

## Smiley's Little Lunch Boxes- Ingredient List

Item	Ingredients
ALT	Bread ( <b>Wheat</b> Flour, Water, Baker's Yeast, Vinegar, Iodised Salt, Canola Oil, <b>Soy</b> Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)) , Avocado, Brown Sugar, Salt, Food Acids (270, 300), Pickled Onion (Onion, Vinegar, Sugar, Salt), Garlic, Vegetable Gum (415), Lettuce, Tomato
Apple	Apple
Apple and Cinnamon Muffin	Diced Apple (18%), Preservatives (223, 202), Sugar, <b>Wheat</b> Flour, Wholemeal <b>Wheat</b> Flour (Vitamins (Thiamin, Folate)), Canola Oil, Water, Dextrose, <b>Egg</b> Powder, Rolled Oats, <b>Milk</b> Solids, Raising Agents (450, 500), Thickeners (1422 (Preservative (220)), 415), Salt, Preservative (202), Cinnamon (0.1%), Cassia, Natural Vanilla Flavour
Apple Puree	Apple Puree (92%), Concentrated Pear Juice, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)
Apricots	Dried Apricot, Preservative (220)
Bacon Cheesy Mac Bites	Pasta (37%) (Durum <b>Wheat</b> Flour, Water), Water, Cheese Sauce (11%) ( <b>Milk</b> Solids, Thickeners (1442, 412), Maltodextrin (Maize), Beverage Whitener (Tapioca Syrup, Hydrogenated Palm Kernel Oil, Dipotassium Phosphate (340), Cheese Powder, Salt, Onion Powder, Mineral Salts (451, 452), Yeast Extract, Sugar, Flavour Enhancer (635), Colours (Turmeric, Carotene), Spice Extracts), Bacon (Pork, Water, Salt, Sugar, Carrageenan, Mineral Salts (451, 452, 500), Antioxidant (316), Preservative (250)), Cheese (5%) (Pasteurised <b>Milk</b> , Preservative (200), Anticaking Agent (460), Salt, Emulsifier (450, 452), Acidity Regulator (330)), Cheese Powder (3%) ( <b>Milk</b> Solids, Cheese, Salt, Culture, Food Acid (330)), Breadcrumbs ( <b>Wheat</b> Flour, Water, Salt, Yeast, Mineral Salt (516), Enzymes, Acidity Regulators (300, 263), Colour (160b)), Onions, Batter (Water, <b>Wheat</b> Flour, Maize Starch, Salt, Thickener (412), Modified Starch (1404), Spice, Dehydrated Onion, Herb), Vegetable Oil, Chives, Pepper.
Banana and Honey Wrap	<b>Wheat</b> 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, Banana, Honey, Sultanas
Banana bread	Banana Puree (28%) (Banana, Citric Acid (330), Ascorbic Acid (300)), <b>Wheat</b> Flour, Sugar, <b>Egg</b> , Canola Oil, Raising Agent (500), Baking Powder (Contains Raising Agents (450, 500)), Emulsifier (Contains Humectant (420, 1520), Emulsifiers (471, 475), Acidity Regulator (570)), Salt, Vanilla Essence
Banana Chips	Banana (60%), Coconut Oil, Sugar, Natural Banana Flavour
BBQ Chicken Pizza Scrolls	Flour [ <b>Wheat</b> , Raising Agents (450, 500), Vitamins (Thiamine, Folic Acid)], Water, Salt, Yeast, Pizza Sauce (Tomatoes (95%), (Tomato Paste, Water), Salt, Garlic (0.85%), Onion, Acid Regulator (Acetic Acid), Oregano, Basil (0.25%), Natural Flavour), Pineapple, Cheese (Pasteurised <b>Milk</b> , Salt, Cultures, Enzyme (Rennet)), Anticaking Agent (460), Preservative (200), Chicken (90%), Food Acid (325), Salt, Maltodextrin, Mineral Salts (451, 450), Vegetable Gum (407), Natural Flavour, Sugar, Vegetable Powders, Spice Extract, Dextrose, Anti-caking Agent (551), Vegetable Oil, Water, Tomato puree 48% (water tomato paste), sugar, vinegar, thickener (1422), salt, maltodextrin, molasses, colour (150c), spices, food acid (330), vegetable gum (415), flavours

Item	Ingredients
BBQ Meatball Skewers	Beef (48%), <b>Soy</b> Protein [Contains Colour (150d), Preservative (223), Emulsifier (322)], Water, Tomato Paste [Tomato, Acidity Regulator (330)], Vegetable Oil (Canola) [Contains Antioxidant (320)], <b>Wheat</b> Cereal, Salt, Dehydrated Vegetable, Mineral Salt (451), Capsicum, Tomato, BBQ Sauce- Tomato puree 48% (water tomato paste), sugar, vinegar, thickener (1422), salt, maltodextrin, molasses, colour (150c), spices, food acid (330), vegetable gum (415), flavours
BBQ Rice Crisps	Rice (80%), Sunflower Oil (Antioxidant (319)), Potato Starch, BBQ Seasoning (5.6%) (Sugar, Salt, Yeast Extract, Spices (contain Onion, Garlic), Herbs, <b>Soy</b> Sauce Powder ( <b>Wheat</b> ), Smoke Flavour, Anti-Caking Agent (551), Acidity Regulator (Citric Acid), Natural Colour (Paprika Oleoresins)), Sugar, Salt
BBQ Rice Wheels	Rice Powder (50%), Vegetable Oil (Certified Palm), Sugar, Tapioca Starch, BBQ Seasoning, <b>Soy</b> Sauce, Salt, Garlic Powder, Onion Powder, Colours (150a, 160c), Flavour Enhancers (627, 631). Contributes to the production of certified sustainable palm oil.
BBQ Rice Wheels	Rice Powder (50%), Vegetable Oil (Certified Palm), Sugar, Tapioca Starch, BBQ Seasoning, <b>Soy</b> Sauce, Salt, Garlic Powder, Onion Powder, Colours (150a, 160c), Flavour Enhancers (627, 631). Contributes to the production of certified sustainable palm oil.
BLT	Bread ( <b>Wheat</b> Flour, Water, Baker's Yeast, Vinegar, Iodised Salt, Canola Oil, <b>Soy</b> Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)) , PORK (83%), WATER, SALT, EMULSIFIERS (451, 450, 452), SUGAR, ANTIOXIDANT (316), SODIUM NITRITE (250), SMOKED, Lettuce, Tomato
Blueberries	Blueberries
Brownie	<b>Egg</b> , Sugar, <b>Wheat</b> Flour, Cocoa Powder (10%), Tapioca Starch, Canola Oil, Raising Agents (450, Sodium Bicarbonate), Margarine (Vegetable Oil (including Canola Oil 41%), Water, Salt, Emulsifiers (471, <b>Soy</b> Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (beta-carotene), Natural Flavour) Smarties (Sugar, <b>Milk</b> Solids, Cocoa Butter^, Cocoa Mass^, <b>Wheat</b> Flour, Vegetable Fat [Emulsifier ( <b>Soy</b> Lecithin)], Rice Starch, Emulsifiers ( <b>Soy</b> Lecithin, 476), Colours (Carmine, Beta Carotene, Anthocyanin, Copper Chlorophyllin, Turmeric), Flavour, Glazing Agents (903, 901), Spirulina Powder. Contains <b>Milk</b> , <b>Soy</b> and <b>Wheat</b> . Product Contains 62% <b>Milk</b> Chocolate With 38% Crispy Shell <b>Milk</b> Chocolate Contains Minimum 22% Cocoa Solids and Minimum 25% <b>Milk</b> Solids. ^Rainforest Alliance Certifiedtm Cocoa. Find Out More at Ra. Org.)
Burger Rings	Cereals (Corn, Rice), Canola Oil Maltodextrin, Rice Bran, Salt, Sugar, Hydrolysed Vegetable Protein ( <b>Soy</b> ), Flavour Enhancer (621), Food Acids (Sodium Diacetate, Citric Acid), Flavour, Mineral Salt (Potassium Chloride), Yeast Extracts, Onion Powder, Tomato Powder, Colours (102, 110, 155).
Butter Chicken	White Rice, Chicken Breast, Tomatoes (from Paste), Onion, Buttermilk, Vegetable Oil, Water, Thickener (Modified Cornstarch), Flavours (contain Chicken, Dairy), Sugar, Garlic, Ginger Puree (contains <b>Soy</b> ), Spices (Cumin, Coriander, Cardamom, Fenugreek, Chilli, Fennel, Pepper, Caraway, Cinnamon, Clove), Food Acid (Lactic), Salt, Colour (Paprika Oleoresin)
Cabanossi	Pork (93%), Seasoning Mix [Salt, Tapioca Starch, Rice Flour, Potato Starch, Mineral Salts (450, 451, 452), Dehydrated Vegetable, Natural Flavour, Natural Colour (160c), Preservative (250)], Acidity Regulators (326, 325, 262), Spices (contains Mustard), Crushed Garlic, Edible Collagen Casing (contains Colours 120, 160b, 160c). Naturally Wood Smoked.
Capsicum	Capsicum

Item	Ingredients
Celery and beetroot dip	Celery, Beetroot (84%) [Beetroot, Sugar, Salt, Water, Food Acid (330)], Yoghurt [ <b>Milk</b> , <b>Milk</b> Solids, Skim <b>Milk</b> , <b>Cream</b> , Cultures], Extra Virgin Olive Oil (0.5%), Citrus Fibre, Spices (0.5%), Salt, Sugar, Concentrated Beetroot Juice [Food Acid (330)], Vegetable Gum (415), Preservatives (202, 211), Food Acid (330).
Celery with <b>Cream</b> cheese	Pasteurised <b>Milk</b> , <b>Cream</b> , Water, Buttermilk Powder, Salt, Whey Powder, Stabilizers (Locust Bean Gum, Guar Gum), Starter Culture, Acidity Regulator (Lactic Acid), Celery
Cheese and Lettuce Sandwich	Lettuce, Cheese (Cheese (pasteurised <b>Milk</b> , cheese cultures), salt, enzymes, <b>Cream</b> , water, food acids 330 331, lecithin ( <b>Soy</b> ), food colour 160A, B, C E) Bread ( <b>Wheat</b> Flour, Water, Baker's Yeast, Vinegar, Iodised Salt, Canola Oil, <b>Soy</b> Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)) Margarine (Vegetable Oil (including Canola Oil 41%), Water, Salt, Emulsifiers (471, <b>Soy</b> Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (beta-carotene), Natural Flavour)
Cheese Cubes	Tasty Cheese (Pasteurised <b>Milk</b> , Salt, Starter Culture, Non-Animal Rennet), Anti Caking Agent (Cellulose), Preservative (Sorbic Acid)
Cheesy Bacon Quiche	<b>Wheat</b> Flour, <b>Egg</b> , <b>Milk</b> , <b>Cream</b> , Thickener (Carrageenan, Guar Gum), Pork (66%), Water, Modified Tapioca Starch (1412), Tapioca Starch, Rice Flour, Potato Starch, Food Acid (325), <b>Wheat</b> Fibre (Gluten Free), Vegetable Gum (407), <b>Soya</b> Protein Isolate, Salt, Natural Smoke Flavour, Sugar, Dextrose (Tapioca), Food Colours (120, Cheese (40% Monterey Jack (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes), 40% Natural Cheddar Cheese (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes, Annatto Colour), 10% Asadero (Pasteurized Cultured <b>Milk</b> , Salt Enzymes), 10% Queso Quesadilla (Pasteurized Cultured <b>Milk</b> , Salt Enzymes)) 124), Rosemary Extracts, Mineral Salts (341, 450, 452) Preservative (223)
Cheesy Beany Boats	<b>Wheat</b> Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Iodised Salt, Yeast [Vegetable Oil, Potato Starch], Improver [ <b>Soya</b> Flour, Emulsifier (472), Interactive Dry Yeast, Flour Treatment Agents (300), Enzyme (Amylase)], Processing Aid [Canola Oil], Navy Beans (49%), Water, Tomato Puree (19%), Sugar, Thickener (1422), Salt, Flavouring, Colour (160c), Cheese (40% Monterey Jack (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes), 40% Natural Cheddar Cheese (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes, Annatto Colour), 10% Asadero (Pasteurized Cultured <b>Milk</b> , Salt Enzymes), 10% Queso Quesadilla (Pasteurized Cultured <b>Milk</b> , Salt Enzymes))
Cheesy Dip-Its	Bread ( <b>Wheat</b> Flour, Water, Yeast, Canola Oil, Sugar, Iodised Salt, Dextrose, <b>Wheat</b> Gluten, <b>Soy</b> Flour, Acidity Regulator (262), Natural Flavour, Emulsifiers (471, 481, <b>Soy</b> Lecithin), Colours (160a, 101), Vitamins (Thiamin, Folic Acid)), Cheese (40% Monterey Jack (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes), 40% Natural Cheddar Cheese (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes, Annatto Colour), 10% Asadero (Pasteurized Cultured <b>Milk</b> , Salt Enzymes), 10% Queso Quesadilla (Pasteurized Cultured <b>Milk</b> , Salt Enzymes))
Cheesy Pumpkin Bites	Pumpkin, Cheese (Pasteurised <b>Milk</b> , Salt, Cultures, Enzyme (Rennet)), Anticaking Agent (460), Preservative (200), <b>Egg</b> , <b>Wheat</b> Flour, Acidity Regulator (339, 341, 450, 500).
Cheesy Quiche	<b>Wheat</b> Flour, <b>Egg</b> , <b>Milk</b> , <b>Cream</b> , Thickener (Carrageenan, Guar Gum), Zucchini, Cheese (40% Monterey Jack (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes), 40% Natural Cheddar Cheese (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes, Annatto Colour), 10% Asadero (Pasteurized Cultured <b>Milk</b> , Salt Enzymes), 10% Queso Quesadilla (Pasteurized Cultured <b>Milk</b> , Salt Enzymes)) 124), Rosemary Extracts, Mineral Salts (341, 450, 452) Preservative (223)

