

## Meal #14: Beef and Mash



### Standard Lunch: Beef and Mash- Beef Pieces with Mashed Potato, Mixed Veggies and Gravy

Special diets: vv, ve - mushroom and grain super sausie| h, nb - chicken| df, ve - df mashed potato| h, nb, df, ve  
vegan gravy

### Snack: Hidden Vege Muffin

Special diets: gf, ef, ve - popcorn, cracker or trail mix

**Vegetarian Lunch:** *Mushroom Sausage* with Mashed Potato, Mixed veggies and gravy Snack: Hidden Vege Muffin

**Gluten Free Lunch:** Beef Pieces with Mashed Potato, Mixed Veggies and Gravy Snack: *popcorn, cracker or trail mix*

**Dairy Free Lunch:** Beef Pieces with DF Mashed Potato, Mixed veggies and *DF Gravy* Snack: Hidden Vege Muffin

**Egg Free Lunch:** Beef Pieces with Mashed Potato, Mixed Veggies and Gravy Snack: *popcorn, cracker or trail mix*

**Halal Lunch:** *Roast Chicken* with Mashed Potato, Mixed veggies and Gravy Snack: Hidden Vege Muffin

**No Beef Lunch:** *Roast Chicken* with Mashed Potato, Mixed veggies and Gravy Snack: Hidden Vege Muffin

**No Pork Lunch:** Standard Lunch

**Vegan Lunch:** *Mushroom Sausage* with Mashed Potato, Mixed veggies and *DF gravy* Snack: *popcorn, cracker or trail mix*

**Soy Free Lunch:** Standard Lunch

### Knorr Cooking Potato Flakes

**Ingredients:** Potatoes (99%) (contains sulphites), emulsifier (471), stabiliser (450), flavours.

**Contains: dairy when made up**

### Value Standard Milk

**Ingredients:** Milk (100%).

**Contains dairy**

### Nutrifare Beef Strips Cooked

**Ingredients:** Beef 99.9%, salt

### Tegel Shredded Chicken Classic Roast **HSR 4.0 Certified Halal**

**Ingredients** Chicken (95%), salt, sugar, acidity regulators (326,262), maltodextrin, dehydrated vegetables, maize starch, herbs, preservative (223), spices, colour (150d) , spice extracts

**Contains: Sulphites**

### Knorr Rich Brown Gravy Gluten free

Libelle Group makes every attempt to identify ingredients that may cause allergic reactions for those with food allergies.

This information is provided in good faith and is believed to be accurate.

January 2022



**Ingredients:** Thickeners (1422,1412 (contain sulphites)), maltodextrins (from maize), flavour enhancers (621,635), flavours, mineral salt (potassium chloride), sugar, potato flour, onion powder, salt, vegetable oil, cream powder, colours (150d, beetroot), tomato powder, skim milk powder, herbs, spices, food acid (citric).

**Contains:** milk, sulphites

#### **Foundation Foods Beef Stock**

**Ingredients:** Beef, Water, Carrots, Onions, Tomatoes, Celery, Herbs and Spices

#### **Real Gravy (vegan)**

**Ingredients:** Water 91.4%, Tapioca Starch, Tomato Paste, Date Paste, Salt, yeast extracts, Herbs & Spices

#### **Food Nation Mushroom and grain super sausies**

##### **Dairy Free, Soy Free, Vegan**

**Ingredients:** Vegetables (51%) (Mushroom, Chickpeas, Onion, Garlic), Water, Grains (8%) (Sunflower Seeds, Kiwi Quinoa, Buckwheat), Vegetable Oil, Vegetable Protein (Faba Bean, Pea), Vegetable Gums (Methylcellulose, Xanthan, Locust Bean, Guar), Rice Flour, Wholegrain Mustard, Modified Starch (1412), Pea Fibre, Salt, Herbs, Spices

#### **Original Foods Hidden Veg Raspberry Mud Muffin**

**Ingredients:** Pumpkin (32%), Wheat Flour, Sugar, Vegetable Oil, Egg, Raspberries (7%), Wholemeal Wheat Flour, Brown Sugar, Cocoa (2.5%), Raising Agents (450, 500), Free Flow Agent (170), Maltodextrin, Salt, Natural Flavour. Contains: Gluten and Egg. May be Present: Milk, Soy, Peanuts and Tree Nuts

**Contains:** Gluten and Egg

#### **NZ Kettlecorn Sea Salt**

**Ingredients:** Popcorn, Corn Oil (307b), Sea salt