



Catering Admin Kept Easy

Kangaree 2025 Item Ingredients

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

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

KO - Kosher
HA - Halal
LFOD - Low FODMAP
LFR - Low Fructose



Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	PF	EF	KO	HA	LFOD	LFR
Alfoil 30m	NA	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Anzac Biscuit GF VEGAN (PC)	Silly Yak	Caster sugar, nuttalex margarine (sunflower oil, canola oil, vegetable oils, water, salt, emulsifiers [471, 322 (sunflower lecithin)], flavour, vitamins A, D2 & E), coconut, rice flour, besen flour, maize starch, golden syrup, puffed rice, sodium bicarbonate (500), water	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Avocado pulp	Simpson Farm	100% Hass Avocado	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Banana bread GF VEGAN	Coles Nature's Kitchen	Banana (29%), Sugar, Rice Flour, Canola Oil, Potato Starch, Humectant (422)**, Faba Bean Protein, Egg Replacer (Potato Starch, Tapioca Flour, Pea Protein, Raising Agent (500), Thickener (461)), Maize Flour, Baking Powder (Raising Agents (450, 500), Anticaking Agent (Calcium Carbonate), Maize Starch), Thickener (1442), Emulsifier (481)**, Salt, Raising Agent (500), Natural Flavouring, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate).	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Biscuit cream assorted	Arnott's	Wheat Flour, Sugar, Vegetable Oil, Compound Chocolate [Contains Milk, Emulsifiers (Soy Lecithin, E492, E476), Natural Flavour], Desiccated Coconut, Jam [Contains Colour (Carmine), Gelling Agent (Pectin), Food Acids (E330, E331), Flavour], Oats, Cocoa Powder, Salt, Golden Syrup, Baking Powder, Milk Solids, Eggs, Food Colours (Caramel III, Sunset Yellow FCF, Tartrazine), Honey, Emulsifier (Soy Lecithin), Flavour, Orange Oil, Food Acid (Citric Acid), Antioxidant (E307b From Soy)	No	No	No	No	No	Yes	Yes	Yes	No	Yes		No	No
Biscuit family assorted	Arnott's	Wheat Flour, Sugar, Vegetable Oil (Antioxidant (E307b from Soy)), Butter (From Milk), Golden Syrup, Oats, Desiccated Coconut, Salt, Condensed Milk, Cocoa Powder, Baking Powder, Starch (Wheat), Eggs, Milk Powder, Food Color	No	No	No	No	No	Yes	Yes	Yes	No	Yes		No	No