Item	Ingredients
Chicken and Cheese Roll	Bun- (Flour [ <b>Wheat</b> Flour, Thiamine, Folic Acid], Butter, Water, <b>Egg</b> , Sugar, Yeast, <b>Wheat</b> Gluten, <b>Milk</b> Powder, Salt, Improver [Emulsifier (472 e), Anti-caking agent (170), Antioxidant (300)], Enzyme, Glaze [Vegetable protein, Vegetable oil, Dextrose, Maltodextrins, starch]), Chicken, Cheese (Cheese (pasteurised <b>Milk</b> , cheese cultures), salt, enzymes, <b>Cream</b> , water, food acids 330 331, lecithin ( <b>Soy</b> ), food colour 160A, B, C E)
Chicken and Corn Roll Bites	Corn (18%), CHICKEN (17%), VEGETABLE OIL, THICKENER (1404,412,464), WATER, FLOUR ( <b>WHEAT</b> , MAIZE), DEHYDRATED VEGETABLES (POTATO), ONION, <b>WHEAT</b> (SEMOLINA), SALT, GROUND AND EXTRACTED SPICES ( <b>MILK</b> ), GLUTEN ( <b>WHEAT</b> ), MINERAL SALTS (450,451,452,508), <b>SOY</b> PROTEIN CONCENTRATE, STARCH ( <b>WHEAT</b> ), <b>MILK</b> SOLIDS, CHEESE ( <b>MILK</b> ), FLAVOURS ( <b>SOY</b> ), NATURAL COLOURS (150D,160C,100), SUGAR, EMULSIFIER (471), ACIDITY REGULATORS (500,341,330), YEAST, THICKENERS (407A,415), PRESERVATIVE (200,220)(SULPHITES), VITAMIN (THIAMIN)
Chicken and Gravy Roll	Bun- (Flour [ <b>Wheat</b> Flour, Thiamine, Folic Acid], Butter, Water, <b>Egg</b> , Sugar, Yeast, <b>Wheat</b> Gluten, <b>Milk</b> Powder, Salt, Improver [Emulsifier (472 e), Anti-caking agent (170), Antioxidant (300)], Enzyme, Glaze [Vegetable protein, Vegetable oil, Dextrose, Maltodextrins, starch]), Chicken (41%), Coating ( <b>Wheat</b> Flour, Water, Vegetable Oil, Sugar, Salt, Buck <b>Wheat</b> Flour (contains <b>Wheat</b> Gluten, <b>Soy</b> ), <b>Wheat</b> Gluten, Dextrose (Maize, Tapioca), Vegetable Powders (Onion, Garlic), Yeast, Natural Colours (Paprika Oleoresins, Caramel I)), Water, <b>Soy</b> Protein, Thickeners (407a, 415), Natural Flavours, Salt, Maltodextrin, Mineral Salts (451, 508, 450), Hydrolysed Vegetable Protein, Food Acid (270), Gravy ( <b>Wheat</b> Flour, Maltodextrin (From Corn), Modified Starch (1422), Iodised Salt, Sugar, Yeast Extract, Vegetable Fat, Flavour Enhancers (621, 635), Colour (150c), Onion Powder, Flavours, Food Acid (330), Spice)
Chicken and Pea Pasta	Chicken, Peas, Durum <b>Wheat</b> Semolina (Gluten), <b>Milk</b> , <b>Cream</b> , Thickener (Carrageenan, Guar Gum), Cheese (40% Monterey Jack (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes), 40% Natural Cheddar Cheese (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes, Annatto Colour), 10% Asadero (Pasteurized Cultured <b>Milk</b> , Salt Enzymes), 10% Queso Quesadilla (Pasteurized Cultured <b>Milk</b> , Salt Enzymes))
Chicken and Veggie Rissoles	Chicken Mince, <b>Wheat</b> Flour, Yeast, Sugar, Salt, <b>Wheat</b> Gluten, Cheese (40% Monterey Jack (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes), 40% Natural Cheddar Cheese (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes, Annatto Colour), 10% Asadero (Pasteurized Cultured <b>Milk</b> , Salt Enzymes), 10% Queso Quesadilla (Pasteurized Cultured <b>Milk</b> , Salt Enzymes)), Shallots, Rehydrated Garlic (90%), Water, Salt, Food Acid (260, 330), <b>Egg</b> , Zucchini
Chicken and Veggie Rolls	Chicken Mince, <b>Wheat</b> Flour, Yeast, Sugar, Salt, <b>Wheat</b> Gluten, <b>Wheat</b> Flour, Water, Margarine (Palm Oil, Water, Salt, Emulsifiers (471, 472c), Antioxidant (304), Natural Flavour), Salt, Carrot, <b>Egg</b> , Zucchini, Onion
Chicken Cheese Wrap	<b>Wheat</b> Flour (56%) ( <b>Wheat</b> Flour, Thiamin, Folate), Water, Palm Shortening (Palm Oil, Antioxidant (Vitamin E Acetate)), <b>Wheat</b> Fibre, <b>Wheat</b> Gluten, Sugar, Iodised Salt, Vegetable Gum (412), Mineral Salt (450), Emulsifier (471), Acidity Regulator (297). Preservative (282, 200), Antioxidant (300) Chicken, Cheese (Cheese (pasteurised <b>Milk</b> , cheese cultures), salt, enzymes, <b>Cream</b> , water, food acids 330 331, lecithin ( <b>Soy</b> ), food colour 160A, B, C E)
Chicken Crackers	<b>Wheat</b> Flour, Vegetable Fats and Oils (Palm) (Antioxidants (307b from <b>Soy</b> , 307)), Chicken Seasoning (Salt, Onion Powder, Hydrolysed <b>Soya</b> Protein, Yeast Extract, Natural Flavour), Sugar, <b>Wheat</b> Gluten, Salt, Malted Barley Extract, Raising Agents (341, 500, 503)

Item	Ingredients
Chicken Finger Roll	Chicken (60%), breadcrumbs [ <b>Wheat</b> flour (thiamine and folic acid added), yeast, iodised salt], vegetable oil ( <b>Soy</b> bean oil/canola/sunflower oil - antioxidant 319, antifoam 900a), textured vegetable protein ( <b>Soy</b> ), <b>Wheat</b> flour (thiamine and folic acid added), corn starch, dehydrated vegetables, salt, vegetable extracts, rice flour , sugar, flavour enhancer (621), <b>Soy</b> flour, spices, water added, Roll- <b>Wheat</b> Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Iodised Salt, Yeast [Vegetable Oil, Potato Starch], Improver [ <b>Soya</b> Flour, Emulsifier (472), Interactive Dry Yeast, Flour Treatment Agents (300), Enzyme (Amylase)], Processing Aid [Canola Oil], Aioli (Canola oil, <b>Egg</b> , Garlic (2%), Water, Balsamic Vinegar, Dijon Mustard(Vinegar, Salt, Preservative(514), Lemon Juice, White Pepper, Acidity Regulator(270)), Lettuce
Chicken Fingers	Chicken (60%), breadcrumbs [ <b>Wheat</b> flour (thiamine and folic acid added), yeast, iodised salt], vegetable oil ( <b>Soy</b> bean oil/canola/sunflower oil - antioxidant 319, antifoam 900a), textured vegetable protein ( <b>Soy</b> ), <b>Wheat</b> flour (thiamine and folic acid added), corn starch, dehydrated vegetables, salt, vegetable extracts, rice flour , sugar, flavour enhancer (621), <b>Soy</b> flour, spices, water added.
Chicken meatballs	Chicken Mince
Chicken Roll	Bun- (Flour [ <b>Wheat</b> Flour, Thiamine, Folic Acid], Butter, Water, <b>Egg</b> , Sugar, Yeast, <b>Wheat</b> Gluten, <b>Milk</b> Powder, Salt, Improver [Emulsifier (472 e), Anti-caking agent (170), Antioxidant (300)], Enzyme, Glaze [Vegetable protein, Vegetable oil, Dextrose, Maltodextrins, starch]), Chicken
Chicken Salad Wrap	<b>Wheat</b> Flour (56%) ( <b>Wheat</b> Flour, Thiamin, Folate), Water, Palm Shortening (Palm Oil, Antioxidant (Vitamin E Acetate)), <b>Wheat</b> Fibre, <b>Wheat</b> Gluten, Sugar, Iodised Salt, Vegetable Gum (412), Mineral Salt (450), Emulsifier (471), Acidity Regulator (297). Preservative (282, 200), Antioxidant (300) Chicken, Cabbage, Carrot, shallots, Coriander, Aioli (Canola oil, <b>Egg</b> , Garlic (2%), Water, Balsamic Vinegar, Dijon Mustard(Vinegar, Salt, Preservative(514), Lemon Juice, White Pepper, Acidity Regulator(270))
Chicken Schnitzel Roll	Bun- (Flour [ <b>Wheat</b> Flour, Thiamine, Folic Acid], Butter, Water, <b>Egg</b> , Sugar, Yeast, <b>Wheat</b> Gluten, <b>Milk</b> Powder, Salt, Improver [Emulsifier (472 e), Anti-caking agent (170), Antioxidant (300)], Enzyme, Glaze [Vegetable protein, Vegetable oil, Dextrose, Maltodextrins, starch]), Chicken (41%), Coating ( <b>Wheat</b> Flour, Water, Vegetable Oil, Sugar, Salt, Buck <b>Wheat</b> Flour (contains <b>Wheat</b> Gluten, <b>Soy</b> ), <b>Wheat</b> Gluten, Dextrose (Maize, Tapioca), Vegetable Powders (Onion, Garlic), Yeast, Natural Colours (Paprika Oleoresins, Caramel I)), Water, <b>Soy</b> Protein, Thickeners (407a, 415), Natural Flavours, Salt, Maltodextrin, Mineral Salts (451, 508, 450), Hydrolysed Vegetable Protein, Food Acid (270)
Chicken sub	Roll ( <b>Wheat</b> Flour, Water, Yeast, Canola Oil, Sugar, Iodised Salt, Dextrose, <b>Wheat</b> Gluten, <b>Soy</b> Flour, Acidity Regulator (262), Natural Flavour, Emulsifiers (471, 481, <b>Soy</b> Lecithin), Colours (160a, 101), Vitamins (Thimain, Folic Acid)), Chicken
Chicken, Snow Peas with Hoisin Sauce	Chicken (41%), Coating ( <b>Wheat</b> Flour, Water, Vegetable Oil, Sugar, Salt, Buck <b>Wheat</b> Flour (contains <b>Wheat</b> Gluten, <b>Soy</b> ), <b>Wheat</b> Gluten, Dextrose (Maize, Tapioca), Vegetable Powders (Onion, Garlic), Yeast, Natural Colours (Paprika Oleoresins, Caramel I)), Water, <b>Soy</b> Protein, Thickeners (407a, 415), Natural Flavours, Salt, Maltodextrin, Mineral Salts (451, 508, 450), Hydrolysed Vegetable Protein, Food Acid (270), Sauce (Sugar, Water, Fermented <b>Soy</b> bean Paste (Water, Salt, <b>Soy</b> beans, <b>Wheat</b> Flour), Salt, Sweet Potato Powder, Colours (150a, 129), Modified Corn Starch (1422), <b>Sesame</b> Paste, Dehydrated Garlic, Spices, Salted Chilli Peppers (Chilli Peppers, Salt), Acidity Regulator (260), Preservative (211)), Snow Peas
Chips	Potatoes, Palm Oil, Salt



Item	Ingredients
Choc Chip Cookies	<b>Wheat</b> Flour, Sugar, Dark Compound Chocolate Chips (20%) (Sugar, Palm Oil, Cocoa Solids, Emulsifier (Sunflower Lecithin), Natural Flavour), Palm Oil (contains Antioxidant (307b), <b>Wheat</b> en Corn Flour, Whole <b>Egg</b> Powder, Whey Powder (contains <b>Milk</b> ), Raising Agents (Sodium Carbonates, Ammonium Carbonates), Natural Vanilla Flavour, Salt, Natural Colour (Annatto)
Choc Chip Muesli Bar	Whole Grains Cereals 50% (Whole Grain Oats, Whole Grain Rolled <b>Wheat</b> ), Glucose Syrup ( <b>Wheat</b> ), Dark Choc Compound Chips (10%) (Sugar, Vegetable Fat (Hydrogenated Palm), Cocoa Powder (1%), Emulsifier (Sunflower Lecithin), Natural Chocolate Flavour), Invert Syrup, Rice Flakes, Sunflower Oil, Raw Sugar, Coconut (contains Preservative (223)), Natural Toffee Flavour, Humectant (Glycerine)
Choc Chip Muffin	<b>Wheat</b> Flour ( <b>Wheat</b> Flour, Vitamin B1, Folic Acid), Sugar, Canola Oil, Humectant (Glycerol), Dark Compound Chocolate (4.0%) (Sugar, Palm Oil, Cocoa Powder, Whey Powder, Emulsifiers (Lecithins, Polyglycerol Polyricinoleate, Sorbitan Tristearate), Salt), Dried <b>Egg</b> , Baking Powder (Raising Agents (Diphosphates, Sodium Carbonates), <b>Wheat</b> Starch), Salt, Raising Agent (Sodium Carbonates), Natural Flavouring, Stabiliser (Xanthan Gum), Preservative (Potassium Sorbate)
Choc Crackle	Whole white rice, salt, barley malt extract, minerals (iron, zinc oxide), vitamins (niacin, riboflavin, vitamin B6, folate), Cocoa Powder, Cane Sugar, Tapioca Starch, Hydrogenated Coconut Oil, <b>Soy</b> bean Lecithin, Sugar, <b>Wheat</b> Glucose Syrup, Invert Sugar, Gelatine, Flavours, Colour (120), Corn Starch, Coconut, Sodium Metabisulphite (E223)
Choc <b>Cream</b> Sponge	Chocolate Sponge ( <b>Wheat</b> Flour, Water, Sugar, Humectants (422, 420, 1520), <b>Egg</b> Powder, Glucose Syrup, Cocoa Powder (3.0%), <b>Milk</b> Solids, Raising Agents (Sodium Carbonates, 450, 341), Salt, Emulsifiers (322 ( <b>Soy</b> ), (471, 475, 481, 452)), <b>Wheat</b> Starch, Preservative (Potassium Sorbate), Thickeners (412, 415), Natural Colours (Barley Malt Extract, Caramel (150a)), Acidity Regulators (330)), Chocolate Flavoured Creme (26%) (Sugar, Vegetable Shortening (Palm Oil, <b>Soy</b> bean Oil, Emulsifiers (471, 435), Antioxidant (307b)), Water, Glucose Syrup, Starches ( <b>Wheat</b> , Tapioca, Maize), Thickeners (1442,1422), Preservatives (Potassium Sorbate, Sulphur Dioxide), Natural Chocolate Flavour)
Choccy Fingers	<b>Milk</b> Chocolate (42%) (Sugar, <b>Milk</b> Solids, Cocoa Butter, Cocoa Mass, Vegetable Emulsifiers (322 From <b>Soy</b> , 476), Natural Vanilla Flavour), <b>Wheat</b> Flour, Vegetable Fat (Palm) (Antioxidant (307b From <b>Soy</b> )), Sugar, Invert Syrup, <b>Milk</b> Solids, Salt, Vegetable Emulsifier (322 From <b>Soy</b> ), Raising Agents (500, 450), Natural Vanilla Flavour. <b>Milk</b> Chocolate Contains 28% Cocoa Solids And 20% <b>Milk</b> Solids.
Chocolate Biscuits	<b>Milk</b> Chocolate (37%) (Sugar, <b>Milk</b> Solids, Cocoa Butter, Cocoa Mass, Vegetable Emulsifiers (322 from <b>Soy</b> , 476), Natural Vanilla Flavour), Caramel (31%) (Glucose Syrup, Condensed <b>Milk</b> ( <b>Milk</b> , Sugar), Fully Hydrogenated Coconut Oil, Golden Syrup, Invert Syrup, Butter, Cornflour, Salt, Vegetable Emulsifiers (322 from <b>Soy</b> , 471, 470)), <b>Wheat</b> Flour, Sugar, Vegetable Fat (Palm) (contains Antioxidant (307b from <b>Soy</b> )), Invert Syrup, Salt, Raising Agents (500, 450), Vegetable Emulsifier (322 from <b>Soy</b> ).
Chocolate Cake	Sugar, margarine [vegetable oil, water, salt, <b>Milk</b> solids, emulsifiers (471, 472c), antioxidant (304), natural flavour, natural colour (160a)], <b>Wheat</b> flour, <b>Egg</b> , fondant (sucrose, glucose), cocoa, whey powder, apple puree, canola oil, raising agents (450, 500), emulsifiers (477, 471, 475, <b>Soy</b> lecithin), salt, dark compound chocolate, food acid (330). Cocoa solids: 2.5%

