

WEEK 1

Tuscan Chicken	chicken, onion, red capsicum, celery, garlic, diced tomato (<i>tomato (66% min), tomato juice, firming agent (509), food acid (330)</i>), white wine, chicken stock (<i>ocean sea salt, rice flour, maize, maltodextrin, cane sugar, yeast extract, natural vegetable flavours, dehydrated onion, disodium guanylate & inosinate, canola oil, chilli</i>), three bean mix, oregano, salt, pepper, oil, roast potato (<i>potato, paprika, salt, vegetable oil</i>), seasonal vegetables
Beef Canneloni	crepe (<i>premium Australian wheat flour, farm fresh whole eggs, water, milk solids, canola oil</i>), filling and sauces (<i>100% Australian beef, tomato, onion, carrot, soy protein, margarine, modified maize starch (1422), wheat flour, water, milk solids, breadcrumbs, cane sugar, garlic, basil, herbs, spices, salt & pepper</i>), mozzarella cheese, <i>matured parmesan cheese</i>). seasonal vegetables
Pork & Red Wine Ragu	pork, onion, carrot, celery, diced tomato (<i>tomato (66% min), tomato juice, firming agent (509), food acid (330)</i>), tomato paste (<i>concentrated tomato (98%), salt, food acid (citric)</i>), garlic, oregano, basil, red wine, parmesan cheese, salt, pepper, oil, roast potato (<i>potato, paprika, salt, vegetable oil</i>), seasonal vegetables
Moroccan Lamb	lamb, onion, potato, carrot, diced tomato (<i>tomato (66% min), tomato juice, firming agent (509), food acid (330)</i>), garlic, ginger, coriander powder, cumin powder, paprika, turmeric powder, coriander leaves, mixed dry fruit, pitted olives, salt, oil, cous cous, seasonal vegetables
Chicken with Peppers	chicken, bacon, onion, capsicum, garlic, diced tomato (<i>tomato (66% min), tomato juice, firming agent (509), food acid (330)</i>), lemon juice (<i>reconstituted lemon juice, preservative (223), antioxidant (300)</i>), mixed herbs, salt, pepper, oil, cous cous, seasonal vegetables

Sweet & Sour Fish	basa fish fillet, carrot, onion, celery, capsicum, pineapple, white vinegar, sweet & sour sauce (<i>water, sugar, vegetables (10%) (carrots, capsicum, onion), pineapple juice, vinegar, thickener (maize starch 1422), pineapple, tomato paste, salt, sherry, food acid (acetic), spice extract, colour (carmine)</i>), pineapple juice, oil, fried rice (<i>rice, mixed vegetables</i>)
Sausage Pie	beef sausages (<i>beef, rice flour, wheat flour, salt, sugar, wheat gluten, mineral salt, preservative, vegetable gum, colour, spice, antioxidant (306), hvp(maize)</i>), potato, onion, garlic, leeks, zucchini, chicken stock (<i>ocean sea salt, rice flour, maize, maltodextrin, cane sugar, yeast extract, natural vegetable flavours, dehydrated onion, disodium guanylate & inosinate, canola oil, chilli</i>), diced tomato (<i>tomato (66% min), tomato juice, firming agent (509), food acid (330)</i>), tomato paste (<i>concentrated tomato (98%), salt, food acid (citric)</i>), thyme, butter, salt, pepper, oil, seasonal vegetables
Mongolian Pork	pork, onion, green capsicum, carrot, ginger, garlic, soy sauce (<i>soy beans, wheat, salt, alcohol</i>), hoisin sauce (<i>soy bean, vinegar, spices, garlic, salt, sugar, water, starch, food colour (#122)</i>), rice vinegar (<i>wheat, sake lees, rice, prepared corn, alcohol</i>), pepper, oil, rice
Chicken & Vegetable Paella	chicken, chorizo (<i>pork, salt, oregano, nutmeg, dried garlic, wine</i>), rice, onion, leeks, diced tomato (<i>tomato (66% min), tomato juice, firming agent (509), food acid (330)</i>), peas, chicken stock (<i>ocean sea salt, rice flour, maize, maltodextrin, cane sugar, yeast extract, natural vegetable flavours, dehydrated onion, disodium guanylate & inosinate, canola oil, chilli</i>), paprika, saffron, salt, pepper, oil, seasonal vegetables