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	PF	EF	KO	HA	LFOD	LFR
Bread sliced GF VEGAN (550g)	Tip Top The One	(Caramel III), Arrowroot Flour, Natural Flavour, Modified Tapioca Starches (1442, 1412), Water, Rice Flour (22%), Canola Oil, Sugar, Egg White Powder, Soy Flour, Bakers Yeast, Iodised Salt, Vinegar, Vegetable Gum (412), Thickeners (464, 466), Maize Starch, Minerals (Iron, Zinc), Vitamins (Vitamin E, Niacin, Vitamin B6). Contains: Egg, Soy	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	Yes	Yes	No	No
Bread sliced white	Sunblest	Unbleached Wheat Flour, Water, Baker's Yeast, Vinegar, Iodised Salt, Canola Oil, Soy Flour, Emulsifier (481), Vitamins (Thiamin, Folic Acid). Contains: Wheat, Gluten, Soy. May be present: Other Cereals (Barley, Oats, Rye), Sesame.	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes		No	No
Cake chocolate slab	Sara Lee	Sugar, Wheat Flour, Water, Margarine [Vegetable Oil, Water, Salt, Milk Solids, Emulsifiers (Vegetable 471, 472c), Antioxidant (304), Natural Flavour, Natural Colour (Carotene)], Egg, Fondant (Sucrose, Glucose), Butter (Milk), Cocoa, Dark Chocolate (Soy, Milk), Emulsifiers [Vegetable 471 (Soy), 475, 477], Glucose, Whey Powder (Milk), Raising Agents (450, Sodium Bicarbonate) (Wheat), Salt, Natural Vanilla Flavour, Citric Acid. Total Cocoa Solids: 5%. Contains Wheat, Gluten, Milk, Egg, Soy. May Contain Peanut, Almond, Hazelnut, Pecan, Walnut.	No	No	No	No	No	Yes	Yes	Yes	No	Yes	Yes	No	No
Cake triple choc brownie GF VEGAN	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 (9.5%), Soya Lecithin (E322), Natural Vanilla Extract], Vegetable Oil, Cocoa, Gluten Free Cornflour, Vanilla	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Cereal Cornflakes GF VEGAN	Kellogg's	Corn (92%), sugar, salt, vitamins (vitamin E, niacin, vitamin B6, thiamin, riboflavin, folate), minerals (iron, zinc oxide). May contain peanut, tree nuts.	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Cereal Nutrigrain	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	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	PF	EF	KO	HA	LFOD	LFR
		B6, riboflavin, folate).													
Cereal Ricebubbles	Kellogg's	Whole white rice (91%), sugar, salt, barley malt extract, minerals (iron, zinc oxide), vitamins (niacin, riboflavin, vitamin B6, folate). Contains gluten. May contain wheat, peanut, tree nuts.	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Cheese and bacon rolls	Coles	Wheat Flour, Cheese (14%) [Milk, Anticaking Agent (460), Salt, Starter Culture (Milk), Vegetarian Rennet, Lipase], Bacon (14%) [Sow Stall Free Pork Loin Chop, Water, Salt, Sugar, Mineral Salt (451, 450), Antioxidant (316), Preservative (250)], Water, Yeast, Iodised Salt, Wheat Gluten, Canola Oil, Yellow Pea Flour, Vitamins [Thiamin, Folic Acid], Acidity Regulator (300).	No	No	Yes	Yes	No	No	No	No	Yes	No	No	No	No
Cheese grated LF	Bega	Cheddar Cheese [Milk, Salt, Cultures, Enzyme (Non-Animal Rennet)], Anticaking Agent (460), Preservative (200).	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Cheese grated mozzarella	Coles	Mozzarella Cheese [Milk, Salt, Culture (Milk), Enzyme (Vegetarian Rennet)], Anticaking Agent (460), Preservative (200).	Yes	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
Cheese sliced tasty	Coles	Pasteurised Milk, Starter Culture (Milk), Salt, Mineral Salt (509), Enzyme (Vegetarian Rennet).	Yes	No	No	No	No	Yes	Yes	Yes	Yes	Yes		No	Yes
Cheese sliced tasty LF	Bega	Milk, Salt, Cultures, Enzyme (Non-Animal Rennet).	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Chicken breast pieces (pre-cooked)		Chicken, salt.	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	Yes	Yes	Yes
Chicken tenderloins KOSHER	Continental Kosher Butcher	Chicken	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	No	Yes	Yes
Chips Crinkle Flavour Mix (PC 19g)	Smiths	Original: Potatoes (64%), Canola Oil and/or Sunflower Oil, Salt, Antioxidants (Tocopherols, Ascorbic Acid, Rosemary Extract, Citric Acid). Dairy free. Salt & Vinegar: Potatoes (61%), Canola Oil and/or Sunflower Oil, Food Acids (Sodium Diacetate, Citric Acid), Lactose (Milk), Salt, Mineral Salt (Potassium Chloride), Sugar, Flavour Enhancer (621), Dextrose, Natural Flavours, Antioxidants (Tocopherols, Ascorbic Acid, Rosemary Extract).	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes		Yes	Yes