Item	Ingredients
Chocolate Cake	Sugar, margarine [vegetable oil, water, salt, <b>Milk</b> solids, emulsifiers (471, 472c), antioxidant (304), natural flavour, natural colour (160a)], <b>Wheat</b> flour, <b>Egg</b> , fondant (sucrose, glucose), cocoa, whey powder, apple puree, canola oil, raising agents (450, 500), emulsifiers (477, 471, 475, <b>Soy</b> lecithin), salt, dark compound chocolate, food acid (330). Cocoa solids: 2.5%
Chocolate Pretzels	Dark Chocolate 60% (Sugar, Cocoa solids, <b>Milk</b> solids, <b>Soy</b> Lecithin, Cocoa Powder, Vanilla Natural Flavour) Pretzel 40% (Corn Starch, Vegetable Oil, Potato Starch, Sea Salt, Sugar, Stabiliser (Carboxymethylcellulose), <b>Soy</b> lecithin, Sodium Bicarbonate, Yeast Extract, Sodium Acid Pyrophosphate, Citric Acid, Sodium Hydroxide)
Corn chips	Corn, Palm Oil, Salt
Corn chips and salsa	Corn Chips (Corn, Palm Oil, Salt) Salsa (Tomato (51%), Capsicum (17%), Water, Onion, Tomato Paste, Vinegar, Sugar, Maize Starch, Spices (Paprika, Cumin, Coriander, Chilli), Salt, Jalapeno Pepper (1%), Garlic Powder)
Corn Cob	Corn
Corn Fritters	Corn (38%), <b>Creamed</b> Corn (18%) [Sweetcorn, Water, Thickener (1412), Salt], <b>Wheat</b> Flour (Thiamin, Folic Acid), Rice Flour
Corn Kernels	Corn Kernels
Corn, cheese cubes and cucumber rounds	Corn, Tasty Cheese (Pasteurised <b>Milk</b> , Salt, Starter Culture, Non-Animal Rennet), Anti Caking Agent (Cellulose), Preservative (Sorbic Acid), Cucumber
Crab bites	<b>Wheat</b> Flour, Water, Surimi (Processed white <b>Fish</b> meat: Pacific whiting (Merluccius productus), Alaska pollock (Theragra chalcogramma), sugar, humectant (E420), <b>Egg</b> , stabilizer (E450, E451), FAO zone 67), <b>Wheat</b> starch, Tapioca starch, Palm oil, Sugar, Fructose syrup, <b>Soy</b> protein, Salt, Colour (E120, E160c, E170), Flavour enhancer (E621), Crab flavour, Crab extract
Crab Salad Roll	Surimi (Processed white <b>Fish</b> meat: Pacific whiting (Merluccius productus), Alaska pollock (Theragra chalcogramma), sugar, humectant (E420), <b>Egg</b> , stabilizer (E450, E451), FAO zone 67), <b>Wheat</b> starch, Tapioca starch, Palm oil, Sugar, Fructose syrup, <b>Soy</b> protein, Salt, Colour (E120, E160c, E170), Flavour enhancer (E621), Crab flavour, Crab extract, Roll- <b>Wheat</b> Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Iodised Salt, Yeast [Vegetable Oil, Potato Starch], Improver [ <b>Soya</b> Flour, Emulsifier (472), Interactive Dry Yeast, Flour Treatment Agents (300), Enzyme (Amylase)], Processing Aid [Canola Oil], Aioli (Canola oil, <b>Egg</b> , Garlic (2%), Water, Balsamic Vinegar, Dijon Mustard(Vinegar, Salt, Preservative(514), Lemon Juice, White Pepper, Acidity Regulator(270)), Lettuce
Crackers	<b>Wheat</b> Flour, Vegetable Fats and Oils (Palm) (Antioxidants (307b)), Sugar, Salt, Malted Barley Extract, Raising Agents (500, 503), <b>Wheat</b> Starch, Yeast, Food Acid (330)) Margarine (Vegetable Oil (including Canola Oil 41%), Water, Salt, Emulsifiers (471, <b>Soy</b> Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (beta-carotene), Natural Flavour
Crackers and salsa	Crackers (Rice (93%), Maltodextrin (from Corn), Sunflower Oil (Antioxidant (319)), Salt) Salsa (Tomato (51%), Capsicum (17%), Water, Onion, Tomato Paste, Vinegar, Sugar, Maize Starch, Spices (Paprika, Cumin, Coriander, Chilli), Salt, Jalapeno Pepper (1%), Garlic Powder)

Item	Ingredients
Crackers and vegemite	Cracker ( <b>Wheat</b> Flour, Vegetable Fats and Oils (Palm) (Antioxidants (307b)), Sugar, Salt, Malted Barley Extract, Raising Agents (500, 503), <b>Wheat</b> Starch, Yeast, Food Acid (330)) Margarine (Vegetable Oil (including Canola Oil 41%), Water, Salt, Emulsifiers (471, <b>Soy</b> Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (beta-carotene), Natural Flavour) Vegemite (Yeast Extract (from Yeast Grown on Barley and <b>Wheat</b> ), Salt, Mineral Salt (508), Malt Extract (from Barley), Colour (150c), Flavours, Niacin, Thiamine, Riboflavin, Folate)
Craisins	Cranberries (65%), Sugar, Sunflower Oil
<b>Cream</b> Biscuits	<b>Wheat</b> Flour, <b>Cream</b> Filling (25%) (Sugar, Shortening (Palm Oil, Antioxidant (307b), <b>Milk</b> Chocolate, Cocoa Powder, Whey Powder, Emulsifier (322 from <b>Soy</b> ), Natural Flavours (Chocolate, Vanilla)), Sugar, Shortening (Palm Oil, Antioxidant (307b)), <b>Wheat</b> Starch, Cocoa Powder Invert Sugar Syrup, Natural Colour (Caramel I), Whey Powder, Emulsifiers (322 from <b>Soy</b> , 450), Raising Agents (503, 500), Salt
<b>Creamy</b> Pumpkin Pasta	Pumpkins (60%), Chicken Stock (Water, Chicken, Sage Extract, Natural Antioxidant (Rosemary Extract)), <b>Cream</b> (From <b>Milk</b> ) (1.9%), Onions, Carrots, Cornflour, Vegetable Oil, Salt, Garlic, <b>Milk</b> Solids, Yeast Extract, Pepper, Natural Flavours, <b>Cream</b> , Pasteurised Cows, <b>Milk</b> , Food starch Modified (1442), Citric Acid, Durum <b>Wheat</b> Semolina, Chives, Salt, Black Pepper
Custard	Custard ( <b>Milk</b> , Skim <b>Milk</b> , Sugar, Thickener (1442 from Maize), Stabilisers (407a, 452), Natural Colour (Carotene), Natural Flavour)
Custard and fruit	Custard ( <b>Milk</b> , Skim <b>Milk</b> , Sugar, Thickener (1442 from Maize), Stabilisers (407a, 452), Natural Colour (Carotene), Natural Flavour) Fruits (59%) (Pears, Peaches), Water, Sugar, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)
Custard <b>Creams</b>	<b>Wheat</b> Flour, <b>Cream</b> Filling (25%) (Sugar, Shortening (Palm Oil, Antioxidant (307b)), Whey Powder, Natural Flavours, Salt Emulsifier (322 from <b>Soy</b> ), Natural Colour (161b)), Sugar, Shortening (Palm Oil, Antioxidant (307b)), <b>Wheat</b> Starch, Golden Syrup, Emulsifier (322 from <b>Soy</b> , 450), Salt, Raising Agents (503, 500)
Devon and Tomato Sauce Sandwich	Bread ( <b>Wheat</b> Flour, Water, Baker's Yeast, Vinegar, Iodised Salt, Canola Oil, <b>Soy</b> Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)) Margarine (Vegetable Oil (including Canola Oil 41%), Water, Salt, Emulsifiers (471, <b>Soy</b> Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (beta-carotene), Natural Flavour), Devon (Meat including Pork, Water, Potato Starch, Seasoning [Rice Flour, Salt, <b>Soy</b> Protein, Mineral Salts (450, 451, 452), Dextrose (Maize or Tapioca), Sugar, Antioxidant (316), Red Fermented Rice, Preservative (250), Natural Flavour, Spices, Spice Extracts (including 160c)], Acidity Regulators (326, 262))
Diced Fruit	Fruits (59%) (Pears, Peaches), Water, Sugar, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid)
Dim sims- Chicken	Cabbage (31%), Chicken (19%), Flour, <b>Soy</b> Protein, <b>Wheat</b> en Starch, Potato Starch, Water, Onion, Sugar, Flavour Enhancer (621), <b>Sesame</b> Oil, Gluten, Spice.
Dim sims- Vegetable	Vegetables [Cabbage (18%), Corn (5.5%), Peas (5.5%), Carrot (4.6%), Onion (3.4%), Potato (2%)], Rice, <b>Wheat</b> Flour, Water, <b>Wheat</b> Starch, Oat Flour, <b>Soy</b> Protein, <b>Soy</b> bean Oil, Salt, Sugar, Flavour Enhancer (621), <b>Sesame</b> Oil, Spices.
Dried apple	Dried Apple Slices, Preservative (220)



Item	Ingredients
Egg and Lettuce Sandwich	Lettuce, <b>Egg</b> , Bread ( <b>Wheat</b> Flour, Water, Baker's Yeast, Vinegar, Iodised Salt, Canola Oil, <b>Soy</b> Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)) Margarine (Vegetable Oil (including Canola Oil 41%), Water, Salt, Emulsifiers (471, <b>Soy</b> Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (beta-carotene), Natural Flavour)
Egg and Veggie Bites	<b>Egg</b> , <b>Wheat</b> Flour, <b>Milk</b> , Tomato
Fairy Bread Sandwich	Bread ( <b>Wheat</b> Flour, Water, Baker's Yeast, Vinegar, Iodised Salt, Canola Oil, <b>Soy</b> Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)) Margarine (Vegetable Oil (including Canola Oil 41%), Water, Salt, Emulsifiers (471, <b>Soy</b> Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (beta-carotene), Natural Flavour), Sprinkles (Sugar, Tapioca Starch, Colours (124, 102, 133, 110, 123, 122), Glazing Agent (903))
Falafel sub	<b>Wheat</b> Flour, Water, Yeast, Canola Oil, Sugar, Iodised Salt, Dextrose, <b>Wheat</b> Gluten, <b>Soy</b> Flour, Acidity Regulator (262), Natural Flavour, Emulsifiers (471, 481, <b>Soy</b> Lecithin), Colours (160a, 101), Vitamins (Thimain, Folic Acid).
Falafels	Chickpeas (65%), Water, Onion, Potato, Garlic, Canola Oil, Spices, Salt, Herb, Raising Agents (500, 450).
Fish Cocktails	White <b>Fish</b> (55%), Coating[ <b>Wheat</b> Flour, Water, Palm Oil, Thickener(1404), Salt, Mineral Salts(450,500), Flavour Enhancer(621), Sugar, <b>Milk</b> Powder(<0.1%)]
Fish Fingers	<b>Fish</b> Mix (60%), (Pollock (Theragra Chalcogramma) 50%, Breadcrumbs, Water, Corn Starch, Guar Gum, Mineral Salts (451, 452)), Crumb ( <b>Wheat</b> Flour, Corn Starch, Shortening (from <b>Soy</b> ), Glucose, Salt, Yeast, Stabiliser (475), Antioxidant (300), Bulking Agent (510), Firming Agent (516), Enzyme (Amylase), Emulsifier (542), Colour (Paprika Oleoresins)), Batter ( <b>Wheat</b> Flour, Corn Starch, Emulsifier (341, 450, 475), Salt, Acidity Regulator (500), Thickener (1420), Guar Gum), <b>Soya</b> Oil
Franks	Meat including Pork (74%), Water, Frankfurt Mix [Potato Starch, Tapioca Starch, Salt, Modified Starch (1442), <b>Soya</b> Protein Isolate, <b>Soya</b> Protein Concentrate, Stabilisers (451, 341), Spices, Antioxidant (316), Preservative (250), Hydrolysed Maize Protein, Spice Extract], Acidity Regulator (325), Premix [Dextrose (Corn), Sucrose, Stabilisers (450, 452)]. Casing: Colours (120, 160b, 160c). Manufactured Meat.
Fruit salad	Watermelon, kiwi, orange, strawberries, grapes, blueberries
Fruit Stick	27% Fruit, (Strawberry, Apricot, Raspberry or Orange) Sugar (Sugar, Corn Starch), Mixed Dried Fruit (27%) (Sultana, Pear, Apricot, Sulphur Dioxide, Vegetable Oil), Glucose Syrup (Sugar, Glucose, Water), Whey Powder ( <b>Milk</b> ), Maltodextrin, Coconut (Coconut, Sulphur Dioxide), Hydrogenated Vegetable Oil (Palm Oil, Antioxidant (307)), Natural Colour (Anthocyanin Extract), Citric Acid, Concentrated Strawberry Juice (0.2%), Natural Strawberry Flavour, This Product contains 27% Fruit
Gems, <b>Egg</b> and Spag	<b>Egg</b> , <b>Milk</b> , Gems - Potato (90%), canola oil, corn starch, dextrose, salt, Spaghetti- Pasta (40%) (Durum <b>Wheat</b> Semolina, Water), Tomato (39%) (Water, Tomato Paste (7%)), Water, Sugar, Thickener (1422), Salt, Natural Flavouring, Acidity Regulator (330)
Gralic Bread Toasties	Bread ( <b>Wheat</b> Flour, Water, Yeast, Iodised Salt, Canola Oil, <b>Soy</b> Flour, Acidity Regulator (262), Vitamins (Thiamin, Folate)), Margarine (14%) (Vegetable Oil (Palm), Water, Salt, Emulsifiers (322 From <b>Soy</b> , 471), Natural Flavour, Antioxidant (307b From <b>Soy</b> ), Food Acid (330), Natural Colour (160a)), Garlic (1.8%), Sugar, Parsley (0.09%), Acidity Regulator (330), Cheese (40% Monterey Jack (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes), 40% Natural Cheddar Cheese (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes, Annatto Colour), 10% Asadero (Pasteurized Cultured <b>Milk</b> , Salt Enzymes), 10% Queso Quesadilla (Pasteurized Cultured <b>Milk</b> , Salt Enzymes)), Pizza Sauce (Tomatoes (95%), (Tomato Paste, Water), Salt, Garlic (0.85%), Onion, Acid Regulator (Acetic Acid), Oregano, Basil (0.25%), Natural Flavour)

