

## TERM 1, WEEK 1 JANUARY 31<sup>st</sup> – FEB 4<sup>th</sup>

### MONDAY JANUARY 31<sup>st</sup>:

**Standard Lunch: Bean & Pulled Pork Nachos - Corn Chips with chilli bean, capsicum and corn salad with BBQ pulled pork, carrot and cheese and sour cream/yoghurt dressing.**

V, VE- *Chilli Bean* Nachos

DF, VE– vegan cheese & coconut yoghurt dressing

H, NP, SF – Bean & *Chicken* Nachos

**Snack:** Popcorn

**Year 9+:** Seasonal Fruit

LUNCH CONTAINS DAIRY, SOY

**Vegetarian Lunch:** Corn Chips with *chilli bean*, capsicum and corn salad, carrot and cheese. Sour cream/yoghurt dressing. Snack: Popcorn Year 9+: +Seasonal Fruit

**Gluten Free Lunch:** *Standard meal*

**Dairy Free Lunch:** Corn Chips with chilli bean, capsicum and corn salad with BBQ pulled pork, carrot and *vegan cheese*. *Coconut yoghurt* dressing. Snack: Popcorn Year 9+: + Seasonal Fruit

**Egg Free Lunch:** *Standard meal*

**Halal Lunch:** Corn Chips with chilli bean, capsicum and corn salad with *roast chicken*, carrot and cheese. Sour cream/yoghurt dressing.

Snack: Popcorn Year 9+: Seasonal Fruit

**No Beef Lunch:** *Standard meal*

**No Pork Lunch:** Corn Chips with chilli bean, capsicum and corn salad with *roast chicken*, carrot and cheese. Sour cream/yoghurt dressing.

Snack: Popcorn Year 9+: Seasonal Fruit

**Vegan Lunch:** Corn Chips with *chilli bean*, capsicum and corn salad, carrot and *vegan cheese*. *Coconut yoghurt* dressing. Snack:

Popcorn Year 9+: +Seasonal Fruit

**Soy Free Lunch:** Corn Chips with four bean mix, capsicum and corn salad with *roast chicken*, carrot and cheese. Sour cream/yoghurt dressing. Snack: Popcorn Year 9+: +Seasonal Fruit

#### Romiro's Corn Chips Natural

Ingredients: Stone Ground Corn, vegetable oil (protected with antioxidant (319), water, mineral salt (529)

#### Hellers Pulled Pork BBQ

Ingredients: Pork (49%), BBQ Sauce (Tomato Pulp, Sugar, Maltodextrin, White Vinegar, vegetable Powder, Yeast extract, Hydrolysed Vegetable Protein (maize), TI Regulators (326, 262), Salt, Maltodextrin, Mineral Salt (451,450), Hydrolysed Yeast Extract, Spice Extract, Preservative (223), Flavouring, Vegetable Oil **Contains: Sulphites**

#### Craig's Chilli Beans

Ingredients: Chilli Sauce [Tomatoes, Sugar, Onion, Maize Thickener (1422), Salt, Mustard Seeds, Spice & Herb Blend including Chilli (Contains Traces of Wheat & Sesame), Food Acid (Acetic Acid)], Red Kidney Beans (Contain Traces of Soy) (47%)

*May contain traces of soy and sesame*

**Contains: Soy, Sulphites**

#### Gilmour's Baked Beans

##### Ingredients:

Tomato sauce (tomatoes, water, sugar, salt, maize flour, maize thickener (1412), stabilisers (412, 466), food acids (acetic acid, citric acid), flavours, garlic, spices, acidity regulator (sodium bicarbonate)), navy beans (48%) (**contain soy**). **Contains Soy**

#### GKCC Bakery Blend Cheese

Ingredients: Pasteurised Milk, Salt, Cultures, Enzymes (Non Animal Rennet), Anticaking Agent (460), Preservative (200, 235).

**Contains: dairy**

#### Anchor Sour Cream

Ingredients: cream, skim milk, thickener (1422), halal gelatine, milk solids, emulsifier (339), culture.

