Spaghetti in tomato sauce (3000 g tin)	SPC	Pasta (Wheat Flour) (50%), Tomato & Cheese Sauce [Tomato Puree (35%), Water, Sugar, Thickeners (1412, Maize Starch), Salt, Cheese (0.5%), Canola Oil, Natural Flavours, Vegetable Powder, Food Acid (Citric Acid), Antioxidant (Ascorbic Acid)]	No	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	No	No
Spice mix taco GF (30 g pkt)	Old El Paso	Sugar, Rice Flour, Salt, Garlic, Paprika, Cumin, Tomato, Onion, Food Acid (Citric Acid), Chilli Powder, Anticaking Agent (Silicon Dioxide), Oregano Extract, Colour (Paprika Extract), Ground Bay Leaves	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Spray cleaner antibacterial (500 ml bottle)	Ajax	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Spray surface sanitiser (750 ml bottle)		NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Sticky date pudding (2000 g tray)	The Country Chef Bater	Water, Brown Sugar, Self-Raising Flour (Wheat Flour, Raising Agents (339, 341, 450, 500)), Pitted Dates (Rice Flour), Canola Oil, Whole Egg Powder, Bicarb Soda.	No	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	No	No
Sugar (1000 g bag)	Caterer's Choice	Cane Sugar	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
SW Bacon Lettuce Avo & Tomato			No				No	No	No		No	No	No	No

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	EF	KO	PF	LFOD	LFR
wmeal (1 whole pkt)														
SW Cheese Cos Pimento Onion & Tomato Turkish (1 whole pkt)														
SW Chicken Avo white (1 whole pkt)														
SW Chicken Caesar wrap (1 whole pkt)														
SW Chicken Mayo Lettuce GF (1 whole pkt)														
SW Chicken Tandoori Cucumber Raita wrap (1 whole pkt)		Tortilla [wheat flour, thiamine, folic acid), water, vegetable shortening [antioxidant (320)), mineral salts (450, 500, 341), sugar, vegetable gum (412, 466), wheat fibre, preservative (282), acidity regulator (297), iodised salt, emulsifier (471), yeast], Roast Chicken (31%) [chicken breast, marinade mix (water, potato starch, salt, vegetable protein, maltodextrin, mineral salts (451, 450), fibre, yeast extracts, vinegar, natural flavours, chicken stock powder, vegetable powders, vegetable gums (407a, 415), spice, natural smoke flavour)], Cos, Cucumber (9%), Greek Yoghurt (6%)(milk, milk solids, buttermilk powder, mineral salt (452), emulsifier (471), soy flour, yoghurt cultures), Margarine (soy), Tandoori Paste (1%)(wheat).	No	No	No	Yes	No	No	Yes	Yes	No	Yes	0	Yes
SW Corn Beef Pickle Cheese wmeal (1 whole pkt)		White Bread [wheat flour, water, baker's yeast, modified tapioca starch (1412), wheat fibre, wheat gluten, vinegar, iodised salt, vegetable gum (412), canola oil, soy flour, emulsifiers (472e, 481, 471), minerals (iron, zinc), vitamins (vitamin E, niacin, vitamin B6, thiamin, folic acid)], Corned Beef (27%) [beef, water, food acid (325), curing premix (soy protein isolate, mineral salts (450, 451), dextrose, salt, antioxidant (316), hydrolysed vegetable protein, natural flavour, sodium nitrite, (250), flavour enhancer, (635), spice extract, anticaking agent (551)], Tasty Cheese (12%) [milk, salt, starter culture, enzyme (non animal rennet)], Sweet Mustard Pickle (7%) [water, sugar, onion (15%), gherkins (gherkins, water, salt, acidity regulator (300), Firming Agent (509), Preservative (223)], Thickener (Modified Cornstarch), capsicum, salt, mustard seed (2%), acidity regulator (300), turmeric, preservative (202), spice extract, garlic extract], Margarine (soy).	No	No	No	Yes	No	No	No	Yes	No	Yes	No	No

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	EF	KO	PF	LFOD	LFR
SW Egg Mayo Lettuce white (1 whole pkt)														
SW Falafel Hommus wrap (1 whole pkt)		Pita Bread [wheat flour, water, yeast, iodised salt, vitamins (thiamine, folate)], Falafel (16%) [chickpeas, onion, garlic, water, salt, parsley, bicarbonate soda (500), pepper, buckwheat flour, cumin, coriander, herbs & spices], Cos Lettuce, Tomato, Hummus (10%) [chickpeas, vegetable oil, sesame seed paste, vinegar, lemon juice, salt, acidity regulator (330), thickeners (1415, 415, 466), sugar, preservative (211, 202), spices], Tabouli (9%) [Parsley, tomato, cracked wheat, lemon juice, onion, cucumber, garlic, salt, pepper], Dill Pickle [Dill Cucumber, water, vinegar, salt, mineral salt (509), flavours, colour (101)], Onion, Nuttalex.	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