Item	Ingredients
Grapes	Grapes
Ham and cheese croissant	Ham (Pork (75%), Water, Thickener (1442), Salt, Potassium Lactate (326), Potassium Acetate (261), Sugar, Dextrose, Mineral Salts (451, 452), Antioxidant (316), Sodium Nitrite (250)), Cheese (Cheese (pasteurised <b>Milk</b> , cheese cultures), salt, enzymes, <b>Cream</b> , water, food acids 330 331, lecithin ( <b>Soy</b> ), food colour 160A, B, C E), Croissant ( <b>Wheat</b> Flour (Thiamine), Butter ( <b>Milk</b> ) (18%), Water, <b>Milk</b> Solids, Sugar, Yeast, Salt)
Ham and cheese sandwich	Ham (Pork (75%), Water, Thickener (1442), Salt, Potassium Lactate (326), Potassium Acetate (261), Sugar, Dextrose, Mineral Salts (451, 452), Antioxidant (316), Sodium Nitrite (250)) Cheese (Cheese (pasteurised <b>Milk</b> , cheese cultures), salt, enzymes, <b>Cream</b> , water, food acids 330 331, lecithin ( <b>Soy</b> ), food colour 160A, B, C E) Bread ( <b>Wheat</b> Flour, Water, Baker's Yeast, Vinegar, Iodised Salt, Canola Oil, <b>Soy</b> Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)) Margarine (Vegetable Oil (including Canola Oil 41%), Water, Salt, Emulsifiers (471, <b>Soy</b> Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (beta-carotene), Natural Flavour)
Ham and Cheese Sub	Roll ( <b>Wheat</b> Flour, Water, Yeast, Canola Oil, Sugar, Iodised Salt, Dextrose, <b>Wheat</b> Gluten, <b>Soy</b> Flour, Acidity Regulator (262), Natural Flavour, Emulsifiers (471, 481, <b>Soy</b> Lecithin), Colours (160a, 101), Vitamins (Thiamin, Folic Acid)), Ham (Pork (75%), Water, Thickener (1442), Salt, Potassium Lactate (326), Potassium Acetate (261), Sugar, Dextrose, Mineral Salts (451, 452), Antioxidant (316), Sodium Nitrite (250)), Cheese (Cheese (pasteurised <b>Milk</b> , cheese cultures), salt, enzymes, <b>Cream</b> , water, food acids 330 331, lecithin ( <b>Soy</b> ), food colour 160A, B, C E)
Ham and Corn Tortilla Sandwich	Ham (Pork (75%), Water, Thickener (1442), Salt, Potassium Lactate (326), Potassium Acetate (261), Sugar, Dextrose, Mineral Salts (451, 452), Antioxidant (316), Sodium Nitrite (250)), <b>Wheat</b> 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, Cheese (40% Monterey Jack (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes), 40% Natural Cheddar Cheese (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes, Annatto Colour), 10% Asadero (Pasteurized Cultured <b>Milk</b> , Salt Enzymes), 10% Queso Quesadilla (Pasteurized Cultured <b>Milk</b> , Salt Enzymes)), Corn
Ham roll	Bun- (Flour [ <b>Wheat</b> Flour, Thiamine, Folic Acid], Butter, Water, <b>Egg</b> , Sugar, Yeast, <b>Wheat</b> Gluten, <b>Milk</b> Powder, Salt, Improver [Emulsifier (472 e), Anti-caking agent (170), Antioxidant (300)], Enzyme, Glaze [Vegetable protein, Vegetable oil, Dextrose, Maltodextrins, starch]), Ham (Pork (75%), Water, Thickener (1442), Salt, Potassium Lactate (326), Potassium Acetate (261), Sugar, Dextrose, Mineral Salts (451, 452), Antioxidant (316), Sodium Nitrite (250))
Ham Rolls, Cheese Cubes, Cucumber	Ham (Pork (75%), Water, Thickener (1442), Salt, Potassium Lactate (326), Potassium Acetate (261), Sugar, Dextrose, Mineral Salts (451, 452), Antioxidant (316), Sodium Nitrite (250)), Cucumber, Tasty Cheese (Pasteurised <b>Milk</b> , Salt, Starter Culture, Non-Animal Rennet), Anti Caking Agent (Cellulose), Preservative (Sorbic Acid)
Ham Skewers	Ham (Pork (75%), Water, Thickener (1442), Salt, Potassium Lactate (326), Potassium Acetate (261), Sugar, Dextrose, Mineral Salts (451, 452), Antioxidant (316), Sodium Nitrite (250)), Tasty Cheese (Pasteurised <b>Milk</b> , Salt, Starter Culture, Non-Animal Rennet), Anti Caking Agent (Cellulose), Preservative (Sorbic Acid), Cherry Tomatoes

Item	Ingredients
Ham, Pineapple and Cheese Roll	Bun- (Flour [ <b>Wheat</b> Flour, Thiamine, Folic Acid], Butter, Water, <b>Egg</b> , Sugar, Yeast, <b>Wheat</b> Gluten, <b>Milk</b> Powder, Salt, Improver [Emulsifier (472 e), Anti-caking agent (170), Antioxidant (300)], Enzyme, Glaze [Vegetable protein, Vegetable oil, Dextrose, Maltodextrins, starch]), Ham (Pork (75%), Water, Thickener (1442), Salt, Potassium Lactate (326), Potassium Acetate (261), Sugar, Dextrose, Mineral Salts (451, 452), Antioxidant (316), Sodium Nitrite (250)), Cheese (Cheese (pasteurised <b>Milk</b> , cheese cultures), salt, enzymes, <b>Cream</b> , water, food acids 330 331, lecithin ( <b>Soy</b> ), food colour 160A, B, C E), Pineapple
Honeycomb Custard with Choc Chips	Custard ( <b>Milk</b> , Skim <b>Milk</b> , Sugar, Thickener (1442 from Maize), Stabilisers (407a, 452), Natural Colour (Carotene), Natural Flavour), Honeycomb Flavour (Water, Sugar, Flavour, Thickener (415), Acidity Regulator (330), Preservative (202), Colours (102, 110)), Choc Chips (Sugar, Vegetable Oil (Fully Hydrogenated Palm Oil, Emulsifier ( <b>Soy</b> Lecithin)), Cocoa Powder (12%), Whey Powder, Emulsifier ( <b>Soy</b> Lecithin), Natural Flavour)
Hot Dog	Hot Dog (Meat including Pork (74%), Water, Frankfurt Mix [Potato Starch, Tapioca Starch, Salt, Modified Starch (1442), <b>Soya</b> Protein Isolate, <b>Soya</b> Protein Concentrate, Stabilisers (451, 341), Spices, Antioxidant (316), Preservative (250), Hydrolysed Maize Protein, Spice Extract], Acidity Regulator (325), Premix [Dextrose (Corn), Sucrose, Stabilisers (450, 452)]. Casing: Colours (120, 160b, 160c). Manufactured Meat) Bun (Flour [ <b>Wheat</b> Flour, Thiamine, Folic Acid], Butter, Water, <b>Egg</b> , Sugar, Yeast, <b>Wheat</b> Gluten, <b>Milk</b> Powder, Salt, Improver [Emulsifier (472 e), Anti-caking agent (170), Antioxidant (300)], Enzyme, Glaze [Vegetable protein, Vegetable oil, Dextrose, Maltodextrins, starch])
Jalapeno Bites	Cheese (39%) [ <b>Milk</b> , <b>Milk</b> Solids, Salt, Cultures, Enzymes (Non-Animal Rennet), Citric Acid], Jalapeno Peppers (15%) [Water, Salt, Acetic Acid, Citric Acid, Spices, Preservatives (211, (202, 223 Sulphites)), Firming Agent (509)], Sweet Corn (14%), Water, Starch (Maize), Capsicum, Breadcrumbs [ <b>Wheat</b> Flour, Salt, Yeast, Sugar, Emulsifier (471)], Batter [ <b>Wheat</b> Flour, Starch (Maize), Salt, Thickener (412, 1404), Dehydrated Onion, Hydrolysed Vegetable Protein ( <b>Wheat</b> ), Spice, Herb], Vegetable Oil.
Jam croissant	Croissant ( <b>Wheat</b> Flour (Thiamine), Butter ( <b>Milk</b> ) (18%), Water, <b>Milk</b> Solids, Sugar, Yeast, Salt), Jam, Cane sugar, raspberries (25%), raspberry juice (15%), gelling agent (fruit pectin), acidity regulator (330), Margarine (Vegetable Oil (including Canola Oil 41%), Water, Salt, Emulsifiers (471, <b>Soy</b> Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (beta-carotene), Natural Flavour)
Jam rolls	Sponge ( <b>Wheat</b> Flour, Sugar, Water, <b>Egg</b> Powder, Humectants (422, 420, 1520), <b>Milk</b> Solids, Glucose Syrup, Raising Agents (Sodium Carbonates, 450, 341), Salt, Emulsifiers (322 ( <b>Soy</b> ), 471, 475, 481, 452), <b>Wheat</b> Starch, Preservative (Potassium Sorbate), Thickener (412), Natural Colours (160b, 164), Acidity Regulator (330)), Jam Filling (29%) (Sugar, Apple, Gelling Agent (440), Acidity Regulator (330), Natural Colour (120), Natural Raspberry Flavouring, Preservative (Potassium Sorbate))
Jam rolls	Sponge ( <b>Wheat</b> Flour, Sugar, Water, <b>Egg</b> Powder, Humectants (422, 420, 1520), <b>Milk</b> Solids, Glucose Syrup, Raising Agents (Sodium Carbonates, 450, 341), Salt, Emulsifiers (322 ( <b>Soy</b> ), 471, 475, 481, 452), <b>Wheat</b> Starch, Preservative (Potassium Sorbate), Thickener (412), Natural Colours (160b, 164), Acidity Regulator (330)), Jam Filling (29%) (Sugar, Apple, Gelling Agent (440), Acidity Regulator (330), Natural Colour (120), Natural Raspberry Flavouring, Preservative (Potassium Sorbate))
Jam Tart	<b>Wheat</b> Flour, Raspberry Flavoured Filling (30%) (Sugar, Apple, Raspberries, Acidity Regulators (330, 331), Gelling Agent (440), Natural Colour (120), Natural Raspberry Flavour), Sugar, Vegetable Fat & Oil (Palm Oil, Antioxidant (307b)), Butter ( <b>Cream</b> (from <b>Milk</b> ), Salt), Glucose Syrup (from <b>Wheat</b> ), Whey Powder (from <b>Milk</b> ), <b>Egg</b> Powder, Emulsifier (322 from <b>Soy</b> )

Item	Ingredients
Jelly	Sugar, Gelatine (Contains Sulphites), Food Acid (330), Permitted food colours and flavours. Colours: 122 (Rasp) or 102, 133 (Lime)
Kiwi and Strawberries	Kiwi and Strawberries
Lamington	Cake (55%) (Sugar, <b>Wheat</b> Flour, Water, <b>Egg</b> Powder, Cake Improvers (Humectants (420, 1520), Emulsifiers (471 from <b>Soy</b> , 475, 481), Raising Agents (450, 500, 341, Starches), <b>Wheat</b> Starch, Salt, Preservatives (202, 200)), Choc Coating (34%) (Sugar, Water, Cocoa Powder, Canola Oil, Thickeners (1422, 406), Natural Flavouring, Acidity Regulator (575), Preservative (202)), Coconut (11%) (Coconut, Preservative (223))
LCM bites	White rice (29%), yoghurt compound (27%)(sugar, vegetable oil, <b>Milk</b> solids, glucose, yoghurt powder, emulsifier [ <b>Soy</b> lecithin], acidity regulator [330], salt), glucose, fructose, sugar, glucose solids, vegetable oils (antioxidant [tocopherols]), invert syrup, humectant (glycerol), salt, gelatin, natural flavour, emulsifiers (canola lecithin, 472e, 472a), barley malt extract, antioxidant (rosemary extract), <b>Milk</b> solids.
Mac and cheese	Durum <b>Wheat</b> Semolina, Cheese (40% Monterey Jack (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes), 40% Natural Cheddar Cheese (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes, Annatto Colour), 10% Asadero (Pasteurized Cultured <b>Milk</b> , Salt Enzymes), 10% Queso Quesadilla (Pasteurized Cultured <b>Milk</b> , Salt Enzymes)), <b>Milk</b>
Mac and Cheese Croquettes, Tomato Sauce	Macaroni, cheese, <b>Egg</b> , <b>Milk</b> , Panko breadcrumbs, Hot Sauce
Mac and Cheese Spring Rolls	Durum <b>Wheat</b> Semolina, Cheese (40% Monterey Jack (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes), 40% Natural Cheddar Cheese (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes, Annatto Colour), 10% Asadero (Pasteurized Cultured <b>Milk</b> , Salt Enzymes), 10% Queso Quesadilla (Pasteurized Cultured <b>Milk</b> , Salt Enzymes)), <b>Milk</b> , <b>Wheat</b> Flour, Water, Vegetable Oil, Salt
Mandarin	Mandarin
Mango	Mangoes (50%), Water, Mango Juice (13%), Sugar
Mash and Veggie Croquette	Potato (61%), Vegetable Mix (20%) (Carrot, Peas, Green Beans, Onion), Sunflower Oil, Dried Potato (Potato, Antioxidant (304)), Potato Starch, Salt, Dextrose (From <b>Wheat</b> ).
Mashed Potato Smiles	Potato (77%), Sunflower Oil, Dehydrated Potato (Potato, Acidity Regulators (450, 330), Emulsifier (471), Antioxidants (321, 320), Preservative (223)), Potato Starch, Water, Salt, Dextrose (Maize), Stabiliser (464)
Meatball sub	100% Beef Mince, Roll ( <b>Wheat</b> Flour, Water, Yeast, Canola Oil, Sugar, Iodised Salt, Dextrose, <b>Wheat</b> Gluten, <b>Soy</b> Flour, Acidity Regulator (262), Natural Flavour, Emulsifiers (471, 481, <b>Soy</b> Lecithin), Colours (160a, 101), Vitamins (Thimain, Folic Acid)), Cheese (40% Monterey Jack (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes), 40% Natural Cheddar Cheese (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes, Annatto Colour), 10% Asadero (Pasteurized Cultured <b>Milk</b> , Salt Enzymes), 10% Queso Quesadilla (Pasteurized Cultured <b>Milk</b> , Salt Enzymes)), Sauce (Tomatoes (73%) (reconstituted), tomato paste (16%), onion, sugar, salt, garlic (0.5%), herbs (basil, fennel, oregano, bay leaf), black pepper, food acid (citric))
Meatballs and Gems	Beef (48%), <b>Soy</b> Protein [Contains Colour (150d), Preservative (223), Emulsifier (322)], Water, Tomato Paste [Tomato, Acidity Regulator (330)], Vegetable Oil (Canola) [Contains Antioxidant (320)], <b>Wheat</b> Cereal, Salt, Dehydrated Vegetable, Mineral Salt (451), Gems - Potato (90%), canola oil, corn starch, dextrose, salt

