



BASScare Frozen Meal Ingredients list – June 2018

All meals are produced in a kitchen containing: nuts, fish, soy, milk, eggs, wheat, sesame seeds, lupin and shellfish.

Alphabetical order

Apple Strudels

Ingredients:

Apples, Sultana, Cloves, Sugar, Water, Gelit
(Thickening)

Apple & Rhubarb Crumble

Ingredients:

Apple, Rhubarb, Sugar, Crumb: (Oats, Brown Sugar,
Coconut, Butter)

Apple Streusel Cake

Ingredients:

Buttecake mix (Wheat Flour, Sugar, Vegetable Fat, {Vegetable oil, Emulsifiers (471, 477), Antioxidant (307)}, Milk
Solids, Vegetable oil,
Raising Agents (341,450,500), Whipping Agent {emulsifiers (472b,4770, glucose, Milk solids}, Thickener (1422),
Dextrose, Mineral Salt (327) Salt,
Emulsifier (481), Vegetable Gum (415), flavours (Contains Milk, Soy), Natural Colours (100,160a),
Canned of Apple Pie

Apricot Chicken

Ingredients:

Chicken Breast, Plain Flour, Salt & Pepper, Vegetable Oil, Cornflour, Apricot Nectar, Continental French Onion Soup

Baked Apples

Ingredients:

Diced Apples, Lemon Juice, Sultanas, Vanilla Essence, Brown Sugar, Oranges, Toasted Almonds, Mixed Spice

Baked Fish

Ingredients:

Bas Fillets, (or any White Fish), Salt, Pepper, Butter, Paprika (optional)

Baked Potato and

Toppings

Toppings

* Grilled garlic field Mushrooms

Ingredients:

Mushroom, Butter, Garlic, Parsley, Sour Cream, Pepper

*Roasted Ratatouille

Ingredients:

Banana Cake with Passionfruit

Icing

Ingredients:

Butter, Sugar, Vanilla Essence, Eggs, Ripe Bananas, Flour, Milk, Icing (Icing Sugar, Passionfruit pulp, Butter)

Battered Fish - Gummy Shark (Bought Item)

Ingredients:

Fish, Water, Wheat Flour, Thickener (1404), Rice Bran oil, Sugar, Rice Flour, Salt, Wheat Starch, Mineral Salt (541,500,450), Dextrose, Hydrolysed Vegetable Protein, Firming Agent, (516), Beer, Vegetable Gums (401, 412 & 415), Emulsifier (471), Herbs, Spices, Dehydrated Vegetable Powder

BBQ Beef Ribs

Ingredients:

Beef, Sauce (Water, Sucrose syrup, Tomato paste, vinegar, Malt extract, Salt, Honey, Sugar, Thickener, Spices, Vegetable powder, Colour, Vegetable Gum), Bread Crumbs (Flour, yeast, vegetable fibre, gluten, salt, vinegar, wheat bran, vegetable oil, rye flour, rye meal, semolina, cultured whey, dried acid whey, vegetable gum. Sugar, emulsifier, soy flour, preservatives, vitamin (thiamine), water added), textured vegetable protein, soy protein concentrate, salt, spices, flavour enhancers, Worcestershire sauce powder, sugar, soy sauce powder, wheat starch, animal fat, maltodextrin, yeast extract, colour, onion powder, food acids, mineral salts, cottonseed oil

Beef

Bourguignon

Ingredients:

Beef, Oil, Butter, Onion, Mushroom, Bacon, Garlic, Flour, Beef Stock, Red Wine, Bay Leaves, Brown Sugar, Oregano

Beef Lasagne

Ingredients:

Beef mince, Garlic, Onion, Oil, Tomato paste, Oregano, Tomato crushed, Beef Stock, Lasagne Sheet, Cheese, Paprika, Parsley, Seasoning, Butter, Flour, Milk

Beef Pot Roast

Ingredients:

Beef Top Side, Seasoning, Condensed Tomato Liquid, Potatoes

Beef Rissoles

Ingredients:

Lean Beef Mince, Breadcrumbs, Eggs, Seasoning, Oregano, Parsley, Pepper

Beef & Barley

Soup

Ingredients:

Margarine, Beef, Barley, Carrots, Onions, Cabbage, Celery, Leek, Potato, Beef Stock, Seasoning

Beef & Potato Hot Pot

Ingredients:

Diced Beef, Beef Stock, Onion, Bacon Rashers, Potatoes, Thyme, Tomato paste, Parsley, Flour

Beef Risoles

Ingredients:

Lean Beef Mince, Breadcrumbs, Eggs, Seasoning, Oregano, Parsley, Pepper

Beef Stroganoff

Ingredients:

Oil, Beef Strips, Onion, Flour, Tomato Paste, Beef Stock, Mushroom, Sour Cream, Seasoning, Parsely

Bread & Butter Pudding

Ingredients:

Fruit Bread Slices, Butter, Jam, Mix (Eggs, Milk, Sugar, Vanilla, Cinnamon)

Broccoli & Bacon Soup

Ingredients:

Onion, Celery, Leek, Potato, Cream, Zucchini, Broccoli, Nutmeg, Vegetable Stock, Bacon, Seasoning, Thyme, Basil, Parsley

Broccoli & Cheese Soup

Ingredients:

Margarine, Onion, Carrot, Celery, Potato, Leek, Garlic, Chicken Stock, Milk, Broccoli, Cheese Parsley

Butter Chicken

Ingredients:

Onion, Crushed Tomato, Cream, Butter, Graham Masala Powder, Cumin Ground, Salt, Ginger, Garlic, Fenugreek Leaves, Whole Cardamom, Whole Cloves, Chicken Tandoori Paste, Yoghurt, Rice, Water, Yellow colour

Butterfly Cake

Ingredients:

Buttecake mix (Wheat Flour, Sugar, Vegetable Fat, {Vegetable oil, Emulsifiers (471, 477), Antioxidant (307)}, Milk Solids, Vegetable oil, Raising Agents (341, 450, 500), Whipping Agent {emulsifiers (472b, 4770, Emulsifier (481), Vegetable Gum (415), Flavours (Contains Milk, Soy), Natural Colours (100, 160a), Jam, Cream

Butterscotch

Sauce

Ingredients:

Brown Sugar, Butter, Cream

Carrot & Ginger Soup

Ingredients:

Olive Oil, Onion, Ginger, Garlic, Carrots, Chicken Stock

Carrot Cake

Ingredients:

Cake Base [Wheaten Flour, Sugar, Baking Powder (mineral Salts, Wheaten Starch), Cinnamon, Salt, Vitamin Folate], Carrots, Eggs, Vegetable Oil,
-Pineapple (optional)

Frosting Ingredients: Butter, Cream Cheese, Lemon rind,
Icing Sugar

Cauliflower Soup

Ingredients:

Cauliflower, Onion, Green Capsicum, Butter, Turmeric, Chicken Stock, Corn Flour,
Milk, Parsley, Thyme

Cheesy Potato & Chicken Casserole

Ingredients:

Cheesy Potato (Potato, Milk, Cream, Butter,
Cheese)

**Chicken a La
King**

Ingredients:

Chicken, Margarine, Onion, Red Capsicum, Flour, Chicken Stock, Milk,
Cream, Seasoning

Chicken Cordon Bleu

Ingredients:

Chicken, Ham, Cheese, Egg, Flour, Panko
Crumbs

**Chicken
Fricassee**

Ingredients:

Flour, Chicken, Oil, Onions, Carrots, Garlic, White Wine, Chicken Stock, Tarragon leaves, Cream, Lemon Juice,
Thyme, Seasoning

Chicken Frittata

Ingredients:

Eggs, Cream, Milk, Chicken, Cheese, Parsley,
Seasoning

**Chicken Kiev (Bought
Item)**

Ingredients:

Chicken, Flour (Wheat [Contains Vitamin (Thiamine, Folic Acid), Rye, Maize, Soy) Butter (Cream, Salt,
Water), Water,

[Contains Preservative (223), Emulsifier (322)], Vegetable Oil (Canola) [Contains Antioxidant*320)],Thickener (1404),
(Soy, Maize)

Chicken

Marsala

Ingredients:

Chicken, Olive oil, Sherry, Cream, White Sauce [Butter, Flour, Milk, Vegetta]

Chicken Pilaf

Ingredients:

Butter/Oil, Curry Powder, Cumin Powder, Coriander Powder, Chicken, Cauliflower, Red Capsicum, Spring Onion, Peas, Rice, Chicken Stock

Chicken & Sweet Corn

Soup

Ingredients:

Chicken Stock, Garlic, Creamed Corn, Corn Kennels, Spring Onion, Sesame Oil, Chicken, Soy Sauce

Chicken Salad

Sandwiches

Ingredients:

White or Wholemeal Bread, Chicken Breast, Celery, Parsley, Whole Egg Mayonnaise, Sour Cream, Seasoning, Spring Onions (Optional)

Chicken

Schnitzel

Ingredients:

Chicken, flour, Water Vegetable oil, Salt, Soy protein, Thickener, Yeast, Sugar, Spices, Iodised Salt, Wheat, Fibre, Vegetable Gum, Hydrolysed vegetable protein (soy, maize)

Chicken Strips (Bought Item)

Ingredients:

Chicken, flour, water, vegetable oil, salt, thickeners, pepper, sugar, soy protein, gluten, egg white, dextrose, mineral salts, yeast, yeast extract, maltodextrin, hydrolysed vegetable protein, (soy, maize), milk powder, soy sauce (soy, wheat), acidity regulators, emulsifier, vegetable powders, (garlic, onion) natural colours

Chicken & Vegetable Soup

Ingredients:

Margarine, Onion, Carrots, Celery, Leeks, Potato, Cabbage, Red Lentils, Chicken or Vegetable Stock, Chicken, Seasoning

Chicken Vol au Vent

Ingredients:

Vol au Vent cases, Chicken, Chicken Stock, Bay Leaves, Thyme, Olive Oil, Garlic, Shallots, White Wine, Corn Flour, Water, Cream, Spring Onion, (Bacon/Mushroom optional)

Chips (bought Item)

Ingredients: Potato (96.9%), Vegetable Oil (3.1%)

Chocolate Ice-cream

Ingredients: Water, Fresh Cream, Liquid Sugar, Fresh Milk, Milk Solids, Maltodextrin (Maiz), Cocoa Solids, Emulsifier (471)

Thickeners (412, 415, 410, 407a)

Add flavours eg: Berry Coulis, Chocolate Sauce, Oreo Cookies, Caramel Sauce, Dark Chocolate bits, White Chocolate and berries

Chocolate Ice Cream in Cone

Cone Ingredients: Wheat Flour, Wheaten Corn Flour, Oat Fibre, Sugar, Vegetable Oil, Emulsifier (Soy Lecithin, 322), Salt, Mineral Salt (500),

Natural Colour

Chocolate Ice-cream Ingredients: Water, Fresh Cream, Liquid Sugar, Fresh Milk, Milk Solids, Maltodextrin (Maize), Cocoa Solids, Emulsifier (471)

Emulsifier (471)Thickeners (412,415, 410, 407a)

Chocolate Icing Sauce

Ingredients:

Icing Sugar, Cocoa Powder, Water, Butter

Chocolate

Mousse

Ingredients:

Skim Milk, Whipping Agent [Vegetable Fat, Glucose Syrup (from Wheat), Emulsifier (472b), Milk Protein, Stabiliser (401)], Sugar,
Gelatine (contains Sulphites), Mineral Salt (341)(From Milk), Stabilisers (407, 450, 339)
Colour (150a), Flavour

Chopped Jelly & Ice cream

Jelly Crystals (Sugar, Gelatine (Beef Origin), Preservative [220], Acidity Regulators (297,331), Flavour, Sweeteners (952,950), Colours (102, 133),
Food Acid (330)

Cinnamon Tea

Cake

Ingredients:

Buttecake mix (Wheat Flour, Sugar, Vegetable Fat, {Vegetable oil, Emulsifiers (471, 477), Antioxidant (307)}, Milk Solids, Vegetable oil, Emulsifier
Raising Agents (341, 450, 500), Whipping Agent {emulsifiers (472b, 4770, glucose, Milk solids}, Thickener (1422),
Dextrose, Mineral Salt (327), Salt,
Soy), Natural Colours (100, 160a),
Cinnamon, Sugar

Cottage Pie

Ingredients:

Beef Mince, Soy Sauce, Worcestershire Sauce, garlic, Bay leaves, Beef
Stock, Seasoning

Cream of Chicken

Ingredients:

Margarine, Onion, Carrot, Celery, Potato, Chicken or Vegetable Stock, Milk, Chicken Meat, Seasoning, Cream

Cream of Tomato Soup

Ingredients:

Carrot, Celery, Onion, Margarine, Flour, Tomato Puree, Condensed Tomato Soup, Chicken or Vegetable Stock, Seasoning, Cream,

(V8 Juice: Tomato, Carrot, Celery, Beetroot, Parsley, Lettuce, Watercress, Spinach, Salt, Vitamin C, Food Acid (Citric Acid), Natural Flavours)

Cream of Vegetable Soup

Ingredients:

Potato, Leek, Carrot, Celery, Capsicum, Parsley, Butter, Vegetable Stock, Cream, Salt, Pepper

Creamy Tomato Soup

Ingredients:

Condensed Tomato Soup, (V8 Juice: Tomato, Carrot, Celery, Beetroot, Parsley, Lettuce, Watercress, Spinach, Salt, Vitamin C,

Food Acid (Citric Acid), Natural Flavours), Cream, Fresh Parsley

Crème Caramel

Ingredients:

Panna cotta mix (Sugar, Dextrose, Whipping Agent [Glucose Syrup, Vegetable Fat, Emulsifiers, Milk Protein, Stabilisers, Flavour, Milk, Cream),
Crème Caramel Sauce (Sugar, Water, Natural Caramel Colour)

Crumbed Fish

Ingredients:

MSC Certified Alaskan Pollock, Batter [Water, Wheat Flour, Corn Flour, Sugar, Salt, Mineral Salts (450,500)], Crumb [Wheat Flour, Vegetable oil, Dextrose, Salt, Yeast], Predust [Wheat Flour, Thickeners, (1404,1420), Salt, Rice Flour, Sunflower Oil, Soy Flour], Soybean Oil

Deville Lamb

Chop

Ingredients:

Lamb Chops Chump, Onion, Tomato Relish, Worcestershire Sauce, Brown Sugar, White Vinegar, Soy Sauce, Salt & Pepper, Gravy

Finger Food

Ingredients:

· Spring Rolls (Vegetable Fillings (50%), [Edamame, (Soy bean, Salt). Vegetables (Cabbage, Carrot, Spring Onion), Vermicelli, Hoisin Sauce (Soy bean ,Wheat, Sesame, Colours (150a, 129)] Soy Sauce, Coriander, Canola Oil, Antioxidant (320)), [Sesame Oil, Basil, Ginger, Red Chilli, Salt,

Pancake [Water, Wheat Flour, Baking Powder,
Canola Oil,

· Dim Sims (Cabbage, Selected Meat [Mutton, Chicken], Wheat Flour, Wheat Starch, Water, Sugar, Salt, Garlic Powder,
Onion, Pepper,
Flavour Enhancer (621).