SW Ham Cheese Tomato GF (1 whole pkt)	Azura	Gluten Free Bread [water, modified tapioca starch (1442), rice flour, maize starch, potato starch, canola oil, sugar, psyllium flour, egg white powder, iodised salt, soy flour, thickener (464, 412), yeast, cultured dextrose, vinegar, vitamin (thiamine)], Ham (23%) [pork, water, cure (salt, sugar, mineral salts (450, 451), dextrose, antioxidant (316), preservative (250)), acidity regulator (326, 325, 262), modified starch (1442), vegetable gum (407), natural flavour, wood smoke], Tomato (17%), Cheese (10%) [milk, salt, enzyme (non- animal rennet), cultures], Margarine (soy).	Yes	No	No	Yes	No	No	No	No	No	No	No	Yes
SW Ham Cheese Tomato wmeal (1 whole pkt)														
SW Herbed Chicken Mayo Lettuce turkish (1 whole pkt)														
SW Lamb Tzatziki multi (1 whole pkt)														
SW Roast Beef Rocket Tomato wrap (1 whole pkt)														
SW Roasted Vegetables GF (1 whole pkt)														
SW Vegan Chicken Lettuce white (1 whole pkt)														
Tea bags (100 piece box)	Nerada	Australian Black Tea	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Tea bags camomile (40 piece box)	Nerada	Organic Camomile.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	EF	KO	PF	LFOD	LFR
Tea bags chai (50 piece box)	Nerada	Organic Tea (75%), Organic Spices (Ginger, Cinnamon, Cardamom, Cloves).	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Tea bags green tea (50 piece box)	Nerada	Green tea	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Tea bags lemon myrtle (50 piece box)	Nerada	lemon myrtle	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Tea bags peppermint (40 piece box)	Nerada	Organic Peppermint.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Teaspoon (100 piece pkt)	Caterer's Choice	Wooden Teaspoons	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Thai Green Curry (2000 g bag)	Chef's Pantry	CHICKEN, ONION, POTATO, CARROT, CELERY, RED CAPSICUM, COCONUT CREAM (Coconut, water), MAE PLOY THAI GREEN CURRY PASTE (Green Chilli, lemongrass, garlic, salt, galangal, shrimp paste (shrimp, salt), kaffir lime peel, coriander seed, pepper, cumin, turmeric), CANOLA OIL, WATER, TAPIOCA STARCH (Tapioca Starch (contains sulphites)), SALT, PEPPER CONTAINS: seafood	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	Yes	No	No
Tomato cherry (250 g pkt)		Tomato	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Tomato sliced (1000 g bag)		Tomato	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Tortilla corn 6in GF VEGAN (12 piece pkt)	Mission	Corn Flour (58%) [Vegetable Gums (412, 466)], Water, Preservative (282), Acidity Regulator (330)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Tortilla flour 6in (12 piece pkt)	Mission	Wheat flour [(59%), Thiamine,Folic Acid], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (450, 500, 341)], Acidity Regulator (297), Iodised Salt, Mineral Salt (500), Preservative (282), Yeast.	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Tuna in brine (425 g tin)	Caterers Choice	Skip Jack tuna 63.5%, Water 35%, Salt 1.5%	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes
Vanilla cupcake GF VEGAN (1 piece tray)	Gilbert & Marcel	INGREDIENTS: COCONUT MILK (Filtered Australian Water, Organic Coconut Cream (7.5%), Salt, Stabilisers, (Locust Bean Gum, Sodium Alginate, Guar Gum)), GLUTEN FREE FLOUR [Rice Flour, Potato Starch, Tapioca Starch, Sugar, Raising Agents (450 , 500, 575), Vegetable Emulsifiers (475, 471, 481), Dextrose, Modified Tapioca Starch, Iodised Salt, Vegetable Gum (415),	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	EF	KO	PF	LFOD	LFR
		Thickener (466); SUGAR; VEGETABLE OIL; VINEGAR; VANILLA; DAIRY FREE BAKER'S MARGARINE: 100's&1000's[Sugar, Tapioca Starch, Colours(102, 110, 122, 123, 124, 133), Glazing Agent(903)] Made on equipment that processes dairy, nut and soy products, therefore traces of these allergens may be present.												