Item	Ingredients
Meatballs Wrap	<p><b>Wheat</b> 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, Cheese (40% Monterey Jack (Pasteurized Cultured <b>Milk</b>, Salt, Enzymes), 40% Natural Cheddar Cheese (Pasteurized Cultured <b>Milk</b>, Salt, Enzymes, Annatto Colour), 10% Asadero (Pasteurized Cultured <b>Milk</b>, Salt Enzymes), 10% Queso Quesadilla (Pasteurized Cultured <b>Milk</b>, Salt Enzymes)), Beef (48%), <b>Soy</b> Protein [Contains Colour (150d), Preservative (223), Emulsifier (322)], Water, Tomato Paste [Tomato, Acidity Regulator (330)], Vegetable Oil (Canola) [Contains Antioxidant (320)], <b>Wheat</b> Cereal, Salt, Dehydrated Vegetable, Mineral Salt (451), Capsicum, Tomato, Pizza Sauce (Tomatoes (95%), (Tomato Paste, Water), Salt, Garlic (0.85%), Onion, Acid Regulator (Acetic Acid), Oregano, Basil (0.25%), Natural Flavour)</p>
Meatloaf bites	<p>Australian Beef (72%), Water, Rice Flour, Maize Flour, Salt, Potato Starch, Mineral Salts (450, 451, 452), Spices, Onion Powder, Hydrolysed Vegetable Protein (Maize), Preservative (223), Sugar, Yeast Extract, Natural Flavour (Rosemary Extract), Spice Extracts, Anti-Caking Agent (341), <b>Wheat</b> Flour, Wholemeal <b>Wheat</b> Flour, Rye Flour, Yeast, <b>Soya</b> Flour, <b>Wheat</b> Gluten, Iodised Salt, Vegetable Fibres (Oat Fibre, <b>Wheat</b> Fibre, <b>Soya</b> Bean Fibre), Vinegar, Canola Oil, Fermented <b>Wheat</b> Flour, <b>Wheat</b> Semolina, Rolled Oats, <b>Sesame</b> Seed, Malted Barley Flour, Malted <b>Wheat</b> Flour, Vegetable Emulsifiers (481, 471, 472e), Vitamins (Thiamin, Folate), Sauces- (Concentrated Tomato, Sugar, Salt, Food Acid (260), Natural Flavour, <b>Soy</b>beans, <b>Wheat</b> and Salt), Water, Sugar, Alcohol, Flavour Enhancer (621), Acidity Regulator (270), Salt, Spices Extract, Flavour Enhancer (635))</p>
Mexican Boat	<p>Four Bean Mix - ((Chickpeas, Red Kidney Beans, Green Baby Lima Beans, Borlotti Beans), Water, Antioxidant (Ascorbic Acid), Firming Agent (Calcium Chloride)), Cheese (40% Monterey Jack (Pasteurized Cultured <b>Milk</b>, Salt, Enzymes), 40% Natural Cheddar Cheese (Pasteurized Cultured <b>Milk</b>, Salt, Enzymes, Annatto Colour), 10% Asadero (Pasteurized Cultured <b>Milk</b>, Salt Enzymes), 10% Queso Quesadilla (Pasteurized Cultured <b>Milk</b>, Salt Enzymes)), Long Grain Rice, Corn Kernels, Capsicum, Onion, Seasoning (Maize Flour, Sugar, Salt, Onion Powder (13%), Red Capsicum Powder (6%), Garlic (4%), Spices (Cumin, Turmeric, Ground Coriander), Paprika, Food Acid (330), Vegetable Oil (Canola), Spice Extract, Chilli Powder (0.7%), Pepper) Salsa (Tomato (51%), Capsicum (17%), Water, Onion, Tomato Paste, Vinegar, Sugar, Maize Starch, Spices (Paprika, Cumin, Coriander, Chilli), Salt, Jalapeno Pepper (1%), Garlic Powder), Boat ((<b>Wheat</b> Flour (68%), Water, Humectant (Glycerin), Vegetable Oil, Raising Agents (Sodium Bicarbonate, Calcium Phosphate), Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Dextrose, Salt))</p>
Mini Bacon and <b>Egg</b> Roll	<p>Bun- (Flour [<b>Wheat</b> Flour, Thiamine, Folic Acid], Butter, Water, <b>Egg</b>, Sugar, Yeast, <b>Wheat</b> Gluten, <b>Milk</b> Powder, Salt, Improver [Emulsifier (472 e), Anti-caking agent (170), Antioxidant (300)], Enzyme, Glaze [Vegetable protein, Vegetable oil, Dextrose, Maltodextrins, starch]), <b>Egg</b>, Bacon (PORK (83%), WATER, SALT, EMULSIFIERS (451, 450, 452), SUGAR, ANTIOXIDANT (316), SODIUM NITRITE (250). SMOKED), Cheese (Cheese (pasteurised <b>Milk</b>, cheese cultures), salt, enzymes, <b>Cream</b>, water, food acids 330 331, lecithin (<b>Soy</b>), food colour 160A, B, C E), Tomato Sauce (Tomato Puree (78%), Sugar, Salt, Food Acid (260), Natural Flavour)</p>



Item	Ingredients
Mini Brekky Wrap	PORK (83%), WATER, SALT, EMULSIFIERS (451, 450, 452), SUGAR, ANTIOXIDANT (316), SODIUM NITRITE (250), SMOKED, <b>Wheat</b> 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, Cheese (40% Monterey Jack (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes), 40% Natural Cheddar Cheese (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes, Annatto Colour), 10% Asadero (Pasteurized Cultured <b>Milk</b> , Salt Enzymes), 10% Queso Quesadilla (Pasteurized Cultured <b>Milk</b> , Salt Enzymes)), <b>Egg</b> , Potato (91%), <b>Soy</b> oil, salt, dextrose, Tomato Puree (78%), Sugar, Salt, Food Acid (260), Natural Flavour
Mini Chicken Burger	Patty (gluten( <b>Wheat</b> ) <b>Milk</b> , <b>Egg</b> , as chicken (55%) water vegetable oils <b>Wheat</b> flour , thickeners (1442, 1422, 461) rehydrated potato (2%), salt, mineral salt (450 ,500, 341,451,) <b>Wheat</b> gluten spices , cheese powders ( contains <b>Milk</b> food acids, (270 , 260,330, ) tapioca starch, natural flavours ,yeast,extract , <b>Egg</b> powder, dextrose), Bun- (Flour [ <b>Wheat</b> Flour, Thiamine, Folic Acid], Butter, Water, <b>Egg</b> , Sugar, Yeast, <b>Wheat</b> Gluten, <b>Milk</b> Powder, Salt, Improver [Emulsifier (472 e), Anti-caking agent (170), Antioxidant (300)], Enzyme, Glaze [Vegetable protein, Vegetable oil, Dextrose, Maltodextrins, starch]), Lettuce
Mini Hashbrown and <b>Egg</b> Roll	Bun- (Flour [ <b>Wheat</b> Flour, Thiamine, Folic Acid], Butter, Water, <b>Egg</b> , Sugar, Yeast, <b>Wheat</b> Gluten, <b>Milk</b> Powder, Salt, Improver [Emulsifier (472 e), Anti-caking agent (170), Antioxidant (300)], Enzyme, Glaze [Vegetable protein, Vegetable oil, Dextrose, Maltodextrins, starch]), <b>Egg</b> , Hashbrown (POTATO (91%), CANOLA OIL, SALT, DEXTROSE (FROM MAIZE)), Cheese (Cheese (pasteurised <b>Milk</b> , cheese cultures), salt, enzymes, <b>Cream</b> , water, food acids 330 331, lecithin ( <b>Soy</b> ), food colour 160A, B, C E), Tomato Sauce (Tomato Puree (78%), Sugar, Salt, Food Acid (260), Natural Flavour)
Mini pancakes, banana and maple	<b>Wheat</b> Flour, Sugar, <b>Wheat</b> Starch, Buttermilk Powder (3%), Fractionated Palm Oil, Raising Agents (450, 500), Anticaking Agent (341), Salt. Maple- (Sugar Syrup, Water, Sugar, Salt, Vegetable Gum (466), Colours (150c, 150d), Preservative (202), Natural Maple Flavour, Food Acid (330)), Banana
Mini Pies	Water, <b>Wheat</b> Flour, Beef (23%), Margarine (Animal Fat, Palm Oil, Water, Salt, Emulsifiers (471, <b>Soy</b> Lecithin), Acidity Regulators (331, 330), Antioxidant (307b ( <b>Soy</b> )), Natural Colour (160a), Natural Flavours), Thickeners (1422, 412), Salt, Seasoning (Hydrolysed Vegetable Protein, Dehydrated Vegetables), Natural Colour (150a), Mineral Salts (500, 341), Emulsifier (481), Glaze ( <b>Milk</b> Solids, Natural Colour (160a))
Mini Pizza- Cheese	<b>Wheat</b> Flour, Water, Yeast, Maize Polenta, <b>Wheat</b> Gluten, Vinegar, Canola Oil, Iodised Salt, Raising Agent (341), Acidity Regulators (263, 262), <b>Soy</b> Flour, Emulsifiers (481, 472e), Preservatives (200, 202), Sugar, Vitamins (Thiamin, Folic Acid) Cheese (40% Monterey Jack (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes), 40% Natural Cheddar Cheese (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes, Annatto Colour), 10% Asadero (Pasteurized Cultured <b>Milk</b> , Salt Enzymes), 10% Queso Quesadilla (Pasteurized Cultured <b>Milk</b> , Salt Enzymes)) Pizza Sauce (Tomatoes (95%), (Tomato Paste, Water), Salt, Garlic (0.85%), Onion, Acid Regulator (Acetic Acid), Oregano, Basil (0.25%), Natural Flavour)
Mini Pizza- Cheese	<b>Wheat</b> Flour, Water, Yeast, Maize Polenta, <b>Wheat</b> Gluten, Vinegar, Canola Oil, Iodised Salt, Raising Agent (341), Acidity Regulators (263, 262), <b>Soy</b> Flour, Emulsifiers (481, 472e), Preservatives (200, 202), Sugar, Vitamins (Thiamin, Folic Acid) Cheese (40% Monterey Jack (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes), 40% Natural Cheddar Cheese (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes, Annatto Colour), 10% Asadero (Pasteurized Cultured <b>Milk</b> , Salt Enzymes), 10% Queso Quesadilla (Pasteurized Cultured <b>Milk</b> , Salt Enzymes)) Pizza Sauce (Tomatoes (95%), (Tomato Paste, Water), Salt, Garlic (0.85%), Onion, Acid Regulator (Acetic Acid), Oregano, Basil (0.25%), Natural Flavour)