**Contains: milk**

#### Gopala Natural Yoghurt

Ingredients: Cow's milk > Milk Solids. > Live Yoghurt Culture

#### NZ Kettlecorn Sea Salt

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

#### 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**

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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**Veesey Pizza Blend Cheese Dairy Free Cheese Alternative**

**Ingredients:** Water, Coconut oil (24%), Modified starch (1422), Salt, Flavours, Colour (Beta-Carotene), Preservative (Sorbic acid) **Product claims Dairy Free, Gluten Free, Soy Free, Lactose Free**

**Barkers Red Pepper Breadshot**

**Ingredients:** Red pepper (68%), Sugar, Roast Garlic (10%),(garlic, canola oil), Vinegar,(White), Thickener (1442), Sea Salt, garlic, Preservative (202), Spice, Smoke Extract, Chilli

**Zenzo Coconut Yoghurt**

**Ingredients:** Coconut Cream, live probiotic cultures including L. acidophilus and B. Bifidus.

**TUESDAY FEBRUARY 1<sup>st</sup>:**

**Standard Lunch: Chicken & Cheese Salad Wrap** - Wholemeal Wrap with chicken, cheese & mixed salad

V, VE- Falafel  
GF – Gf wrap  
DF, VE– vegan cheese  
EF, VE – vegan mayo

**Snack:** Corn Chips

**Year 9+:** Seasonal Fruit

LUNCH CONTAINS GLUTEN, DAIRY,

**Vegetarian Lunch:** Wholemeal Wrap with *falafel*, cheese & mixed salad Snack: Corn Chips Year 9+:+Seasonal Fruit

**Gluten Free Lunch:** *Gluten Free Wrap* with chicken, cheese & mixed salad Snack: Corn Chips Year 9+ : +Seasonal Fruit

**Dairy Free Lunch:** Wholemeal Wrap with chicken, *vegan cheese* & mixed salad and *falafel* Snack: Corn Chips Year 9+ : +Seasonal Fruit

**Egg Free Lunch:** Wholemeal Wrap with chicken, cheese & mixed salad (*vegan mayo*) Snack: Corn Year 9+ : +Seasonal Fruit

**Halal Lunch:** Standard Meal

**No Beef Lunch:** Standard Meal

**No Pork Lunch:** Standard Meal

**Vegan Lunch:** Wholemeal Wrap with *falafel*, *vegan cheese* & mixed salad (*vegan mayo*) Snack: Corn Chips Year 9+ :

+Seasonal Fruit **Soy Free Lunch:** Standard Meal

**Farrahs Wraps** **Ingredients:** Wholemeal **Wheat** Flour (27%) (**Wheat** Flour, **Wheat** Bran, **Wheat** Germ), **Wheat** Flour, Water, Vegetable Oil (Antioxidant (307)), Rice Flour, Salt, Emulsifier (471), Raising Agents (500, 450, 341), Preservatives (282, 200), Acidity Regulator (297), Dextrose, Stabilisers (466, 415), Enzymes This product is manufactured on equipment that also produces products containing Soy and Sesame Seeds **Contains: Gluten**

**Cottage Lane GF Wraps** **Ingredients:** Tortilla premix [modified tapioca starch (1442), starches (tapioca, potato), **soy** protein concentrate, rice flour, vegetable gums (464, 466, 415), **soy** flour, dextrose, emulsifier (471), salt, mineral salt (170), sea salt, canola oil, acidity regulator (263), enzyme], water, canola oil, glutinous rice flour, baking powder [raising agents (501, 450), free flow agent (170, 551, 470)], white vinegar, pea protein, preservative (282). **Contains: soy**

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

**GKCC Bakery Blend Cheese**

**Ingredients:** Pasteurised Milk, Salt, Cultures, Enzymes (Non Animal Rennet), Anticaking Agent (460), Preservative (200, 235).