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	PF	EF	KO	HA	LFOD	LFR	
		Chicken: Potatoes (61%), Canola Oil and/or Sunflower Oil, Maltodextrin, Sugar, Salt, Flavour Enhancers (621, 635, 620), Flavours (Milk), Mineral Salt (Potassium Chloride), Onion Powder, Yeast Extract, Herb (Parsley), Spice (Turmeric), Antioxidants (Tocopherols, Ascorbic Acid, Rosemary Extract, Citric Acid) Cheese & Onion: Potatoes (61%), Canola Oil and/or Sunflower Oil, Whey Powder (Milk), Cheese Powder (Milk), Salt, Onion Powder, Dextrose (Maltodextrin, Mineral Salt (Potassium Chloride), Flavour Enhancer (621), Natural Flavours (Milk), Yeast Extract, Food Acids (Citric Acid, Sodium Diacetate), Cream Powder (Milk), Antioxidants (Tocopherols, Ascorbic Acid, Rosemary Extract).														
Chips Snack Variety Mix (PC 19g)	Smiths	Grain Waves Sour Cream & Chives: Flavoured Wholegrain Chips Wholegrain Cereals (67%) (Corn, Wheat, Oats), Sunflower Oil, Sugar, Rice, Maltodextrin, Milk Powder, Salt, Onion Powder, Yeast Extract, Natural Flavours (Soy), Mineral Salt (Potassium Chloride), Food Acids (Citric Acid, Lactic Acid), Cheese Powder (Milk), Whey Powder (Milk), Herbs (Parsley, Chives), Natural Colour (Paprika Extract), Sour Cream Powder (Milk), Hydrolysed Vegetable Protein. Smiths Original Crinkle Cut Potato Chips: Potatoes, Canola Oil, Sunflower Oil, Salt, Antioxidants (Tocopherols, Ascorbic Acid, Rosemary Extract, Citric Acid). Doritos Cheese Supreme Flavoured Corn Chips: Corn, Canola Oil, Cheese Powder (Milk, Soy), Maltodextrin, Salt, Wheat Flour, Flavour Enhancers (621, 635), Tomato Powder, Onion Powder, Garlic Powder, Natural Flavours (Milk), Dextrose, Yeast Extract, Sugar, Mineral Salt (Potassium Chloride), Food Acids (Lactic Acid, Citric Acid), Colours (110, 150c), Spice (White Pepper), Sunflower Oil Antioxidants (Tocopherols, Ascorbic Acid, Rosemary Extract). Twisties Cheese Flavoured Snacks: Cereals (Corn, Rice), Canola Oil Whey Powder (Milk), Maltodextrin, Cheese Powder (Barley, Milk), Salt, Flavour	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	PF	EF	KO	HA	LFOD	LFR
Chocolate cupcake GF VEGAN	Coles Nature's Kitchen	Enhancer (621), Hydrolysed Vegetable Protein, Yeast Extract, Mineral Salt (Potassium Chloride), Flavours, Natural Colours (Paprika Extract), Food Acid (lactic Acid), Cupcake (Caster Sugar, Water, Sunflower Oil, Rice Flour, Maize Starch, Cocoa Powder (6%), Thickeners (1442, 412, 464), Apple Puree (Apple, Pear Juice, Vegetable Gums (1422, 410, 415), Acidity Regulator (300), Natural Flavouring), Soy Flour, Apple Cider Vinegar, Humectant (422), Raising Agents (Sodium Carbonates, 450), Flax Seed Meal, Preservative (Potassium Sorbate), Natural Vanilla Flavouring, Iodised Salt, Emulsifiers (471 (Soy), 475 from Palm**), Chocolate Icing (20.5%) (Shortening (Palm Oil**, Palm Fat**, Soy Bean Oil, Antioxidant (307b), Emulsifiers (471, 322 (Soy), 435)), Icing Sugar (Sugar, Maize Starch), Sunflower Oil, Cocoa Powder (9%), Inverted Sugar Syrup, Water, Natural Vanilla Flavouring, Preservative (Potassium Sorbate), Iodised Salt).	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Clingwrap (60m)	NA	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Coffee instant Blend43	Nescafe	100% Responsibly Sourced Coffee Beans	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Coleslaw mix		Cabbage, carrot	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Cordial apple blackcurrant DIET	Diet Rite	Water, Reconstituted Juices (Apple (48%), Blackcurrant (2%)), Food Acid (Citric), Sweeteners (952, 950, 955), Natural Flavour, Vitamin C, Natural Colour (163), Preservatives (202, 223 (Sulphites))	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Cordial orange	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	Yes
Corn chips (tortilla round)	Mission	Corn flour (76%), vegetable oil, water, salt. May contain: milk.	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Crumpets GF VEGAN	Liberate	Water, Modified Tapioca Starch (1442), Corn Starch, Brown Rice Flour, Coconut Cream, Potato Starch, Hi-Maize Starch, Apple Cider Vinegar, Native Potato Flour, Caster Sugar, Coconut Oil, Raising Agent (Baking Soda (500), Leavening Acid (450)), Sea Salt, Vegetable Gum(Guar Gum), Organic Raw Agave Syrup, Emulsifier (Sunflower Lecithin)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
Custard GF VEGAN	Coyo	Water, Organic Coconut Cream, Sugar, Thickener (Modified Tapioca Starch), Vanilla Extract (1.5%), Chicory Root Fibre, Turmeric Concentrate.	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	PF	EF	KO	HA	LFOD	LFR
Custard UHT	Foster Clark's	Milk (89%), Sugar, Thickener (1442), Flavour, Vegetable Gum (Carageenan), Colours (102, 110).	Yes	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
Detergent dishes	NA	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Double choc brownie indulgence bar	Noshu	Milk Choc Coating (Milk Solids, Vegetable Fat, Chicory Root Fibre, Non-GMO Erythritol, Cocoa Powder, Natural Flavours , Emulsifier (Soy Lecithin, 476), Salt, Steviol Glycosides (Stevia Leaf Extract)), Polydextrose, Vegetable Fat, Chicory Root Fibre, Soluble Corn Fibre, Biscuit Pieces (7%) (Wheat Flour, Canola Oil, Sucrose, Malt Extract (Barley), Glucose, Raising Agent (500), Salt), Sorbitol, Milk Solids, Soy Protein Isolate, Vegetable Glycerine, Cocoa Powder, Non-GMO Erythritol, Natural Flavours, Soy Lecithin, Salt, Maltodextrin (0.5%), Monk Fruit Extract, Steviol Glycosides (Stevia Leaf Extract), Antioxidant (Mixed Tocopherols). Contains: egg, soy May be present: milk, peanut, tree nuts Contains 65% less carbohydrates than regular chocolate brownie bars	No	No	No	Yes	No	Yes	Yes	Yes	No	Yes	Yes	No	No
Fable mushroom	Fable	Shiitake Mushroom (44%) (containing natural Sulphites), Water, Coconut Oil, Isolated Soy Protein, Sugar, Tapioca Flour, Gluten Free Soy Sauce (Water, Soybean, Salt, Sugar, Corn Starch), Yeast Extract, Salt, Pepper.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
Fruit apple green small		Apple	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Fruit apple red small		Apple	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Fruit banana		Banana	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
Fruit mandarin		Mandarin	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Fruit pear		Pear	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Garbage bag 76L black	Castaway	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Garbage bag 82L clear (recycling)	Taylor	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Gloves dishwashing large	NA	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Hamburger beef 150g		Beef, Hela Hamburgers Premix (rice flour, salt, dehydrated onion, sugar, maltodextrin, flavour enhancers (621, 635), preservative (223) (contains sulphites), flavour (contains soy), hydrolysed vegetable protein (maize), yeast extract, spice & spice extract (160a))	Yes	No	No	Yes	No	No	No	Yes	No	No	Yes	No	No