Item	Ingredients
Mini Pizza- Ham and Pineapple	<b>Wheat</b> Flour, Water, Yeast, Maize Polenta, <b>Wheat</b> Gluten, Vinegar, Canola Oil, Iodised Salt, Raising Agent (341), Acidity Regulators (263, 262), <b>Soy</b> Flour, Emulsifiers (481, 472e), Preservatives (200, 202), Sugar, Vitamins (Thiamin, Folic Acid) Cheese (40% Monterey Jack (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes), 40% Natural Cheddar Cheese (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes, Annatto Colour), 10% Asadero (Pasteurized Cultured <b>Milk</b> , Salt Enzymes), 10% Queso Quesadilla (Pasteurized Cultured <b>Milk</b> , Salt Enzymes)) Pizza Sauce (Tomatoes (95%), (Tomato Paste, Water), Salt, Garlic (0.85%), Onion, Acid Regulator (Acetic Acid), Oregano, Basil (0.25%), Natural Flavour) Ham (Pork (75%), Water, Thickener (1442), Salt, Potassium Lactate (326), Potassium Acetate (261), Sugar, Dextrose, Mineral Salts (451, 452), Antioxidant (316), Sodium Nitrite (250)) Pineapple
Mouse Traps	Ham (Pork (66%), Water, Modified Tapioca Starch (1412), Tapioca Starch, Rice Flour, Potato Starch, Food Acid (325), <b>Wheat</b> Fibre (Gluten Free), Vegetable Gum (407), <b>Soya</b> Protein Isolate, Salt, Natural Smoke Flavour, Sugar, Dextrose (Tapioca), Food Colours (120, 124), Rosemary Extracts, Mineral Salts (341, 450, 452) Preservative (223)), <b>Egg</b> , Cheese (40% Monterey Jack (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes), 40% Natural Cheddar Cheese (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes, Annatto Colour), 10% Asadero (Pasteurized Cultured <b>Milk</b> , Salt Enzymes), 10% Queso Quesadilla (Pasteurized Cultured <b>Milk</b> , Salt Enzymes)), Bread ( <b>Wheat</b> Flour, Water, Yeast, Canola Oil, Sugar, Iodised Salt, Dextrose, <b>Wheat</b> Gluten, <b>Soy</b> Flour, Acidity Regulator (262), Natural Flavour, Emulsifiers (471, 481, <b>Soy</b> Lecithin), Colours (160a, 101), Vitamins (Thimain, Folic Acid)), Mustard (Water, Mustard Seed (25%), Spirit Vinegar, Salt, Antioxidant (224), Acidity Regulator (Citric Acid))
Noodle Rosti, Tomato Sauce	Noodles ( <b>Wheat</b> Flour, Vegetable Oil, Salt, Stabilisers (500, 501)), Potato, Carrot, Peas, <b>Wheat</b> Flour, Relish (Tomatoes from paste 50%, sugar, vegetables (onions, capsicum 15%), golden syrup, thickener (modified cornstarch), food acid (acetic and gluconic), salt, water, mustard seed, preservative (potassium sorbate, mustard powder, spices)
Nuggets	Chicken Breast (48%), Water, <b>Wheat</b> Flour, <b>Wheat</b> Gluten, <b>Wheat</b> Starch, Salt, Maize Flour, Dextrose (Tapioca, Maize), Mineral Salts (450, 500, 451), Spice (Turmeric), <b>Soy</b> Meal ( <b>Wheat</b> ), <b>Soy</b> Protein, Dehydrated Vegetables (Onion, Garlic), Flavour (Chicken Roast Flavour), Yeast Extract, Vegetable Oil (Cottonseed, Canola)
Nuggets	Chicken Breast (48%), Water, <b>Wheat</b> Flour, <b>Wheat</b> Gluten, <b>Wheat</b> Starch, Salt, Maize Flour, Dextrose (Tapioca, Maize), Mineral Salts (450, 500, 451), Spice (Turmeric), <b>Soy</b> Meal ( <b>Wheat</b> ), <b>Soy</b> Protein, Dehydrated Vegetables (Onion, Garlic), Flavour (Chicken Roast Flavour), Yeast Extract, Vegetable Oil (Cottonseed, Canola)
Onion Rings	Onion (39%), beer batter (61%) ((water, malted barley, glucose syrup, hops, salt), <b>Wheat</b> flour, vegetable oil ( <b>Soy</b> ), corn flour, water, modified starch, dextrose, thickener (412), baking powder, emulsifier (471 ), paprika, salt, sorbitol, spice, sugar, whey ( <b>Milk</b> solids)).
Orange	Orange
Pancake Muffins with Maple and Cinnamon	<b>Wheat</b> Flour, Sugar, <b>Wheat</b> Starch, Buttermilk Powder (3%), Fractionated Palm Oil, Raising Agents (450, 500), Anticaking Agent (341), Salt. Maple- (Sugar Syrup, Water, Sugar, Salt, Vegetable Gum (466), Colours (150c, 150d), Preservative (202), Natural Maple Flavour, Food Acid (330)), Cinnamon
Peaches	Peaches (57%), Reconstituted Refined Juice (Water, Concentrated Pear Juice, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid))
Pikelets	<b>Wheat</b> Flour, Sugar, <b>Wheat</b> Starch, Buttermilk Powder (3%), Fractionated Palm Oil, Raising Agents (450, 500), Anticaking Agent (341), Salt

Item	Ingredients
Pizza bites	Base ( <b>Wheat</b> Flour, Water, Yeast, Canola Oil, Sugar, Iodised Salt, Dextrose, <b>Wheat</b> Gluten, <b>Soy</b> Flour, Acidity Regulator (262), Natural Flavour, Emulsifiers (471, 481, <b>Soy</b> Lecithin), Colours (160a, 101), Vitamins (Thimain, Folic Acid)), Cheese (40% Monterey Jack (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes), 40% Natural Cheddar Cheese (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes, Annatto Colour), 10% Asadero (Pasteurized Cultured <b>Milk</b> , Salt Enzymes), 10% Queso Quesadilla (Pasteurized Cultured <b>Milk</b> , Salt Enzymes)), Sauce (Tomatoes (73%) (reconstituted), tomato paste (16%), onion, sugar, salt, garlic (0.5%), herbs (basil, fennel, oregano, bay leaf), black pepper, food acid (citric))
Pizza Pockets	Flour [ <b>Wheat</b> , Raising Agents (450, 500), Vitamins (Thiamine, Folic Acid)], Water, Salt, Yeast, Meat (Including Pork) (96%), Cure [Salt, Spices, Lactose (From <b>Milk</b> ), Maltodextrin, Dextrose, Minerals Salts (450, 451), Antioxidant (316), Dried Vegetables, Sugar, Sodium Nitrite (250)], Starter Culture. Naturally Wood Smoked, Cheese (40% Monterey Jack (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes), 40% Natural Cheddar Cheese (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes, Annatto Colour), 10% Asadero (Pasteurized Cultured <b>Milk</b> , Salt Enzymes), 10% Queso Quesadilla (Pasteurized Cultured <b>Milk</b> , Salt Enzymes)), Pizza Sauce (Tomatoes (95%), (Tomato Paste, Water), Salt, Garlic (0.85%), Onion, Acid Regulator (Acetic Acid), Oregano, Basil (0.25%), Natural Flavour)
Pizza Ships	<b>Wheat</b> Flour [Contains Vitamins (Thiamine, Folic Acid)], Water, Iodised Salt, Yeast [Vegetable Oil, Potato Starch], Improver [ <b>Soya</b> Flour, Emulsifier (472), Interactive Dry Yeast, Flour Treatment Agents (300), Enzyme (Amylase)], Processing Aid [Canola Oil], Cheese (40% Monterey Jack (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes), 40% Natural Cheddar Cheese (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes, Annatto Colour), 10% Asadero (Pasteurized Cultured <b>Milk</b> , Salt Enzymes), 10% Queso Quesadilla (Pasteurized Cultured <b>Milk</b> , Salt Enzymes)), Pizza Sauce (Tomatoes (95%), (Tomato Paste, Water), Salt, Garlic (0.85%), Onion, Acid Regulator (Acetic Acid), Oregano, Basil (0.25%), Natural Flavour), Pork (66%), Water, Modified Tapioca Starch (1412), Tapioca Starch, Rice Flour, Potato Starch, Food Acid (325), <b>Wheat</b> Fibre (Gluten Free), Vegetable Gum (407), <b>Soya</b> Protein Isolate, Salt, Natural Smoke Flavour, Sugar, Dextrose (Tapioca), Food Colours (120, 124), Rosemary Extracts, Mineral Salts (341, 450, 452) Preservative (223)
Popcorn	Popcorn, Salt
Popcorn Chicken	Chicken (51%), Cottonseed Oil, Tapioca Starch, <b>Soya</b> Protein Isolate, Yeast, <b>Wheat</b> Flour, Sugar, Salt, Water, Natural Colours (Curcumin, Annatto), Mineral Salts (450, 451, 500), Maize Flour, <b>Wheat</b> Gluten, Dried <b>Egg</b> , Thickener (1404), Vegetable Gums (Guar Gum, Xanthan Gum)
Potato Gems	Potato (90%), canola oil, corn starch, dextrose, salt
Potato Mashies	Potato (81%), sunflower oil, rice flour, dried potato, salt, potato starch, dextrose (from <b>*Wheat*</b> ), thickener (461), spices. <b>*Contains Wheat.*</b> <b>*Made on equipment that also processes Milk and Egg.*</b>
Potato salad- Main with Bacon	Potato, Water, Sunflower Oil (contains Antioxidant (320)), Sugar, Vinegar, Salt, Buttermilk Powder (contains <b>Milk</b> ), Thickener (1442) (from Maize), Garlic, <b>Egg</b> Yolk Powder, Lemon Juice Concentrate, Onion, Food Acid (Citric Acid), Vegetable Gum (Xanthan Gum), Mustard, Parsley, Preservative (200), Pork (66%), Water, Modified Tapioca Starch (1412), Tapioca Starch, Rice Flour, Potato Starch, Food Acid (325), <b>Wheat</b> Fibre (Gluten Free), Vegetable Gum (407), <b>Soya</b> Protein Isolate, Salt, Natural Smoke Flavour, Sugar, Dextrose (Tapioca), Food Colours (120

Item	Ingredients
Potato salad- Side and Veg	Potato, Water, Sunflower Oil (contains Antioxidant (320)), Sugar, Vinegar, Salt, Buttermilk Powder (contains <b>Milk</b> ), Thickener (1442) (from Maize), Garlic, <b>Egg</b> Yolk Powder, Lemon Juice Concentrate, Onion, Food Acid (Citric Acid), Vegetable Gum (Xanthan Gum), Mustard, Parsley, Preservative (200)
Potato Wedges	POTATO (85%), VEGETABLE OILS, FLOUR ( <b>WHEAT</b> , MAIZE), THICKENER (1404), SALT, SPICES, GARLIC, DEXTROSE, THICKENER (461), NATURAL COLOURS (150, 160b).
Pretzels	<b>Wheat</b> Flour ( <b>Wheat</b> Starch, Niacin, Iron, Thiamin, Riboflavin, Folate), Salt, Corn Syrup, Sodium Bicarbonate Yeast.
Pulled pork sub	Roll ( <b>Wheat</b> Flour, Water, Yeast, Canola Oil, Sugar, Iodised Salt, Dextrose, <b>Wheat</b> Gluten, <b>Soy</b> Flour, Acidity Regulator (262), Natural Flavour, Emulsifiers (471, 481, <b>Soy</b> Lecithin), Colours (160a, 101), Vitamins (Thimain, Folic Acid)) Pork (Pork, Water, Acidity Regulators (326, 325, 262), Salt, Maltodextrin (Maize), Vegetable Gum (407), Mineral Salts (451, 450), Natural Flavour, Sugar, Dried Vegetables (Including Garlic and Onion), Spice Extract, Dextrose (Maize)) Sauce (Tomato puree 48% (water tomato paste), sugar, vinegar, thickener (1422), salt, maltodextrin, molasses, colour (150c), spices, food acid (330), vegetable gum (415), flavours)
Quesadilla Fingers and Salsa	<b>Wheat</b> Flour (56%) ( <b>Wheat</b> Flour, Thiamin, Folate), Water, Palm Shortening (Palm Oil, Antioxidant (Vitamin E Acetate)), <b>Wheat</b> Fibre, <b>Wheat</b> Gluten, Sugar, Iodised Salt, Vegetable Gum (412), Mineral Salt (450), Emulsifier (471), Acidity Regulator (297). Preservative (282, 200), Antioxidant (300), Cheese (Cheese (pasteurised <b>Milk</b> , cheese cultures), salt, enzymes, <b>Cream</b> , water, food acids 330 331, lecithin ( <b>Soy</b> ), food colour 160A, B, C E), Salsa (Tomato (51%), Capsicum (17%), Water, Onion, Tomato Paste, Vinegar, Sugar, Maize Starch, Spices (Paprika, Cumin, Coriander, Chilli), Salt, Jalapeno Pepper (1%), Garlic Powder)
Ravioli and Pizza Dip	Durum <b>Wheat</b> Semolina, Beef (16%), Water, Breadcrumbs ( <b>Wheat</b> Flour, Sugar, Salt, Yeast, <b>Wheat</b> Gluten, Canola Oil), <b>Egg</b> , Carrot (2%), Onion (2%), Canola Oil, Salt, Flavours (contain <b>Milk</b> ), Parmesan Cheese, Celery (0.5%), <b>Wheat</b> Fibre, Black Pepper (0.06%), Nutmeg, Pizza Sauce (Tomatoes (95%), (Tomato Paste, Water), Salt, Garlic (0.85%), Onion, Acid Regulator (Acetic Acid), Oregano, Basil (0.25%), Natural Flavour)
Rice Bubble Slice	Puffed Rice(36%) (Rice, Sugar, Salt, Golden Syrup, Emulsifier (471)), Glucose Syrup, Polydextrose, Sugar, Natural Sprinkles (5%) (Sugar, Maize Starch, Vegetable Fat, Glucose Syrup, Emulsifier (322 from <b>Soy</b> ), Natural Colours (Turmeric, Beet Red, Paprika Oleoresin, Copper Chlorophyll), Gardenia, Spirulina), Vegetable Shortening [Vegetable Fats and Oils (Palm**), Emulsifier (471), Antioxidant (307b)], Humectant (422), Maltodextrin, Gelatine, Inulin, Natural Flavours, Invert Syrup, Emulsifier (Sunflower Lecithin), Salt.
Rice crackers	Rice (93%), Maltodextrin (from Corn), Sunflower Oil (Antioxidant (319)), Salt
Rockmelon	Rockmelon
Salami and Cheese Roll	Bun (Flour [ <b>Wheat</b> Flour, Thiamine, Folic Acid], Butter, Water, <b>Egg</b> , Sugar, Yeast, <b>Wheat</b> Gluten, <b>Milk</b> Powder, Salt, Improver [Emulsifier (472 e), Anti-caking agent (170), Antioxidant (300)], Enzyme, Glaze [Vegetable protein, Vegetable oil, Dextrose, Maltodextrins, starch]), Salami (Meat (Including Pork) (96%), Cure [Salt, Spices, Lactose (From <b>Milk</b> ), Maltodextrin, Dextrose, Minerals Salts (450, 451), Antioxidant (316), Dried Vegetables, Sugar, Sodium Nitrite (250)], Starter Culture. Naturally Wood Smoked), Cheese (Cheese (pasteurised <b>Milk</b> , cheese cultures), salt, enzymes, <b>Cream</b> , water, food acids 330 331, lecithin ( <b>Soy</b> ), food colour 160A, B, C E)