**Contains: dairy**

**Veesey Pizza Blend Cheese Dairy Free Cheese Alternative** **Ingredients:** Water, Coconut oil (24%), Modified starch (1422), Salt, Flavours, Colour (Beta-Carotene), Preservative (Sorbic acid) **Product claims Dairy Free, Gluten Free, Soy Free, Lactose Free**

**Romiros Corn Chips Natural**

**Ingredients:** Stone Ground Corn, vegetable oil (protected with antioxidant (319), water, mineral salt (529)

**Hellmanns Real Mayo**

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**Ingredients:** Ingredients: Canola oil (76%), pasteurised free range egg yolks (7.5%), water, vinegar, sugar, salt, lemon juice concentrate, natural mustard flavour, antioxidant (385). **Contains egg.**

**Hellmann's Vegan Mayonnaise**

**Ingredients:** Canola oil (71%), water, sugar, vinegar, salt, emulsifier (1450), thickener (1442), lemon juice concentrate, natural mustard flavour, antioxidant (385), colour (160c), natural flavour.

**TCG Falafel**

**Ingredients:** Chickpeas (57%), onion, seasoning (rice flour, dehydrated vegetables, spices, salt, herb, soy protein, maltodextrin (maize), yeast extract, maize flour, dextrose (tapioca, maize)vegetable oils (canola, olive), mineral salts (450,500), herb extract, flavour), water, vegetable fibre (pea), vegetable oil, corn starch, modified food starch (E1412), red bell peppers **Contains: soy**

**WEDNESDAY FEBRUARY 2<sup>nd</sup>:**

**Standard Lunch: Ham Pizza - Wholemeal Mini Pizza with ham & cheese, veg sticks, rice cracker with hummus**

V, VE : mushroom chickpea super sausage

GF- Gf pizza base

DF, VE – vegan cheese

H, NP, SF - chicken

**Snack: Fruit Yoghurt**

**Year 9+: +Seasonal Fruit**

DF, VE – trail mix

**LUNCH CONTAINS DAIRY, GLUTEN, SESAME, SOY**

**Vegetarian Lunch:** Wholemeal Mini Pizza with *mushroom, chickpea* & cheese, veg sticks, rice cracker with hummus

Snack: Fruit Yoghurt Year 9+: +Seasonal Fruit

**Gluten Free Lunch:** *GF Pizza base* with ham & cheese, veg sticks, rice cracker with hummus

Snack: Fruit Yoghurt

Year 9+: +Seasonal Fruit

**Dairy Free Lunch:** Wholemeal Mini Pizza with ham & *vegan cheese*, veg sticks, rice cracker with hummus

Snack: *Trail*

*Mix* Year 9+: +Seasonal Fruit

**Egg Free Lunch:** Standard Meal

**Halal Lunch:** Wholemeal Mini Pizza with *chicken* & cheese, veg sticks, rice cracker with hummus

Snack: Fruit Yoghurt

Year 9+: +Seasonal Fruit

**No Beef Lunch:** Standard Meal

**No Pork Lunch:** Wholemeal Mini Pizza with *chicken* & cheese, veg sticks, rice cracker with hummus

Snack: Fruit Yoghurt

Year 9+: +Seasonal Fruit

**Vegan Lunch:** Wholemeal Mini Pizza with *mushroom, chickpea* & *vegan cheese*, veg sticks, rice cracker with hummus

Snack: *Trail*

*Mix* Year 9+: +Seasonal Fruit

**Soy Free Lunch:** Wholemeal Mini Pizza with *chicken* & cheese, veg sticks, rice cracker with hummus

Snack: Fruit Yoghurt

Year 9+: +Seasonal Fruit

**French Bakery Mini Wholemeal Pizza**

**Ingredients:** Wholemeal Pizza Mini Ingredients: Water, Wholemeal Wheat **Flour**, Wheat **Flour**, Wheat Gluten, Texture Improver (sugar, vegetable oil, emulsifier (472e, 481)), Yeast, Salt, Citrus Fibre, Bread Improver (flour treatment agent (300), enzymes)

**Hellers Pizza Ham**

**Ingredients:** Pork (51%), Water, Potato Starch, Salt, Sugar, Thickeners (1442,407a, 415), Soy Protein, Mineral Salt (451), Antioxidant (316), Preservative (250), Rice Flour, Flavouring, (Soy, Smoke), Maple Syrup **Contains: Soy**

**GKCC Bakery Blend Cheese**

**Ingredients:** Pasteurised Milk, Salt, Cultures, Enzymes (Non Animal Rennet), Anticaking Agent (460), Preservative (200, 235).