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	PF	EF	KO	HA	LFOD	LFR
Hamburger beef KOSHER	Continental Kosher Butcher	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	No
Hamburger bun (sliced)	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), Processing Aid (Wheat). Contains: Wheat, Gluten, Soy. May be present: Other Cereals (Barley, Oats, Rye), Sesame.	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Hamburger bun GF	Coles	Water, Modified Tapioca Starch (1442), Rice Flour, Sugar, Maize Starch, Resistant Starch, Potato Starch, Vegetable Oil, Egg White Powder, Soy Protein, Dried Yeast, Vinegar, Soy Flour, Vegetable Gums (412, 464, 466, 461), Iodised Salt, Psyllium Husk Powder, Dextrose, Whole Egg Powder, Flavours, Humectant (Glycerine), Preservative (Sorbic Acid), Colour (160a), Antioxidant (Ascorbic Acid).	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes
Hand sanitiser gel	NA	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Hand soap	NA	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Ice cream choc bar GF	Bulla	FRESH MILK, SUGAR, FRESH CREAM (MILK) (16%), VEGETABLE OIL, WATER, MILK SOLIDS, MALTODEXTRIN, COCOA SOLIDS, EMULSIFIERS (471, 476, SOY LECITHIN), FLAVOURS, SALT, THICKENERS (GUAR GUM, PROCESSED EUCHEUMA SEAWEED), COLOUR (ANNATTO).	Yes	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
Ice cream frozen yoghurt cup raspberry	Bulla	Fresh Whole Milk, Fresh Skim Milk, Liquid Sugar(Sugar, Water), Milk Solids, Water, Reconstituted Raspberry Juice (6%), Fresh Cream, Glucose (Maize), Acidity Regulator (270), Emulsifier (471), Thickeners (412, 410, 407), Live Yoghurt Culture, Natural Colours(162, 163), Natural Flavour.	Yes	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
Icy pole lemonade	Bulla	Water, liquid sugar (sugar, water), dextrose (from maize), flavours, vegetable gum (412), food acid (330).	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Jam strawberry	Cottee's	Sugar, Strawberries (40%), Gelling Agent (Pectin), Food	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	PF	EF	KO	HA	LFOD	LFR
Jam strawberry fruit spread DIET	St Dalfour	Acid (Citric Acid), mineral salt (calcium chloride), Strawberries (51%), Concentrated Fruit Juice (Grape, Date), Fruit Pectin, Lemon Juice.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Juice apple LL	Golden Circle	Reconstituted Apple Juice (99.7%), Food Acid (Malic Acid), Vitamin C, Natural Flavour.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Juice orange LL	Golden Circle	Reconstituted Orange Juice (99.9%), Natural Flavour, Vitamin C, Food Acid (Citric Acid). No added sugar.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Lettuce iceberg shredded		Iceberg lettuce	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Maple syrup	Queen	Pure Maple Syrup	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Mayonnaise GF VEGAN	Praise	Vegetable Oil, Water, Fructose, White Vinegar, Salt, Maize Thickener (1450), Lemon Juice Concentrate, Onion Powder, Natural Colour (160a), Antioxidant (385).	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Milk full cream UHT	Devondale	Ultra Heat Treated Australian Full Cream Milk.	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
Milk lactose free UHT	Pauls Zymil	Full cream milk, enzyme (lactase)	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Milk low fat UHT	Devondale	Skim milk, whole milk	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
Milk soy UHT	Vitasoy	Filtered water, whole Australian soybeans (min. 15%), barley malt, barley flour, raw sugar, sunflower oil, mineral (calcium phosphate), natural flavour, sea salt, kombu (kelp), vitamins (vitamin A, vitamin B12, vitamin B2).	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Muesli bar choc variety	Uncle Toby's	Choc Chip: Muesli Blend: [Uncle Tobys Rolled Oats (34%), Wheat (11%), Breakfast Cereal (Whole Grain Wheat (5%), Wheat Flour, Wheat Bran, Sugar, Vitamin E), Coconut, Milk Powder], Glucose, Choc Chips (9%) [Sugar, Vegetable Oil, Milk Solids, Cocoa, Cocoa Mass, Emulsifiers (492, Soy Lecithin), Salt], Chicory Root Fibre, Sunflower Oil, Sugar, Humectant (Glycerine), Modified Starch (1412), Invert Sugar, Honey, Emulsifier (Soy Lecithin), Natural Flavour, Salt Contains: Gluten, Wheat, Milk, Soy May Contain Rye, Barley Lupin Suitable for Vegetarians White Choc Chip: Muesli Blend: [Uncle Tobys Rolled Oats (34%), Wheat (11%), Breakfast Cereal (Whole Grain Wheat (5%) , Wheat Flour, Wheat Bran, Sugar, Vitamin E), Coconut, Milk Powder], Glucose, Choc Chips (9%) [Sugar, Vegetable Oil, Whey Powder (Milk), Emulsifiers (Soy Lecithin, 492), Flavour], Chicory Root Fibre, Sunflower Oil, Sugar, Humectant (Glycerine), Modified Starch (1412),	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No