Flummery

Ingredients:

Jelly Crystals (Sugar, Gelatine (Beef Origin), Preservative [220], Acidity Regulators (297,331), Flavour, Sweeteners
(952,950), Colours (102, 133),
Food Acid (330), Water,
Evaporated Milk

French Vanilla & Banana

Mousse

Ingredients:

Skim Milk, Sugar, Whipping Agent [Vegetable Fat, Glucose Syrup Solids, Emulsifier, Milk Protein, Stabiliser], Skim Milk
Powder, Gelatine, Mineral
Salt, Flavours, Colour, Milk, Fresh
Bananas

Frosting/Icing

Ingredients:

Butter, Cream Cheese, Lemon rind, Icing
Sugar

Fresh Fruit

Salad

Ingredients:

Watermelon, Honey Dew, Rock Melon, Strawberry, Kiwi, Pineapple (may vary depending on Season)

Fruit Danish

Apple & Sultanas or Apricot, Wheat Flour, Sugar, Butter, Milk, Egg, Thickener (1412), Margarine, Vegetable Oil, Yeast, Vegetable Gums (414, 415), Salt, Emulsifiers (Vegetable – 471 Soy, 475), Glucose Syrup, Raising Agents (450, sodium Bicarbonate), Gelatine, Citric Acid

Fruit Jelly

Ingredients:

Tin Fruits, Jelly Crystals (Sugar, Gelatine (Beef Origin), Preservative [220], Acidity Regulators (297,331), Flavour, Sweeteners (952,950), Colours (102, 133), Food Acid (330)

Contains Sulphites & Phenylalanine

Ginger Cake

Ingredients:

Brown Sugar, Flour, Bicarbonate Soda, Ground Ginger, Ground Cinnamon, Ground Nutmeg, Butter, eggs, buttermilk, Golden Syrup

Ham & Cheese

Croissant

Ingredients:

Croissant (Wheat Flour, Butter, Water, Milk Solids, Sugar, Yeast, Salt), Ham, Cheese

Homemade

Custard

Ingredients:

Custard Powder, Milk, Sugar, (brandy optional)

Homemade

Pavlova

Ingredients:

Eggs, Sugar, White Vinegar, Vanilla Essence

Homemade Spinach & Cheese

Bake

Ingredients:

Eggs, Cream, Milk, Frozen Spinach, Tasty Cheese

Homemade Sausage

Rolls

Ingredients:
puff pastry,
Beef mince, Sausage mince, seasoning,

Homemade Tuna

Patties

Ingredients:
Tuna pouch, Potato, Eggs, Seasoning, Bread
Crumbs, Oil

Ice Cream in

Cone

Cone Ingredients: Wheat Flour, Wheaten Corn Flour, Oat Fibre, Sugar, Vegetable Oil, Emulsifier (Soy Lecithin, 322),
Salt, Mineral Salt (500),
Natural Colour

Vanilla Ice Cream Ingredients: Sucrose, Glucose, Skim Milk Powder, Maltodextrin, Cream, Vegetable Gums, Vegetable
Emulsifiers, Flavour,
Water

Jelly with

Cream

Ingredients:
Jelly Crystals (Sugar, Gelatine (Beef Origin), Preservative [220], Acidity Regulators (297,331), Flavour, Sweeteners
(952,950), Colours (102, 133),
Food Acid (330), Water

Lamb Cutlets

Ingredients:

Lamb Cutlets, Olive oil, Garlic, Fresh Herbs (Rosemary, Parsley, Thyme), Seasoning (Salt, Pepper)

Lamb Cutlets

Ingredients:

Lamb Cutlets, Salt, Pepper, Garlic, Rosemary, Thyme

Lamb & Vegetable Stew

Ingredients:

Oil, Lamb, Carrot, Potato, Pumpkin, Brown Stock, Seasoning, Parsley

Lamington

Ingredients:

Sponge Cake Mix [Wheat Flour, Sugar, Emulsifier, Mineral Salt, Milk Solid Non-Fat, Iodised Salt, Whey Protein, Vegetable Gum, Colour],

Water, Eggs

Chocolate Icing Sauce Ingredients: Icing Sugar, Cocoa Powder, Water, Butter

Lemon Tart

Ingredients:

Eggs, Sweet condensed milk, Fresh Lemons

Lumberjack

Cake

Ingredients:

Apples, Dates, Bicarb Soda, Water, Butter, Vanilla, Sugar, Eggs, Flour, Topping: Butter, Brown Sugar, Milk, Coconut

Macaroni Bolognaise

Sauce

Ingredients:

Beef mince, Garlic, Onion, Oil, Tomato paste, Oregano, Tomato crushed, Beef Stock, Macaroni, Seasoning

Macaroni

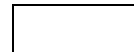
Meatballs

Ingredients:

Macaroni, Minced Beef, Garlic, Parsley, Onions, Breadcrumbs, Eggs, Vegetable Oil, Diced Tomato, Crushed Tomato, Condensed Tomato Soup, Beef Stock

Marble Cake

Ingredients:



Buttacake mix (Wheat Flour, Sugar, Vegetable Fat, {Vegetable oil, Emulsifiers (471,477), Antioxidant (307)}, Milk Solids, Vegetable oil, Raising Agents (341,450,500), Whipping Agent {emulsifiers (472b,4770, glucose, Milk solids}, thickener (1442), Dextrose, Mineral Salt (327), Salt, Emulsifier (481), Vegetable Gum (415), Flavours (Contains Milk, Soy) Natural Colours (100,160a), Food Colouring

Marinated Beef Roast

Ingredients:

Beef, Garlic, Lemon Juice, Olive oil, Dijon Mustard, Bay Leaves, Fresh Rosemary, Black Pepper

Marinated Beef Rissole

Ingredients:

Beef, Garlic, Lemon Juice, Olive oil, Dijon Mustard, Bay Leaves, Fresh Rosemary, Black Pepper

Meat Loaf

Ingredients:

Sausage Mince, Carrot, Zucchini, Seasoning (Salt, Pepper)

Meat Pies

Ingredients:

Water, Wheat Flour, Beef, Margarine, Vegetable Oil, Water, Salt, Emulsifiers (Soy Lecithin,417), Acidity regulators (331,330), Antioxidant (307b (soy)), Colour(160a), Thickeners(1442, 412), Salt, Seasoning, Flavour Enhancer(621), Sugar, Dehydrated Vegetables, Spices, Colour(150c), Mineral Salts(500,341), Emulsifier(481), Glaze(Maltodextrin(Wheat), Colour(160b)
Contain: Gluten (Wheat), Soy

Meat and Vegetable

Pastie

Ingredients:

Meat, seasoning,
vegetables

Minestrone

Soup

Ingredients:

Margarine, Onion, Celery, Carrot, Leek, Cabbage, Garlic, Oregano, Tomato Paste, Chicken or Vegetable Stock, Tomatoes, Macaroni, Parsley, Parsley, Seasoning, Parmesan Cheese

Moussaka

Ingredients:

Lamb & Beef Mince, Onion, Oil, Napoli Sauce, Milk, Liquied Stock, Flour, Butter, Milk, Cheese

Mulligatawny

Soup

Ingredients:

Margarine, Onion, Carrot, Celery, Garlic, Curry Powder, Potato, Tomato Puree, Pie Apple, Beef Stock, Seasoning, Rice, Chicken

Mushroom

Soup

Ingredients:

Onion, Celery, Leek, Potato, Mushroom, Chicken Stock, Milk, Cream, Butter, Seasoning