Item	Ingredients
Salami and Salad Wrap	Meat (Including Pork) (96%), Cure [Salt, Spices, Lactose (From <b>Milk</b> ), Maltodextrin, Dextrose, Minerals Salts (450, 451), Antioxidant (316), Dried Vegetables, Sugar, Sodium Nitrite (250)], Starter Culture. Naturally Wood Smoked, <b>Wheat</b> 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, Cheese (40% Monterey Jack (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes), 40% Natural Cheddar Cheese (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes, Annatto Colour), 10% Asadero (Pasteurized Cultured <b>Milk</b> , Salt Enzymes), 10% Queso Quesadilla (Pasteurized Cultured <b>Milk</b> , Salt Enzymes)), Lettuce, Carrot
Salami Roll	Bun- (Flour [ <b>Wheat</b> Flour, Thiamine, Folic Acid], Butter, Water, <b>Egg</b> , Sugar, Yeast, <b>Wheat</b> Gluten, <b>Milk</b> Powder, Salt, Improver [Emulsifier (472 e), Anti-caking agent (170), Antioxidant (300)], Enzyme, Glaze [Vegetable protein, Vegetable oil, Dextrose, Maltodextrins, starch)),Meat (Including Pork) (96%), Cure [Salt, Spices, Lactose (From <b>Milk</b> ), Maltodextrin, Dextrose, Minerals Salts (450, 451), Antioxidant (316), Dried Vegetables, Sugar, Sodium Nitrite (250)], Starter Culture. Naturally Wood Smoked, Cheese (Cheese (pasteurised <b>Milk</b> , cheese cultures), salt, enzymes, <b>Cream</b> , water, food acids 330 331, lecithin ( <b>Soy</b> ), food colour 160A, B, C E)
Sandwich- vegemite and cheese	Vegemite (Yeast Extract (from Yeast Grown on Barley and <b>Wheat</b> ), Salt, Mineral Salt (508), Malt Extract (from Barley), Colour (150c), Flavours, Niacin, Thiamine, Riboflavin, Folate), Cheese (Cheese (pasteurised <b>Milk</b> , cheese cultures), salt, enzymes, <b>Cream</b> , water, food acids 330 331, lecithin ( <b>Soy</b> ), food colour 160A, B, C E) Bread ( <b>Wheat</b> Flour, Water, Baker's Yeast, Vinegar, Iodised Salt, Canola Oil, <b>Soy</b> Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)) Margarine (Vegetable Oil (including Canola Oil 41%), Water, Salt, Emulsifiers (471, <b>Soy</b> Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (beta-carotene), Natural Flavour)
Sweet n Sour Chicken Slider	Bun- (Flour [ <b>Wheat</b> Flour, Thiamine, Folic Acid], Butter, Water, <b>Egg</b> , Sugar, Yeast, <b>Wheat</b> Gluten, <b>Milk</b> Powder, Salt, Improver [Emulsifier (472 e), Anti-caking agent (170), Antioxidant (300)], Enzyme, Glaze [Vegetable protein, Vegetable oil, Dextrose, Maltodextrins, starch)), Sauce Water, sugar, vegetables (10%) [carrot (6%), capsicum (2%), onion (2%)], vinegar, pineapple juice (8.5%) (from concentrate), thickener (1422), salt, sherry, tomato paste, food acid (acetic), colours (160c, 120), Chicken
Sausage and Cheese Rollups	<b>Wheat</b> 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, Cheese (40% Monterey Jack (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes), 40% Natural Cheddar Cheese (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes, Annatto Colour), 10% Asadero (Pasteurized Cultured <b>Milk</b> , Salt Enzymes), 10% Queso Quesadilla (Pasteurized Cultured <b>Milk</b> , Salt Enzymes)), Sausage- Australian Beef (70%), Water, Seasoning (Rice Flour, Potato Starch, Maize Flour, Salt, Mineral Salt (451), Maize Starch, Vegetable Powders (Onion, Garlic), Preservative (223), Sugar, Antioxidant (300), Spices (Mustard, Nutmeg, Pepper), Spice Extracts (Clove, Pepper, Capsicum, Coriander), Natural Colour (Paprika Oleoresins)), Vegetable Casing (Vegetable Gums (401, 412), Acidity Regulators (330, 270), Mineral Salt (509)), Sauce- Tomato Puree (78%), Sugar, Salt, Food Acid (260), Natural Flavour.



Item	Ingredients
Sausage and Potato Gems	Sausages (Australian Beef (70%), Water, Seasoning (Rice Flour, Potato Starch, Maize Flour, Salt, Mineral Salt (451), Maize Starch, Vegetable Powders (Onion, Garlic), Preservative (223), Sugar, Antioxidant (300), Spices (Mustard, Nutmeg, Pepper), Spice Extracts (Clove, Pepper, Capsicum, Coriander), Natural Colour (Paprika Oleoresins)), Vegetable Casing (Vegetable Gums (401, 412), Acidity Regulators (330, 270), Mineral Salt (509)), Gems (Potato (90%), canola oil, corn starch, dextrose, salt)
Sausage rolls	<b>Wheat</b> Flour, Water, Beef (16%), Margarine (Animal Fat, Palm Oil, Water, Salt, Emulsifiers (471, <b>Soy</b> Lecithin), Acidity Regulators (331, 330), Antioxidant (307b ( <b>Soy</b> )), Natural Colour (160a), Natural Flavours), Crumb ( <b>Wheat</b> Flour, Salt, Sugar, Yeast, Emulsifier (471), Gluten ( <b>Wheat</b> )), Rice Flour, <b>Soy</b> Flour, Gluten ( <b>Wheat</b> ), Mineral Salts (339, 508, 451), Salt, Pepper, Glaze ( <b>Milk</b> Solids, Natural Colour (160a)), Dehydrated Onion, Hydrolysed Vegetable Protein, Thyme, Onion, Flavours, Spice and Herb Extracts
Sausage Sandwich, Tomato Sauce	Roll ( <b>Wheat</b> Flour, Water, Yeast, Canola Oil, Sugar, Iodised Salt, Dextrose, <b>Wheat</b> Gluten, <b>Soy</b> Flour, Acidity Regulator (262), Natural Flavour, Emulsifiers (471, 481, <b>Soy</b> Lecithin), Colours (160a, 101), Vitamins (Thimain, Folic Acid)), Sausages (Australian Beef (70%), Water, Seasoning (Rice Flour, Potato Starch, Maize Flour, Salt, Mineral Salt (451), Maize Starch, Vegetable Powders (Onion, Garlic), Preservative (223), Sugar, Antioxidant (300), Spices (Mustard, Nutmeg, Pepper), Spice Extracts (Clove, Pepper, Capsicum, Coriander), Natural Colour (Paprika Oleoresins)), Vegetable Casing (Vegetable Gums (401, 412), Acidity Regulators (330, 270), Mineral Salt (509)), Tomato Sauce (Tomato Puree (78%), Sugar, Salt, Food Acid (260), Natural Flavour)
Sausage with Veggie rounds	Sausages (Australian Beef (70%), Water, Seasoning (Rice Flour, Potato Starch, Maize Flour, Salt, Mineral Salt (451), Maize Starch, Vegetable Powders (Onion, Garlic), Preservative (223), Sugar, Antioxidant (300), Spices (Mustard, Nutmeg, Pepper), Spice Extracts (Clove, Pepper, Capsicum, Coriander), Natural Colour (Paprika Oleoresins)), Vegetable Casing (Vegetable Gums (401, 412), Acidity Regulators (330, 270), Mineral Salt (509)), Tomato, cucumber, carrot, capsicum, celery
Sausage, cheese cubes and cucumber rounds	Sausages (Australian Beef (70%), Water, Seasoning (Rice Flour, Potato Starch, Maize Flour, Salt, Mineral Salt (451), Maize Starch, Vegetable Powders (Onion, Garlic), Preservative (223), Sugar, Antioxidant (300), Spices (Mustard, Nutmeg, Pepper), Spice Extracts (Clove, Pepper, Capsicum, Coriander), Natural Colour (Paprika Oleoresins)), Vegetable Casing (Vegetable Gums (401, 412), Acidity Regulators (330, 270), Mineral Salt (509)), Tasty Cheese (Pasteurised <b>Milk</b> , Salt, Starter Culture, Non-Animal Rennet), Anti Caking Agent (Cellulose), Preservative (Sorbic Acid), Cucumber
Sausages and Potato Bites	Sausages (Australian Beef (70%), Water, Seasoning (Rice Flour, Potato Starch, Maize Flour, Salt, Mineral Salt (451), Maize Starch, Vegetable Powders (Onion, Garlic), Preservative (223), Sugar, Antioxidant (300), Spices (Mustard, Nutmeg, Pepper), Spice Extracts (Clove, Pepper, Capsicum, Coriander), Natural Colour (Paprika Oleoresins)), Vegetable Casing (Vegetable Gums (401, 412), Acidity Regulators (330, 270), Mineral Salt (509)), Potato
Schnitzel Sub	<b>Wheat</b> Flour, Water, Yeast, Canola Oil, Sugar, Iodised Salt, Dextrose, <b>Wheat</b> Gluten, <b>Soy</b> Flour, Acidity Regulator (262), Natural Flavour, Emulsifiers (471, 481, <b>Soy</b> Lecithin), Colours (160a, 101), Vitamins (Thimain, Folic Acid) Chicken ((41%), Coating ( <b>Wheat</b> Flour, Water, Vegetable Oil, Sugar, Salt, Buck <b>Wheat</b> Flour (contains <b>Wheat</b> Gluten, <b>Soy</b> ), <b>Wheat</b> Gluten, Dextrose (Maize, Tapioca), Vegetable Powders (Onion, Garlic), Yeast, Natural Colours (Paprika Oleoresins, Caramel I)), Water, <b>Soy</b> Protein, Thickeners (407a, 415), Natural Flavours, Salt, Maltodextrin, Mineral Salts (451, 508, 450), Hydrolysed Vegetable Protein, Food Acid (270))Sauce (Water, Tomato Paste (contains Food Acid (330)), Sugar, Vinegar, Salt, Thickener (1422), Vegetable Gum (415), Spices)

Item	Ingredients
Schnitzel, Veggies, bread and dip	Chicken (41%), Coating ( <b>Wheat</b> Flour, Water, Vegetable Oil, Sugar, Salt, Buck <b>Wheat</b> Flour (contains <b>Wheat</b> Gluten, <b>Soy</b> ), <b>Wheat</b> Gluten, Dextrose (Maize, Tapioca), Vegetable Powders (Onion, Garlic), Yeast, Natural Colours (Paprika Oleoresins, Caramel I)), Water, <b>Soy</b> Protein, Thickeners (407a, 415), Natural Flavours, Salt, Maltodextrin, Mineral Salts (451, 508, 450), Hydrolysed Vegetable Protein, Food Acid (270), Carrot, Cucumber, Celery, Bread ( <b>Wheat</b> Flour (56%) ( <b>Wheat</b> Flour, Thiamin, Folate), Water, Palm Shortening (Palm Oil, Antioxidant (Vitamin E Acetate)), <b>Wheat</b> Fibre, <b>Wheat</b> Gluten, Sugar, Iodised Salt, Vegetable Gum (412), Mineral Salt (450), Emulsifier (471), Acidity Regulator (297). Preservative (282, 200), Antioxidant (300))
Scotch Finger	<b>Wheat</b> Flour, Vegetable Oil (Palm Oil, Antioxidant (307b)), Sugar, <b>Wheat</b> Starch, Sweetened Condensed <b>Milk</b> , Invert Syrup, Natural Butter Flavour (contains <b>Milk</b> ), Salt, Whole <b>Egg</b> Powder, Raising Agents (500, 450, 503)
Slider- Beef	Bun- (Flour [ <b>Wheat</b> Flour, Thiamine, Folic Acid], Butter, Water, <b>Egg</b> , Sugar, Yeast, <b>Wheat</b> Gluten, <b>Milk</b> Powder, Salt, Improver [Emulsifier (472 e), Anti-caking agent (170), Antioxidant (300)], Enzyme, Glaze [Vegetable protein, Vegetable oil, Dextrose, Maltodextrins, starch]) Patty, Beef (76%), Onions, Breadcrumb ( <b>Wheat</b> flour, water, yeast, sugar, gluten, vegetable oil, salt, emulsifier (472e), acidity regulator (262), Textured <b>Soy</b> Protein, <b>Egg</b> , Salt, Whey Protein Concentrate ( <b>Milk</b> protein), Modified Food Starch (1442), Spices, Beef Extract, Hydrolysed Maize Protein, Mineral Salt (451), Cheese (Cheese (pasteurised <b>Milk</b> , cheese cultures), salt, enzymes, <b>Cream</b> , water, food acids 330 331, lecithin ( <b>Soy</b> ), food colour 160A, B, C E), Sauce (Concentrated Tomato (77%), Sugar, Salt, Food Acid (260), Natural Flavour)
Slider- Vegetarian	Bun- (Flour [ <b>Wheat</b> Flour, Thiamine, Folic Acid], Butter, Water, <b>Egg</b> , Sugar, Yeast, <b>Wheat</b> Gluten, <b>Milk</b> Powder, Salt, Improver [Emulsifier (472 e), Anti-caking agent (170), Antioxidant (300)], Enzyme, Glaze [Vegetable protein, Vegetable oil, Dextrose, Maltodextrins, starch]), Cheese (Cheese (pasteurised <b>Milk</b> , cheese cultures), salt, enzymes, <b>Cream</b> , water, food acids 330 331, lecithin ( <b>Soy</b> ), food colour 160A, B, C E), Sauce (Concentrated Tomato (77%), Sugar, Salt, Food Acid (260), Natural Flavour), Patty (Corn (38%), <b>Creamed</b> Corn (18%) [Sweetcorn, Water, Thickener (1412), Salt], <b>Wheat</b> Flour (Thiamin, Folic Acid), Rice Flour, Tasty Cheese (6%) [ <b>Milk</b> , Salt, Starter Culture, Enzyme, Vegetarian Rennet, Anti-caking Agent (460)], Butter [ <b>Cream</b> , Water], <b>Egg</b> , Parmesan Cheese (3 %) [ <b>Milk</b> , Salt, Cultures, Enzyme]), <b>Milk</b> Powder, Baking Powder [Corn Starch, Raising Agents (500, 541, 341)], Parsley, Red Capsicum, Lemon Juice [Reconstituted Lemon Juice, Antioxidant (300), Preservative (223)], Salt, Sugar, Black Pepper, Chilli Flakes, Canola Oil)
Soya crisps	<b>Wheat</b> Starch, Sunflower Oil, <b>Soya</b> Bean Solids (18%), Sugar, Barbecue Flavour (Maltodextrin, Vegetable Powders (Onion, Tomato) (20%), Salt, Sugar, Yeast Extracts, <b>Milk</b> Solids, Spices, Flavours, Vegetable Oil, Spice Extract (Paprika), Anti-Caking Agent (341, 551), Acidity Regulator (330)), Sea Salt, Onion Powder, Malt Extract (from Barley), <b>Soya</b> Sauce Powder (contains <b>Soya</b> Bean, <b>Wheat</b> Flour), Garlic Powder, Chives.
Spaghetti and Cheesy Dip-Its	Spaghetti (Pasta (40%) (Durum <b>Wheat</b> Semolina, Water), Tomato (39%) (Water, Tomato Paste (7%)), Water, Sugar, Thickener (1422), Salt, Natural Flavouring, Acidity Regulator (330)), Dip-Its- Bread( <b>Wheat</b> Flour, Water, Yeast, Canola Oil, Sugar, Iodised Salt, Dextrose, <b>Wheat</b> Gluten, <b>Soy</b> Flour, Acidity Regulator (262), Natural Flavour, Emulsifiers (471, 481, <b>Soy</b> Lecithin), Colours (160a, 101), Vitamins (Thimain, Folic Acid)), Cheese (40% Monterey Jack (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes), 40% Natural Cheddar Cheese (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes, Annatto Colour), 10% Asadero (Pasteurized Cultured <b>Milk</b> , Salt Enzymes), 10% Queso Quesadilla (Pasteurized Cultured <b>Milk</b> , Salt Enzymes))