**Contains: dairy**

**Bella Pizza Sauce**

**Ingredients:** tomatoes, sugar, salt, herbs, garlic, onion powder, vinegar, olive oil, corn starch

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

**Contains: Sulphites**

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

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**Veesey Pizza Blend Cheese Dairy Free Cheese Alternative** Ingredients: Water, Coconut oil (24%), Modified starch (1422), Salt, Flavours, Colour (Beta-Carotene), Preservative (Sorbic acid) **Product claims** Dairy Free, Gluten Free, Soy Free, Lactose Free

**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

**Yoghurt (Fresh n Fruity)**

**Ingredients:** Skim milk, sugar, berries (4.0%) (boysenberry (1.5%), strawberry (1.0%), blackberry (1.0%), raspberry (reconstituted)(0.5%)), cream, thickener (1442), gelatine, natural flavour, acidity regulator (330), live cultures (including *acidophilus* and *bifidus*), preservative (202).

**Contains:** Milk

**Barkers Basil Savoury Filling**

**Ingredients** Water, Chickpea (Chickpea (60%), Water, Salt), Basil (10%) (Puree, Dried), Lemon Juice (Reconstituted), Canola Oil, Thickener (1442, 415), Sugar, Onion, Garlic (2%), Sea Salt, Preservative (202), Spice, Acidity Regulator (330), Natural Colour (100, Plant Extract)

**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

**THURSDAY FEBRUARY 3<sup>rd</sup>:**

**Standard Lunch: Egg, Cheese & Salad Filled Roll** - Wholemeal long roll filled with egg mayo, cheese and spinach, with coleslaw and corn cob

EF, VE – chickpea smash with vegan mayo

GF – GF roll

DF, VE – vegan cheese, falafel

**Snack:** Hidden Vege Raspberry Mud Muffin

**Year 9+:** +Seasonal Fruit

EF, VE – Anzac Cookie

GF – Rice Cracker

**LUNCH CONTAINS GLUTEN, EGG, DAIRY, SOY**

**Vegetarian Lunch:** Standard Meal

**Gluten Free Lunch:** GF roll filled with egg mayo, cheese and spinach, with coleslaw and corn cob **Snack:** Wholegrain Rice Cracker **Year 9+:** +Seasonal Fruit

**Dairy Free Lunch:** Wholemeal long roll filled with egg mayo, *vegan cheese* and spinach, with coleslaw, *falafel* and corn cob

**Snack:** DF Cookie **Year 9+:** +Seasonal Fruit

**Egg Free Lunch:** Wholemeal long roll filled with *smashed chickpea mayo*, cheese and spinach, with coleslaw and corn cob

**Snack:** Cookie **Year 9+:** +Seasonal Fruit

**Halal Lunch:** Standard Meal

**No Beef Lunch:** Standard Meal

**No Pork Lunch:** Standard Meal

**Vegan Lunch:** Wholemeal long roll filled with *smashed chickpea mayo*, *vegan cheese* and spinach, with coleslaw, *falafel* and corn cob

**Snack:** Cookie **Year 9+:** +Seasonal Fruit

**Soy Free Lunch:** Standard Meal

**TipTop Supersoft Rolls**

**Ingredients:** Wheat Flour, Water, Oats (13%), Wheat Gluten, Sugar, Canola Oil, Iodised Salt, Baker's Yeast, Emulsifiers (481, 472e, 471), Preservatives (282), Soy Flour, Barley Malt Flour, Vegetable Gum (415), Wheat Starch, Vitamins (Niacin, Thiamin, Riboflavin) May be present: Sesame Seeds and Milk, **Contains:** Gluten Cereals and Soy

**Zeagold Chilled Egg Spread**

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**Ingredients:** Egg, Mayonnaise (water, canola oil, sugar, thickener (1442), egg yolk, salt, spices, acidity regulator (260), lemon juice), acidity regulator (330, 325), preservative (202, 234) **Contains: Egg**

#### GKCC Bakery Blend Cheese

**Ingredients:** Pasteurised Milk, Salt, Cultures, Enzymes (Non Animal Rennet), Anticaking Agent (460), Preservative (200, 235).