Mushy Peas

Ingredients:

Peas, Butter, Cream, Salt & Pepper

Navarin of Lamb

Ingredients:

Lamb, Butter, Oil, Flour, Garlic, Beef Stock, Tomato Puree, Onion, Parsley, Carrot, Rosemary

Panna cotta

Ingredients:

Sugar, Dextrose, Whipping Agent [Glucose Syrup, Vegetable Fat, Emulsifiers, Milk Protein, Stabilisers, Flavour, Milk, Cream

Passionfruit Sponge

Cake

Ingredients:

Corn Flour, Sugar, Eggs, Butter, Icing (Icing Sugar, Passionfruit Pulp, Butter)

Pea & Ham

Soup

Ingredients:

Leek, Split Peas, Carrot, Celery, Garlic, Meaty Ham
Bone

Pineapple Upside-Down

Cake

Ingredients:

Butter, Brown Sugar, Pineapple Rings, Cherries glaze, Caster Sugar, Eggs, Vanilla Essence, flour,
Desiccated Coconut
sugar, parmesan, cheese (mik, tapioca starch, cultures, rennet, salt) cheese (milk, salt,
starter culture, enzyme),
breadcrumbs (wheat flour, sugar, yeast, canola oil,), preservatives, garlic concentrate), Tomato
Puree, Napoli Sauce,
Tasty Cheese, Mozzarella Cheese, Ham,
Pineapple

Poached

Apricots

(Tinned
Apricots)

Potato Gems

Ingredients:

Scallop
Potatoes

Potato & Leek

Soup

Ingredients:

Onion, Margarine, Celery, Leek, Potato, Chicken or Vegetable Stock, Milk,
Seasoning

Pork Sausages

Ingredients:

Pork, Fennel, Seasoning

Pumpkin Soup

Ingredients:

Margarine, Onion, Garlic, Carrots, Celery, Leek, Sweet Potato, Potato, Pumpkin, Chicken or Vegetable
Stock, Milk, Seasoning

Quiches

* Egg & Bacon

Ingredients:

Eggs, Cream, Salt, Pepper, Puff Pastry, Bacon Rashers,
Spring Onion

* Cheese &

Broccoli

Ingredients:

Eggs, Cream, Salt, Pepper, Puff Pastry, Broccoli, Grated
Cheese

* Ham &

Spinach

Ingredients:

Eggs, Cream, Salt, Pepper, Puff Pastry, Ham,
Cheese, Spinach

Quiche Lorraine

Ingredients:

Pastry (Puff or Short Crust), Bacon, Cheese, Onion, Eggs, Milk, Seasoning,
Garden Salad

Rice Pudding

Ingredients:

Rice, Milk (coconut milk optional), Butter, Sugar, Ground Cardamon, Ground
Cinnamon, Cream

Roast Chicken

Ingredients:

Chicken Breast, Olive Oil, Seasoning, - Chicken
Gravy, Parsley

Roast Lamb

Ingredients:

Lamb, Herbs, Seasoning, Rosemary,
Gravy

Roast Pork & Apple

Sauce

Ingredients:

Pork leg, Apple Sauce, Gravy,
Seasoning

Roast Sweet Potato

Soup

Ingredients:

Olive oil, Leeks, Ground Cumin, Ground Cinnamon, Sweet Potato, Carrots, Vegetable Stock,
Cream, Seasoning

Roast Turkey

Ingredients:

Turkey breast, water, salt, soy protein, dextrose, Thickener mineral salts, wood smoke
flavour, emulsifier,
acidity regulator, colour and canola oil contains: soy and
sulphites

Rosemary Crumbed Lamb Pattie

Ingredients: Lamb Meat, Breadcrumbs, Rosemary,
Garlic

Salad

Ingredients: Iceberg Lettuce, Mix Lettuce, Cucumber,
Carrot, Tomato

Salmon

Ingredients:

Salmon fish, seasoning

Salmon & Vegetables Pattie (Bought Item)

Ingredients:

Vegetables (Onion, Corn, Carrot, Broccoli), Water, Breadcrumbs [Wheat Flour, Yeast, Salt, Vegetables Fibre, Soy Flour, Emulsifier (472),

Flour Treatment Agent (300)], Batter [Water, Thickeners (1404, 412), Hydrolysed Vegetable Protein, Herbs & Spices], Salmon, Potato Flakes, Vegetable Oil, Seasonings, Cheese

Scallop

Potatoes

Ingredients: Potatoes, Milk, Cream, Tasty Cheese, Salt & Pepper

Seasonal Fruit

(Tin Fruit)

Seasonal Fruits

Ingredients:

Watermelon, Cantaloupe, Honey Dew, Mandarins

Shepard's Pie

Ingredients:

Oil, Onion, Tomato Paste, Worcestershire Sauce, Flour, Beef Stock, Seasoning, Mashed Potato, Milk

Spanish

Omelette

Ingredients:

Potato, White fish, Eggs, Broccoli, Hollandaise
Sauce

(Vegetable oil [Palm fruit, canola seed], Water, Egg yolk, Lactic Acid, Thickener, Flavourings, Dextrose),

Allergen:contains Wheat gluten,
cow's milk, egg

Spiced Poached Fruits Served with Yoghurt

Ingredients:

Tin Fruit, Cinnamon, Mix Spiced

Yoghurt Ingredients: Milk, Skim Milk Powder,
Culture

Sticky Date

Pudding

Ingredients:

Dates, Water, Bicarb Soda, Eggs, Vanilla, Butter, Flour, Brown Sugar, Baking Powder,
Cinnamon, Butter Scotch Sauce Ingredients: Brown Sugar, Butter, Cream

Strawberry Ice Cream

Ingredients: Milk, Sugar, Cream, Maltodextrin (Maize), Vegetable Gum, Emulsifier, Colour, Flavour

Swedish Meat

Balls

Ingredients:

Beef Mince, Onion, Bread Crumbs, Parsley, Eggs, Worcestershire Sauce, Salt, Vegetable oil, Cream of Celery soup, Water, Dill Pickles Gherkins

Sweet Potato

Soup

Ingredients:

Olive oil, Leeks, Ground Cumin, Ground Cinnamon, Sweet Potato, Carrots, Vegetable Stock, Cream, Seasoning

Toasted Ham & Cheese

Sandwiches

Ingredients:

White or Wholemeal Bread, Margarine, Ham, Cheese Slice

Tomato Pie

Ingredients: Onion, Tomato, Breadcrumbs, Salt, Pepper

Traditional Corned Beef

Ingredients:

Corned Silverside, Water, Onion, Carrot, Whole Peppercorn, Vinegar, Bay leaves, Cloves

Trifle

Ingredients:

Sponge Cake (Flour, Eggs, Sugar, Butter), Raspberry Jam, Lemonade, Sherry, Homemade Custard, Red Jelly, Fresh Cream

Tuna Mornay (No Pasta)

Ingredients:

Tuna, Breadcrumbs, Butter, Flour, Milk, Cheese, Parsley, Oil, Lemon Rind

Turkey & Bacon Pie

Ingredients:

Oil, Turkey Breast, Bacon, Onion, Celery, Flour, Seasoning

UHT Custard

Ingredients:

Milk Sugar, Thickener, flavour, Vegetable Gum, Colours

Vanilla Ice

Cream

Ingredients:

Sucrose, Glucose, Skim Milk Powder, Maltodextrin, Cream, Vegetable Gums, Vegetable Emulsifiers, Flavour, Water

Zucchini Soup

Ingredients:

Margarine, Onion, Garlic, Carrots, Celery, Leeks, Potato, Zucchini, Chicken or Vegetable Stock, Cream Seasoning