

## Meal #9: Sweet and Sour Pork and Rice



## SWEET & SOUR PORK AND RICE

Brown rice with pork pieces,  
veggies and a tangy, fruity  
sweet and sour sauce  
Nutritious and tasty - this lunch  
will fuel your body and your  
mind!

### **Standard Lunch: Sweet and Sour Pork and Rice - Sweet and Sour Vegful sauce with Pork Strips and mixed Veg with brown rice**

Special diets: v, ve - tofu| h, np - chicken

#### **Snack:** Pikelet

Special diets: gf, sf - trail mix, df, ef, ve - vegan pikelet

**Vegetarian Lunch:** Sweet and Sour Vegful sauce with *Tofu* and Mixed veg Stirred through brown rice  
Snack Pikelet

**Gluten Free Lunch:** Sweet and Sour Vegful sauce with Pork Strips and Mixed veg Stirred through brown rice  
Snack Trail Mix

**Dairy Free Lunch:** Sweet and Sour Vegful sauce with Pork Strips and Mixed veg Stirred through brown rice  
Snack Vegan Pikelet

**Egg Free Lunch:** Sweet and Sour Vegful sauce with Pork Strips and Mixed veg Stirred through brown rice  
Snack Vegan Pikelet

**Halal Lunch:** Sweet and Sour Vegful sauce with *Chicken* and Mixed veg Stirred through brown rice   Snack  
Pikelet

**No Beef Lunch:** Standard Lunch

**No Pork Lunch:** Sweet and Sour Vegful sauce with *Chicken* and Mixed veg Stirred through brown rice   Snack  
Pikelet

**Vegan Lunch:** Sweet and Sour Vegful sauce with *Tofu* and Mixed veg Stirred through brown rice   Snack *Vegan  
Pikelet*

**Soy Free Lunch:** Pork Strips and Mixed veg Stirred through brown rice   Snack *Trail Mix*

#### **Barker's Sweet & Sour Meal Sauce**

Ingredients: Fruit & Vegetables (83%) (Pineapple Juice From Concentrate, Tomato Concentrate, Capsicum, Onion), White Vinegar, Soy Sauce, Stabiliser (1442, 415), Sugar, Ginger, Vegetable Oil, Mineral Salt (508), Natural Flavour, Acidity Regulator (330), Natural Colour (160c), Preservative (202), Chilli, Yeast Extract, Spice

Contains: Soy

#### **Nutrifare Pork Strips, Cooked**

Ingredients: Pork 100%

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.

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**Foundation Foods Chicken Stock (NOT halal)**

**Ingredients:** Chicken, Water, Carrots, Onions, Celery, Herbs and Spices

**Tegel Shredded Chicken Classic Roast HSR 4.0**

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

**Contains:** Sulphites

**Pikelets (Marcel's)**

**Ingredients:** Water, Wheat Flour, Buttermilk Powder, Dextrin, Canola Oil, Raising Agents (500, 541), Whole Egg Powder, Emulsifiers (322 (Soy), 471), Salt, Preservatives (202, 234), Vanilla Flavour

**Contains:** Gluten (Wheat), Soy, Dairy, Egg

**Vegan Pikelets (Marcel's)**

**Ingredients:** Water, Wheat Flour, Chickpea Broth, Canola Oil, Soy Lecithin (322), Emulsifier (471), Raising Agent (541), Raising Agent (501), Lactic Acid, Water, Salt, Preservatives (282), Vanilla Flavour, Maltodextrin, Sucrose, Yeast extract, Stabiliser (414), Triacetin (1518), Starch, Acidifier (270), Anti caking agent (551), Acidity regulator, (327) Natural Flavouring substances. )

**Contains:** Gluten (Wheat), Soy