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		Invert Sugar, Honey, Emulsifier (Soy Lecithin), Natural Flavour Contains Gluten, Wheat, Milk, Soy May Contain Rye , Barley, Lupin Suitable for Vegetarians													
		Oh My Choc: Muesli Blend: [Uncle Tobys Rolled Oats (34%), Wheat (11%), Breakfast Cereal (Whole Grain Wheat (5%), Wholemeal Wheat Flour, Wheat Bran, Sugar, Vitamin E), Cocoa, Coconut, Milk Powder], Glucose, Choc Chips (9%) [Sugar, Vegetable Oil, Milk Solids, Cocoa, Cocoa Mass, Emulsifiers (492, Soy Lecithin), Salt], Chicory Root Fibre, Sunflower Oil, Sugar, Humectant (Glycerine), Modified Starch (1412), Invert Sugar, Honey, Emulsifier (Soy Lecithin), Flavour, Salt Contains Gluten, Wheat, Milk, Soy May Contain Rye, Barley, Lupin Suitable for Vegetarians													
Muesli bar yoghurt variety	Uncle Toby's	Strawberry: Muesli Blend: [Uncle Tobys Rolled Oats (34%), Wheat (11%), Breakfast Cereal (Whole Grain Wheat (5%), 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), Invert Sugar, Berry Juice Concentrate (Strawberry (0.6%), Honey, Natural Flavour, Emulsifier (Soy Lecithin) Contains Gluten, Wheat, Milk, Soy May Contain Rye, Barley, Lupin Suitable for Vegetarians	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No
		Honeycomb: Muesli Blend: [Uncle Tobys Rolled Oats (34%), Wheat (11%), Breakfast Cereal (Whole Grain Wheat (5%), Wheat Flour, Wheat Bran, Sugar, Vitamin E), 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), Invert Sugar, Honey (0.8%), Natural Flavour, Emulsifier (Soy Lecithin) Contains Gluten, Wheat, Milk, Soy May Contain Rye, Barley, Lupin Suitable for Vegetarians													
		Mango Passionfruit: Muesli Blend: [Uncle Tobys Rolled Oats (34%), Wheat (11%), Breakfast Cereal (Whole Grain													