**Contains: dairy**

**Veeseey Pizza Blend Cheese Dairy Free Cheese Alternative** **Ingredients:** Water, Coconut oil (24%), Modified starch (1422), Salt, Flavours, Colour (Beta-Carotene), Preservative (Sorbic acid) **Product claims Dairy Free, Gluten Free, Soy Free, Lactose Free**

#### TCG Falafel

**Ingredients:** Chickpeas (57%), onion, seasoning (rice flour, dehydrated vegetables, spices, salt, herb, soy protein, maltodextrin (maize), yeast extract, maize flour, dextrose (tapioca, maize) vegetable oils (canola, olive), mineral salts (450,500), herb extract, flavour), water, vegetable fibre (pea), vegetable oil, corn starch, modified food starch (E1412), red bell peppers **Contains: soy**

#### Allergy Wise GF White Rolls

**Ingredients:** Water, Starch (Maize, Potato), Sunflower Oil, Sugar, Psyllium Husk, Rice Flour, Thickener (1442), Salt, Yeast, Vegetable Gums (464, 412), Cider Vinegar, Humectant (422)

#### 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**

#### Anzac Cookies (Mrs Higgins)

**Ingredients:** Wheat & Wholemeal Flour, Sugar, Oats, Margarine (vegetable oil, water, salt, emulsifiers (soy lecithin, mono- and diglycerides), flavouring, antioxidant (alpha tocopherol), colour (carotenes), citric acid), Desiccated Coconut, Golden Syrup, Water, Treacle, Raising Agent (sodium bicarbonate).

**Contains: gluten/wheat, soy**

## FRIDAY FEBRUARY 4<sup>th</sup>:

**Standard Lunch :** Cheeseburger (wholemeal bun, beef burger patty, cheese, lettuce, tomato sauce) and mixed salad

V, GF, VE, SF, H, NB – Black Bean Burger Patty

GF – Gf burger bun

DF, VE- Vegan Cheese

**Snack:** Cookie

**Year 9+:** +Seasonal Fruit

GF, VE Coconut Blissballs

### LUNCH CONTAINS GLUTEN, DAIRY, EGG, SOY

**Vegetarian Lunch:** Cheeseburger (wholemeal bun, *black bean burger patty*, cheese, lettuce, tomato sauce) and mixed salad **Snack:**

Cookie Year 9+ : +Seasonal Fruit

**Gluten Free Lunch:** Cheeseburger (*GF bun*, beef burger patty, cheese, lettuce, tomato sauce) and mixed salad **Snack: Coconut Blissballs**

Year 9+ : +Seasonal Fruit

**Dairy Free Lunch:** Cheeseburger (Wholemeal bun, beef burger patty, *vegan cheese*, lettuce, tomato sauce) and mixed salad **Snack: DF**

Cookie Year 9+ : +Seasonal Fruit

**Egg Free Lunch:** Cheeseburger (Wholemeal bun, beef burger patty, cheese, lettuce, tomato sauce) and mixed salad **Snack: EF Cookie**

Year 9+ : +Seasonal Fruit

**Halal Lunch:** Cheeseburger (wholemeal bun, *black bean burger patty*, cheese, lettuce, tomato sauce) and mixed salad **Snack: Cookie**

Year 9+ : +Seasonal Fruit

**No Beef Lunch:** Cheeseburger (wholemeal bun, *black bean burger patty*, cheese, lettuce, tomato sauce) and mixed salad **Snack: Cookie**

Year 9+ : +Seasonal Fruit

**No Pork Lunch:** Standard Meal

**Vegan Lunch:** Cheeseburger (Wholemeal bun, *black bean burger patty*, *vegan cheese*, lettuce, tomato sauce) and mixed salad **Snack:**