Item	Ingredients
Spaghetti Meatballs	Durum <b>Wheat</b> Semolina, Beef (48%), <b>Soy</b> Protein [Contains Colour (150d), Preservative (223), Emulsifier (322)], Water, Tomato Paste [Tomato, Acidity Regulator (330)], Vegetable Oil (Canola) [Contains Antioxidant (320)], <b>Wheat</b> Cereal, Salt, Dehydrated Vegetable, Mineral Salt (451), Tomatoes (from Paste, Food Acid (Citric)) 89%, Sugar, Onion, Thickener (Modified Cornstarch), Garlic, Salt, Basil 0.5%, Food Acid (Citric), Pepper, Fenugreek, Fennel
Spaghetti Wontons	Pasta (40%) (Durum <b>Wheat</b> Semolina, Water), Tomato (39%) (Water, Tomato Paste (7%)), Water, Sugar, Thickener (1422), Salt, Natural Flavouring, Acidity Regulator (330), <b>Wheat</b> Flour, Water, tapioca starch, salt, preservative (202), color (110, 102), flour treatment (300)
Spinach and Cheese Triangles	Fillo pastry (36%) [ <b>Wheat</b> flour ( <b>Wheat</b> flour, thiamine and folic acid), water, <b>Wheaten</b> cornflour, salt, canola oil, preservative (202), anticaking agent (341)], ricotta cheese (30%) [cheese whey ( <b>Milk</b> , non-animal rennet, starter culture), <b>Milk</b> , salt, food acid (260, 276)], feta cheese (13%) [ <b>Milk</b> , salt, non-animal rennet and cultures], frozen spinach (9%), vegetable shortening [vegetable fats and oils, antioxidants (320, 310), colour (160a), flavour], <b>Wheaten</b> cornflour, canola oil, dried onion, pepper.
Spinach and Feta Spirals	Dough 50% ( <b>Wheat</b> Flour from E.U., Water, Mixture of Vegetable Oils (Corn Oil, Olive Pomace Oil, Sunflower Oil), Extra Virgin Olive Oil 3.5%, Salt, Dextrose), Filling 50% (Spinach 42%, Onion, Whey Cheese (Myzithra) 8.5%, Feta Cheese P.D.O. 8.5%, Mixture Vegetable Oils (Corn Oil, Pomace Oil and Virgin Olive Oil, Sunflower Oil), Breadcrumbs <b>Wheat</b> ( <b>Wheat</b> Flour, Water, Whole <b>Wheat</b> Flour, Rye Flour, Yeast, Salt, Barley Malt Flour, Sugar, Emulsifier (Diacetyltartaric and Fatty Acid Esters Of Glycerol), Antioxidant (Ascorbic Acid), Pasteurized <b>Egg</b> , Salt, Dill, Garlic Powder)
Sprinkle cookies	<b>Wheat</b> Flour, Pink Icing (23%) [Sugar, Vegetable Fat (Palm Fat**, Emulsifiers (492, <b>Soy</b> Lecithin)), <b>Milk</b> Solids, Emulsifier ( <b>Soy</b> Lecithin), Natural Flavour, Natural Colour (Betanin)], Vegetable Fat [Palm Fat**, Antioxidant (307b <b>Soy</b> )], Sugar, 100's & 1000's (9%) [Sugar, Maize Starch, Maltodextrin, Thickener (1422), Natural Colours (Spirulina Extract, Curcumin, Betanin)], Inverted Sugar Syrup, Raising Agents (500, 450), Whey Powder, Salt, Emulsifier ( <b>Soy</b> Lecithin), Natural Flavours, Natural Colour (Carotene)
Squid Rings	Squid (51%), <b>Wheat</b> Flour, Vegetable Oil, Water, Yeast, Salt, <b>Wheat</b> Starch, Sugar, Maize Starch, Emulsifiers (471,481,472E), Mineral Salts (450,451), Colour (160B-Spice Extract Annatto), <b>Soya</b> Bean Flour, Acidity Regulators (262, 341), Vegetable Gums (401), Gluten.
Strawberries	Strawberries
Strawberry Rice Pudding	Rice, <b>Milk</b> , Skim <b>Milk</b> , Sugar, Salt, Acidity Regulator (339), Natural Vanilla Flavour, Strawberry Topping (Water, Sugar, Strawberries, Maize Thickener (1442), Food Acid (296), Strawberry Flavour, Vegetable Gum (415, Contains Traces of <b>Soy</b> ), Preservatives (202, 223), Colours (124, 122))
Sultanas	Sultanas (99%), Cottonseed Oil (1%)
Sweet n Sour Chicken	Chicken Breast, Long Grain Rice, Water, sugar, vegetables (10%) [carrot (6%), capsicum (2%), onion (2%)], vinegar, pineapple juice (8.5%) (from concentrate), thickener (1422), salt, sherry, tomato paste, food acid (acetic), colours (160c, 120), Pineapple
Tartare Sauce	Water, Sunflower Oil (contains Antioxidant (320)), Gherkin, Sugar, Vinegar, Capers, Salt, Onions, <b>Egg</b> , Thickeners (1422, 1403), Food Acid (260), Mustard, <b>Milk</b> Solids, Vegetable Gum (415), Spice Extracts, Flavour, Preservative (202), Mineral Salt (341).
Teriyaki Fried Rice	Long Grain Rice, peas, corn, carrot), water, sugar, salt, Sauce ((Brewed – Water, <b>Soy</b> beans, <b>Wheat</b> and Salt), Water, Sugar, Alcohol, Flavour Enhancer (621), Acidity Regulator (270), Salt, Spices Extract, Flavour Enhancer (635))

Item	Ingredients
Tiny Teddys	<b>Wheat</b> Flour, Sugar, Vegetable Oil (Contains <b>Soy</b> ), <b>Milk</b> Solids, Cocoa Butter, Butter (Contains <b>Milk</b> ), Vegetable Fibre, Cocoa Mass, Honey, Salt, Golden Syrup, Emulsifiers ( <b>Soy</b> Lecithin, E476), Baking Powder, Flavour.
Tomato and cheese sandwich	Tomato, Cheese (Cheese (pasteurised <b>Milk</b> , cheese cultures), salt, enzymes, <b>Cream</b> , water, food acids 330 331, lecithin ( <b>Soy</b> ), food colour 160A, B, C E) Bread ( <b>Wheat</b> Flour, Water, Baker's Yeast, Vinegar, Iodised Salt, Canola Oil, <b>Soy</b> Flour, Emulsifiers (481, 472e, 471), Vitamins (Thiamin, Folate)) Margarine (Vegetable Oil (including Canola Oil 41%), Water, Salt, Emulsifiers (471, <b>Soy</b> Lecithin), Preservative (202), Citric Acid, Vitamins A & D, Natural Colour (beta-carotene), Natural Flavour)
Tomato Pasta	Durum <b>Wheat</b> Semolina, <b>Wheat</b> Flour, Tomatoes (73%) (reconstituted), tomato paste (16%), onion, sugar, salt, garlic (0.5%), herbs (basil, fennel, oregano, bay leaf), black pepper, food acid (citric)
Tomato Sauce	Water, Tomato Paste (contains Food Acid (330)), Sugar, Vinegar, Salt, Thickener (1422), Vegetable Gum (415), Spices
Tortellini Skewers and pizza dip	Pasta (60%), <b>Wheat</b> Flour, Water, Pasteurised <b>Egg</b> , Gluten Powder, Filling; (40%), Beef, Textured Vegetable Protein; ( <b>Soy</b> ), Water, Onion, Carrot, Breadcrumbs; ( <b>Wheat</b> ) Parmesan Cheese; ( <b>Milk</b> ), Beef Seasoning; (Salt, Sugar, Rice Flour, Burnt Sugar, Hydrolysed Vegetable Proteins (Maize), Yeast extract, Beef flavour, Tomato powder, Canola Oil, Spice Extracts, Ground Spices, Activated Charcoal), Garlic Powder, Salt, White Pepper, Black Pepper, Nutmeg, Pizza Sauce (Tomatoes (95%), (Tomato Paste, Water), Salt, Garlic (0.85%), Onion, Acid Regulator (Acetic Acid), Oregano, Basil (0.25%), Natural Flavour)
Tortellini Skewers and pizza dip- Vegetarian	Durum <b>Wheat</b> Flour, Water, <b>Egg</b> , Gluten powder, Spinach powder , Colour; ( 102,133) , Maize starch , Breadcrumbs; ( <b>Wheat</b> , Salt, Yeast, Water), Ricotta Cheese; (( <b>Milk</b> ), Salt, Acetic Acid), Parmesan Cheese :( <b>Milk</b> ), <b>Milk</b> Powder, Seasoning; (Salt, Maize, Yeast, Sugar, Rice flour, Onion, Garlic, Canola oil, Black pepper), Pizza Sauce (Tomatoes (95%), (Tomato Paste, Water), Salt, Garlic (0.85%), Onion, Acid Regulator (Acetic Acid), Oregano, Basil (0.25%), Natural Flavour)
Twiggy sticks	Meat (95%), Salt, Starch (Tapioca), Spice & Spice Extracts, Dextrose, Antioxidant (316), Mineral Salt (451), Sodium Nitrate (250)
Twisties	Cereals (Corn, Rice), Canola Oil, Whey Powder ( <b>Milk</b> ), Maltodextrin, Cheese Powder (Barley, <b>Milk</b> ), Salt, Flavour Enhancer (621), Hydrolysed Vegetable Protein, Yeast Extract, Mineral Salt (Potassium Chloride), Flavours, Natural Colours (Paprika Extract), Food Acid (Lactic Acid).
Veg Brekky Wrap	<b>Wheat</b> 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, Cheese (40% Monterey Jack (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes), 40% Natural Cheddar Cheese (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes, Annatto Colour), 10% Asadero (Pasteurized Cultured <b>Milk</b> , Salt Enzymes), 10% Queso Quesadilla (Pasteurized Cultured <b>Milk</b> , Salt Enzymes)), <b>Egg</b> , Potato (91%), <b>Soy</b> oil, salt, dextrose, Tomato Puree (78%), Sugar, Salt, Food Acid (260), Natural Flavour
Veg Tortellini and Pizza Dip	Pasta (60%), <b>Wheat</b> Flour, Water, Pasteurised <b>Egg</b> , Gluten Powder, Filling; (40%), Beef, Textured Vegetable Protein; ( <b>Soy</b> ), Water, Onion, Carrot, Breadcrumbs; ( <b>Wheat</b> ) Parmesan Cheese; ( <b>Milk</b> ), Beef Seasoning; (Salt, Sugar, Rice Flour, Burnt Sugar, Hydrolysed Vegetable Proteins (Maize), Yeast extract, Beef flavour, Tomato powder, Canola Oil, Spice Extracts, Ground Spices, Activated Charcoal), Garlic Powder, Salt, White Pepper, Black Pepper, Nutmeg, Pizza Sauce (Tomatoes (95%), (Tomato Paste, Water), Salt, Garlic (0.85%), Onion, Acid Regulator (Acetic Acid), Oregano, Basil (0.25%), Natural Flavour)

Item	Ingredients
Veggie rounds	Tomato, cucumber, carrot, capsicum, celery
Veggie Spring Rolls	Vegetables (44.3%) (White Cabbage, Carrot, Green Sword Bean, Potato, Mushroom, Onion), <b>Wheat</b> Flour, Water, Palm Oil, <b>Sesame</b> Oil, Corn Starch, Salt, Sugar, Flavour Enhancer (621), Pepper Powder.
Veggie Sticks	Tomato, cucumber, carrot, capsicum, celery
Wafer Fingers	<b>Wheat</b> Flour, Vegetable Oil (Palm, Emulsifier (471), Antioxidant (307b)), Sugar, Lactose (from <b>Milk</b> ), Maltodextrin (Preservative (220)), Dextrose Monohydrate, Tapioca Starch (Preservative (220)), Emulsifier (322 from <b>Soy</b> ), Natural Vanilla Flavour, Salt, Natural <b>Milk</b> Flavour, Raising Agent (500, 450)
Watermelon	Watermelon
Yogurt	Skim <b>Milk</b> , Water, <b>Milk</b> Solids, Polydextrose, Thickeners (Modified Starch, Locust Bean Gum), Gelatine, Natural Flavours, Sweeteners (Acesulfame Potassium, Sucralose), Acidity Regulators (Citric Acid, Sodium Citrate), Yoghurt Cultures: S. Thermophilus & L. Bulgaricus
Yogurt and Fruit	Fruits (59%) (Pears, Peaches), Water, Sugar, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid) Yogurt (Skim <b>Milk</b> , Water, <b>Milk</b> Solids, Polydextrose, Thickeners (Modified Starch, Locust Bean Gum), Gelatine, Natural Flavours, Sweeteners (Acesulfame Potassium, Sucralose), Acidity Regulators (Citric Acid, Sodium Citrate), Yoghurt Cultures: S. Thermophilus & L. Bulgaricus)
Yogurt muesli bar	Whole Grain Cereals (47%) (Whole Grain Oats, Whole Grain <b>Wheat</b> ), Glucose Syrup ( <b>Wheat</b> ), Yoghurt Compound (12%) (Sugar, Vegetable Fat (Fully Hydrogenated Palm), Whey Powder, Yoghurt Powder, Emulsifier (Sunflower Lecithin), Acidity Regulator (Citric Acid)), Invert Syrup, Rice Flakes, Sunflower Oil, Oat Fibre, Raw Sugar, Strawberry (0.8%) (Concentrated Apple Puree, Concentrated Strawberry Puree (10%), Invert Sugar, Sugar, Humectant (Glycerin), <b>Wheat</b> Fibre, Gelling Agent (Pectin), Natural Flavour, Carrot Concentrate, Blackcurrant Concentrate, Acidity Regulator (Citric Acid)), Natural Flavours (Strawberry, Roasted Coconut), Humectant (Glycerin), This product contains 47% Whole Grains
Yogurt with Passionfruit	Skim <b>Milk</b> , Water, <b>Milk</b> Solids, Polydextrose, Thickeners (Modified Starch, Locust Bean Gum), Gelatine, Natural Flavours, Sweeteners (Acesulfame Potassium, Sucralose), Acidity Regulators (Citric Acid, Sodium Citrate), Yoghurt Cultures: S. Thermophilus & L. Bulgaricus. Passionfruit Pulp (41%), Water, Sugar, Passionfruit concentrate (9%), Vegetable gum (415), Preservative (202)
Zucchini Pie Wedges	Zucchini, Sweet Potato, <b>Wheat</b> Flour, <b>Egg</b> , Canola Oil, Cheese (40% Monterey Jack (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes), 40% Natural Cheddar Cheese (Pasteurized Cultured <b>Milk</b> , Salt, Enzymes, Annatto Colour), 10% Asadero (Pasteurized Cultured <b>Milk</b> , Salt Enzymes), 10% Queso Quesadilla (Pasteurized Cultured <b>Milk</b> , Salt Enzymes))