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	PF	EF	KO	HA	LFOD	LFR
		Wheat (5%), Wheat Flour, Wheat Bran, Sugar, Vitamin E), Mango Pieces (Mango Puree (2%)), 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), Passionfruit Juice Concentrate (1%), Invert Sugar, Honey, Emulsifier (Soy Lecithin), Food Acid (Citric), Natural Flavour. Contains Gluten, Wheat, Milk, Soy May Contain Rye, Barley, Lupin Suitable for Vegetarians													
Muffin blueberry (PC 120g)	Sara Lee	Sugar, wheat flour (thiamine), blueberries (12%), egg, canola oil, water, apple puree, inverted sugar, whey powder (milk), thickener (1412), emulsifiers (vegetable 477, 471, 475), raising agents (450, sodium bicarbonate), salt, preservatives (202, 223), flavour, vegetable gum (415).	No	No	No	No	No	Yes	Yes	Yes	No	Yes	Yes	No	No
Muffin chocolate (PC 120g)	Sara Lee	Sugar, Wheat Flour (Thiamine), Egg, Canola Oil, Apple [Preservatives (202, 223)], Dark Chocolate Chips [Sugar, Cocoa 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%	No	No	No	No	No	Yes	Yes	Yes	No	Yes	Yes	No	No
Oil vegetable	Coles	Vegetable Oil (Canola Oil)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Pancake pre-made (13cm)	Tip Top	Wheat Flour, Water, Sugar, Canola Oil, Non-Fat Milk Solids, Acidity Regulator (575), Whole Egg Powder, Wheat Starch, Raising Agent (500), Salt, Preservatives (202, 234), Emulsifier (471), Natural Vanilla Flavour, Vitamins (Thiamin, Folic Acid). Contains: Wheat, Gluten, Egg, Milk.	No	No	No	No	No	Yes	Yes	Yes	No	Yes	Yes	No	No
Paper towel perforated roll	NA	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Pepper with grinder	Coles	Pepper	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Popcorn (PC 13g) GF VEGAN	Cobs	Popcorn, Canola Oil, Salt.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Potato gems	Birds Eye	Potato (88%), canola oil, corn starch, salt, dextrose (from maize).	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Potato salad (pre-made)		Potato (72%), Mayonnaise (Vegetable Oil, Egg, Water, Sugar, Salt, Food Acid (Acetic), Thickener (Xanthan Gum)),	Yes	No	No	Yes	No	Yes	Yes	Yes	No	Yes	Yes	No	No

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	PF	EF	KO	HA	LFOD	LFR
		Onion, Mayonnaise (Contains Egg, Food Acid (Acetic), Thickeners (Xanthan Gum (Contains Soy), Guar Gum), Cream Powder (Milk)), Parsley, Vinegar, Sugar, Water, Salt													
Salsa mild chunky	Old El Paso	Diced Tomato (35%), Water, Onion, Red Capsicum (8%), Green Capsicum (7%), Tomato Paste, Sugar, Salt, Modified Maize Starch (1422), White Vinegar, Flavour, Food Acid (Citric Acid), Paprika, Mineral Salt (Calcium Chloride), Chili Extract, Garlic Powder.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Salt table	NA	Salt, Anti Caking Agent (554), Potassium Iodide.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Sauce BBQ GF	Masterfoods	Tomatoes (from Paste) 47%, Sugar, Thickeners (Modified Cornstarch, Pectin), Water, Acidity Regulators (Acetic Acid, Citric Acid), Salt, Glucose Syrup, Colour (Caramel (150c)), Flavour (Smoke) 0.2%, Onion 0.2%, Spices (Clove, Nutmeg, Pepper), Tamarind Paste, Yeast Extract.	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Sauce chipotle mayo	Jeffersons	canola oil, pasteurised whole egg, chipotle pepper (6%), vinegar, sugar, salt, mustard, garlic powder.	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	No	Yes	Yes	No	No
Sauce tomato GF	Masterfoods	Tomatoes (from Paste) 79%, Sugar, Salt, Acidity Regulator (Acetic Acid), Onion, Spice Extract. May contain: Peanut.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Scourer sponge	NA	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Single use compostable container & lid 1.75L	Biopak	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
Single use compostable cup 280ml	BioPak	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Single use compostible bag	BioPak	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Single use compostible bowl 390ml	BioPak	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Single use compostible fork	BioPak	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Single use compostible knife	BioPak	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Single use compostible plate 23cm	BioPak	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Single use compostible spoon	BioPak	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Sour cream	Coles	Cream (Milk), Skimmed Milk, Skimmed Milk Powder, Starter Culture (Milk).	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
Sour cream lite LF	Bulla	Reduced Fat Cream (Milk), Milk Solids, Thickener (1442),	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	PF	EF	KO	HA	LFOD	LFR
Spice mix taco GF	Old El Paso	Enzyme (Lactase), Cultures (Milk), 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	Yes	No	No
Spray cleaner multipurpose	NA	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Spray surface sanitiser		N/A	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes		Yes	Yes
SW Chicken Avo on white	Azura	White Bread [wheat flour, water, corn starch, baker's yeast, 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)], Roast Chicken (25%) [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)], Mayonnaise [canola oil, water, free range egg (12%), vinegar, food starch, mustard, salt, sugar, natural flavour (egg), lemon juice, acidity regulator (330), spices, natural colour (160a)], Guacamole Dip (6%)[Avocado Pulp 41% (avocado 99%, salt, acidity regulators (270, 300 330), thickener (415)), cream cheese (milk, cream, salt, stabilisers (410, 412), culture), water, onion, sweetcorn, capsicum, jalapeño pepper, sugar, salt, garlic puree, lemon juice, canola oil, acidity regulator (330), coriander, thickeners (412, 415), natural flavour, preservatives (202, 211), colour (160b, 141)], Cos Lettuce, Margarine (soy), Pepper, Tarragon.	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No	No
SW Chicken Caesar wrap	Azura	Tortilla Wrap [wheat flour (thiamine, folic acid), water, vegetable shortening (antioxidant (320)), mineral salts (450, 500, 341), sugar, vegetable gums (412, 466), wheat fibre, preservative (282), acidity regulator (297), iodised salt, emulsifier (471), yeast], Roast Chicken (20%) [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 Lettuce (17%), Caesar Dressing (10%) [canola oil, water, egg, white vinegar,	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No	No