Coconut Blissballs Year 9+ : +Seasonal Fruit

**Soy Free Lunch:** Cheeseburger (*SF bun*, *black bean burger patty*, cheese, lettuce, tomato sauce) and mixed salad **Snack: Coconut**

Blissballs Year 9+ : +Seasonal Fruit

#### Leader Fast Cook Burger Pattie

**Ingredients:** Meat (72%) (Beef, Chicken, Lamb), Onion, Seasoning [**Wheat** Flour, Salt, Tapioca Starch, Emulsifier (451), **Soy** Protein, Garlic, Spice, Spice Extract, Yeast Extract], Breadcrumbs [**Wheat** Flour, Vegetable Oil, Salt, Yeast, Sugar, Bread Improver (Anti-caking Agent (170), Acidity Regulator (300))] **Soy** Protein Isolate, Colour (150c) **Contains: Gluten (Wheat), Soy**

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## **TipTop Oatlicious Burger Buns**

**Ingredients:** Wheat Flour, Water, Oats (13%), Wheat Gluten, Wheat Fibre, Sugar, Canola Oil, Iodised Salt, Baker's Yeast, Preservative (282), Emulsifiers (481, 472e, 471, 481), Soy Flour, Wheat Starch, Barley Malt Flour, Vitamins (Niacin, Thiamin, Riboflavin). **Contains: Gluten Cereals and Soy.**

## **Alpine Natural Cheese Edam Slices**

**Ingredients:** pasteurised milk, salt, enzymes (microbial), cultures. No added colours or flavours. Suitable for vegetarians. Gluten free.

**Contains: dairy**

**Wild Chef Black Bean Patties** **Ingredients:** Black beans (39%), chickpeas (39%), onion, tapioca starch, jalapenos, potato flake, smoked paprika, salt, baking powder, cumin, pepper.

## **Loft Tomato Ketchup**

**Ingredients:** Tomato Paste (37%), Water, Vinegar, Apple Juice Concentrate, Carrot, Beetroot, Salt, Monk Fruit Juice Concentrate, Preservative (Potassium Sorbate), Thickener (Xanthan Gum), Spices, Garlic

## **Veesey Pizza Blend Cheese Dairy Free Cheese Alternative**

**Ingredients:** Water, Coconut oil (24%), Modified starch (1422), Salt, Flavours, Colour (Beta-Carotene), Preservative (Sorbic acid) **Product claims Dairy Free, Gluten Free, Soy Free, Lactose Free**

## **Anzac Cookies (Mrs Higgins)**

**Ingredients:** Wheat & Wholemeal Flour, Sugar, Oats, Margarine (vegetable oil, water, salt, emulsifiers (soy lecithin, mono- and di-glycerides), flavouring, antioxidant (alpha tocopherol), colour (carotenes), citric acid), Desiccated Coconut, Golden Syrup, Water, Treacle, Raising Agent (sodium bicarbonate). **Contains: gluten/wheat, soy**

## **Gingernut Cookies (Mrs Higgins)**

**Ingredients:** Wheat Flour, Sugar, Margarine (vegetable oil, water, salt, emulsifiers (soy lecithin, mono and di glycerides), flavouring, antioxidant (alpha tocopherol), colour (carotenes), citric acid), Egg, Golden Syrup, Glucose Syrup, Spice (ginger powder, cinnamon), Raising Agent (Sodium Bicarbonate), Salt **Contains: gluten/wheat, soy, egg**

## **Cranberry Coconut Bliss bites (Mrs Higgins)**

**Ingredients:** Dates, Desiccated Coconut (37%), Water, Dried Cranberries (4.5%), Cocoa Powder, Natural Cranberry Flavour May be present: Tree Nuts

## **Allergy Wise GF White Rolls**

**Ingredients:** Water, Starch (Maize, Potato), Sunflower Oil, Sugar, Psyllium Husk, Rice Flour, Thickener (1442), Salt, Yeast, Vegetable Gums (464, 412), Cider Vinegar, Humectant (422)