Vegemite (560 g jar)	Vegemite	Yeast Extract (from Barley and Wheat), Salt, Mineral Salt (508), Malt Extract (from Barley), Colour (150c), Flavours, Niacin, Thiamine, Riboflavin, Folate.	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Vegemite GF (235 g jar)	Vegemite	Yeast Extract, Salt, Mineral Salt (508), Colour (150c), Flavours, Niacin, Thiamine, Riboflavin, Folate	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Veggie burger GF VEGAN (2 piece pkt)	Yumi's	Chickpeas (37%), Sweet Potato (20%), Carrot (15%), Vegetable Oil, Corn (11%), Besan Flour, Onion (4.5%), Rice Crumb, Garlic, Salt, Citrus Fibre, Yeast Extract, Parsley, Vegetable Gum (460, 466), Pepper.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Water bottled (24 x 600ml) (1 whole tray)		Water	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Water crackers (125 g box)	Captain's Table	Wheat Flour, Vegetable Oil (Contains Antioxidant (319)), Wheat Gluten, Salt	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Whipped cream (500 g can)	Emborg	95.69% Cream (EU), sugar (4%), emulsifier (Mono- and diglycerides) made from palm oil, stabiliser (carrageenan), (Nitrous oxide).	Yes	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	Yes
Wrap 10in Multigrain GF VEGAN (4 piece pkt)	Genius	Water, Wholegrain Flours (Red Sorghum, Cornflour, Buckwheat, Millet, Teff, Rice), Chickpea Flour, Rice Flour, Psyllium Husk Powder, Thickeners (Cellulose, Xanthan Gum, Guar Gum), Tapioca Starch, Rapeseed Oil, Potato Starch, Maize Starch, Sugar, Pea Protein, Potato Fibre, Yeast, Raising Agents (Sodium Carbonate, Calcium Phosphate), Salt, Acidity Regulators (Malic Acid, Citric Acid, Tartaric Acid), Salt, Preservative (Potassium Sorbate, Sorbic Acid), Fermented Maize Starch, Flavouring.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Wrap 8in (12 piece pkt)	Mission	Wheat Flour [(59%), Folic Acid, Thiamine], Water, Vegetable Shortening [Antioxidant (320)], Sugar, Baking Powder [Mineral Salts (500, 450, 341)], Acidity Regulator (297), Iodised Salt, Mineral Salt (500), Preservative (282), Yeast.	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Wrap white LOW CARB (6 piece pkt)	Mission	Wheat Flour (Thiamine, Folic Acid), Water, Modified Wheat Starch, Wheat Protein Isolate [Wheat Gluten, Mineral Salt (339), Acidity Regulator (270)], Vegetable Oil, Wheat Gluten, Isolated	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	EF	KO	PF	LFOD	LFR
		Soy Protein, Wheat Fibre, Acidity Regulator (297), Mineral Salts (500, 450), Emulsifier (471), Iodised Salt, Preservatives (282, 200), Vegetable Gum (466), Flavour, Sweetener (955).												
Yoghurt classic mix (100g tubs) (48 piece tray)	Yoplait	STRAWBERRY - Milk, Milk Solids, Skim Milk, Sugar, strawberries (6%), Gelatine, Thickeners (modified starch, carrageenan), Natural Flavours, Acidity Regulators (sodium citrate, citric acid), Carrot concentrates, calcium chloride, Yoghurt Cultures: S. therm	Yes	No	No	No	No	No	No	Yes	No	No	No	Yes
Yoghurt coco vanilla GF VEGAN (500 g tub)	Cocobella	Coconut yoghurt (water, coconut milk, native starch, tapioca syrup, carob bean extract, agar, yoghurt cultures and probiotics), Vanilla blend (water, sugar, rice starch, natural flavour, vanilla bean (<1%), lemon juice concentrate).	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Yoghurt natural (1000 ml tub)	Farmers Union	Skim Milk, Cream, Milk Solids Non Fat, Live Yogurt Cultures: S. Thermophilus & L. Bulgaricus	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes
Yoghurt vanilla LF (700 g tub)	Liddells	Whole Milk, Sugar, Water, Milk Solids, Thickener (1442), Gelatine , Natural Flovours, Stabilisers (410), Acidity Regulators (331, 330), Vanilla Bean (0.01%), Live Lactic Acid Cultures (Streptococcus thermophilus, Lactobacillus acidophilus, Bifodobacterium lactis).	Yes	No	Yes	No	No	No	Yes	Yes	No	No	Yes	Yes
Yorkshire pudding (12 piece bag)	Tables & tales	Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Egg White, Water, Whole Egg, Rapeseed Oil, Skimmed Milk Powder, Salt.	No	No	No	Yes	No	Yes	Yes	No	Yes	Yes	No	No