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	PF	EF	KO	HA	LFOD	LFR
		parmesan cheese (milk), lemon juice, milk powder, salt, garlic puree, anchovies, pepper, onion powder, vegetable gum (415, 412)], Egg (7%), Bacon (3%), Parmesan Cheese (2%) (Milk), Margarine (soy).													
SW Chicken Tandoori Cucumber Raita wrap	Azura	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	Yes	No	No	No	No
SW Corn Beef Pickle Cheese on wmeal	Azura	Wholemeal Bread [wholemeal wheat flour, water, unbleached wheat flour, baker's yeast, wheat gluten, wheat fibre, vinegar, canola oil, iodised salt, soy flour, vegetable gum (412), emulsifier (472e, 481 471), minerals (iron, zinc), vitamins (vitamin E, niacin, vitamin B6,thiamin, folic acid], Corned Beef (28%) [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)], Mustard Pickle (7%) [Water, Sugar, Onion 15%, Gherkins (Gherkins, Water, Salt, Food Acid (Acetic), Firming Agent (Calcium Chloride), Preservative (Sodium Metabisulphite)), Thickener (Modified Cornstarch), Capsicum, Salt, Mustard Seed 2%, Food Acid (Acetic), Turmeric, Preservative (Potassium Sorbate), Spice Extract, Garlic Extract], Margarine (soy).	No	No	No	Yes	No	No	No	Yes	Yes	No	No	No	No
SW Egg Mayo Lettuce on white	Azura	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)], Egg	No	Yes	Yes	Yes	No	Yes	Yes	Yes	No	Yes	Yes	No	No

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	PF	EF	KO	HA	LFOD	LFR
		(31%), Mayonnaise (8%) [canola oil, water, free range egg (12%), vinegar, food starch, mustard, salt, sugar, natural flavour (egg), lemon juice, acidity regulator (330), spices, natural colour (160a)], Cos (6%), Margarine (soy), Pepper.													
SW Falafel Hommus wrap	Azura	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, Nuttelex.	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
SW Ham & LF Cheese GF	CUSTOM	GF bread, GF ham, LF cheese	Yes	No	Yes	Yes	No	No	No	No	Yes	No	No	Yes	Yes
SW Ham Cheese on white	Azura		No	No	No	Yes	No	No	No	No	Yes	No	No	No	No
SW Ham Cheese Tomato on GF	Azura	Gluten Free Bread [Water, modified tapioca starch (1442), rice flour, maize starch, grains (6%) (corn, red quinoa, white quinoa), seeds (linseed, milled linseed), potato starch, canola oil, sugar, rice bran, psyllium flour, egg white powder , iodised salt, soy flour, thickener (464, 412), vinegar, yeast, cultured dextrose, vitamin (thiamin)], 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	No	Yes
SW Ham Cheese Tomato on white	Azura	Wholemeal Bread [wholemeal wheat flour, water, wheat flour, baker's yeast, wheat gluten, wheat fibre, vinegar, canola oil, iodised salt, soy flour, vegetable gum (412), emulsifiers (472e, 481 471), minerals (iron, zinc), vitamins (vitamin E, niacin, vitamin B6, thiamine, folic acid)], Ham (24%) [pork, water, cure (salt, sugar, mineral salts (450, 451), dextrose (maize or tapioca), antioxidant (316), preservative (250)), acidity regulator (326, 325, 262), modified starch (1442 maize), vegetable gum (407), natural flavour, wood smoke], Tomato (18%), Cheese (10%) [Milk,	No	No	No	Yes	No	No	No	No	Yes	No	No	No	No

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	PF	EF	KO	HA	LFOD	LFR
		Salt, Starter Culture, Enzyme (Non-Animal Rennet)], Margarine (soy).													
SW Roasted Vegetables on GF	Azura	Gluten Free Mixed Grain Bread [Water, modified tapioca starch (1442), rice flour, maize starch, grains (6%) (corn, red quinoa, white quinoa), seeds (linseed, milled linseed), potato starch, canola oil, sugar, rice bran, psyllium flour, egg white powder, iodised salt, soy flour, thickener (464, 412), vinegar, yeast, cultured dextrose, vitamin (thiamin)], Pumpkin (19%) [pumpkin, canola oil, vinegar, herbs, spices, salt], Eggplant (12%), (eggplant, canola oil, balsamic vinegar, acidity regulators (260, 300), herbs, spices, garlic, water], Sundried Tomato (9%) [sun-dried tomato, preservative (220), glucose, salt], Spinach, Margarine (soy). FODMAP- soy flour	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	No	Yes	Yes	No	No
SW Salad, Hommus, Vegan Cheese on GF bread	CUSTOM	GF bread, Vegan Cheese, Lettuce, Tomato, Hommus.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
SW Vegemite & Cheese on white	Azura	White Bread [unbleached wheat flour, water, yeast, vinegar, iodised salt, canola oil, soy flour, vegetable emulsifiers (471, 481), mineral salt (170), vitamins (thiamine, folic acid), Tasty Cheese (17%) [milk, salt, starter culture, non-animal rennet], Vegemite (5%) [yeast extract, salt, mineral salt (508), malt extract (barley), colour (150c), flavours, vitamins (niacin, thiamine, riboflavin, folate), Margarine [vegetable oil, water, salt, emulsifiers (322 (soy), 471), preservative (202), acidity regulator (270), colour (160a), vitamins A & D, natural flavour.	No	No	No	Yes	No	Yes	Yes	No	Yes	Yes		No	No
Tea bags black		Tea	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Tea bags chai	Nerada	Organic Tea (75%), Organic Spices (Ginger, Cinnamon, Cardamom, Cloves).	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes		Yes	Yes
Tea bags peppermint	Nerada	Organic Peppermint.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes		Yes	Yes
Tinned beetroot sliced	Edgell	Beetroot (61%), water, sugar, food acid (acetic), salt.	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Tinned pineapple ring	Golden Circle	Pineapple (69%), Water, Sugar.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Tomato sliced		Tomato	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Tortilla corn 6in GF VEGAN	Mission	Corn flour (64%), water, vegetable gums (412, 466), humectant (422), vegetable fibre, acidity regulator (297), preservatives (281, 200).	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes

Item	Brand	Ingredients	GF	DF	LF	DIA	VG	VE	RMF	PF	EF	KO	HA	LFOD	LFR
Tortilla flour 6in	Mission	Wheat flour (59%) (thiamine, folic acid), water, vegetable oil , sugar, mineral salts (500, 450), iodised salt, vegetable gums (412, 466), acidity regulator (297), emulsifier (471), preservatives (282, 200), yeast, processing aid (wheat).	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
Ultra wipes Chux	NA	NA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Vegemite	Vegemite	Yeast Extract (from Yeast Grown on 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	Yes	No	No
Veggie burger classic GF VEGAN	Yumi's	Sweet Potato (26%), Carrot (20%), Chickpeas (18%), Cauliflower (10%), Besan Flour, Rice Crumb, Rice Flour, Maize Flour, Dextrose, Salt, Mineral Salts (450, 500), Onion, Vegetable Seasonings, Garlic, Thyme (0.1%), Canola Oil.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No