Chicken Chorizo Pasta	chicken, chorizo (<i>pork, salt, oregano, nutmeg, dried garlic, wine</i>), penne (<i>durum wheat, semolina</i>), onion, capsicum, cream, chilli flakes, shallots, tasty cheese, salt, pepper, oil, seasonal vegetables
Braised Pork with White Sauce	pork, onion, carrot, zucchini, white wine, cream, chicken stock (<i>ocean sea salt, rice flour, maize, maltodextrin, cane sugar, yeast extract, natural vegetable flavours, dehydrated onion, disodium guanylate & inosinate, canola oil, chilli</i>), bay leaves, thyme, paprika, salt, pepper, oil, mashed potato (<i>potato, milk, butter, salt</i>), seasonal vegetables
Beef Goulash	beef, mushroom, onion, potato, capsicum, garlic, diced tomato (<i>tomato (66% min), tomato juice, firming agent (509), food acid (330)</i>), parsley, beef stock (<i>ocean sea salt, maize, maltodextrin, rice flour, cane sugar, yeast extract, natural vegetable flavours, dehydrated vegetables (onion & garlic), disodium guanylate & inosinate, canola oil, caramelised sugar syrup (colour)</i>), sour cream, paprika, salt, pepper, oil, mashed potato (<i>potato, milk, butter, salt</i>), seasonal vegetables
Grilled Fish with Capers	basa fish fillet, onion, lemon juice (<i>reconstituted lemon juice, preservative (223), antioxidant (300)</i>), capers, cream, white wine, butter, salt, pepper, oil, roast potato (<i>potato, paprika, salt, vegetable oil</i>), seasonal vegetables
Mustard Lemon & Rosemary Chicken	chicken, dijon mustard (<i>vinegar, water, mustard flour(10.5%), brown mustard seeds (8.6%), salt, white mustard husk (2.6%),thickener (xanthan gum), preservative (sodium metabisulphite)</i>), rosemary, parsley, garlic, lemon rind, lemon juice, salt, pepper, oil, roast potato (<i>potato, paprika, salt, vegetable oil</i>), seasonal vegetables

Italian Meatballs	veal mince, pork mince, onion, carrot, tomato coulis (<i>tomato (49%) (food acid (citric acid), firming agent (calcium chloride))</i>), tomato puree (41.5%) (<i>water, tomato paste</i>), onion, sunflower oil, sugar, salt, herbs & spices, <i>food acid (citric)</i>), garlic, cheese, egg, parsley, mixed herbs, salt, pepper, oil, roast potato (<i>potato, paprika, salt, vegetable oil</i>), seasonal vegetables
Portuguese Chicken	chicken, red onion, red capsicum, coriander leaves, garlic, lemon juice (<i>reconstituted lemon juice, preservative (223), antioxidant (300)</i>), oregano, cumin powder, paprika, chilli flakes, salt, oil, cous cous, seasonal vegetables
Apricot Chicken	chicken, onion, dried apricot, apricot nectar (<i>water, reconstituted apricot puree (30%), sugar, food acid (citric acid), vitamin C, flavour</i>), plain flour, salt, pepper, oil, mashed potato (<i>potato, milk, butter, salt</i>), seasonal vegetables
Roma Pasta with Beef	beef, eggplant, onion, garlic, diced tomato (<i>tomato (66% min), tomato juice, firming agent (509), food acid (330)</i>), tomato puree (<i>tomato 99%, salt, food acid (330)</i>), cheese, cream, red wine, salt, pepper, oil, curly pasta (<i>durum wheat, semolina</i>), seasonal vegetables
Vegetable Patties	sweet potato, peas, cannelloni beans, tasty cheese, eggs, chilli flakes, cumin powder, bread crumbs, oil, salt, onion, capsicum, mashed potato (<i>potato, milk, butter, salt</i>), seasonal vegetables

WEEK 2

Sausage Roll	sausage roll (<i>wheat flour, water, meat (18%) (beef and / or mutton), margerine (vegetable fats & oils, water, salt, emulsifiers (471, 322 (soy)), antioxidant (306 (soy)), colour (160a), flavour, acidity regulators (330, 331)), onion, soy flour, salt, hydrolysed vegetable protein, flavours, flavour enhancer (635), lactose, vegetable powder, herb & spice extracts, mineral salts (451, 339, 500), sugar, emulsifiers (471), maltodextrin, thickener (415), colour (160b))</i>), seasonal vegetables
Lemon Chicken	chicken, garlic, lemon juice (<i>reconstituted lemon juice, preservative (223), antioxidant (300)</i>), parsley, salt, pepper, mashed potato (<i>potato, milk, butter, salt</i>), seasonal vegetables
Pork sausage & Lentil Stew	pork sausages (<i>pork, rice flour, salt, mineral salt, spices, herbs, preservative, natural flavouring</i>), bacon, onion, leeks, zucchini, garlic, lentils, diced tomato (<i>tomato (66% min), tomato juice, firming agent (509), food acid (330)</i>), white wine, parsley, thyme, chicken stock (<i>ocean sea salt, rice flour, maize, maltodextrin, cane sugar, yeast extract, natural vegetable flavours, dehydrated onion, disodium guanylate & inosinate, canola oil, chilli</i>), salt, pepper, oil, mashed potato (<i>potato, milk, butter, salt</i>), seasonal vegetables
Beef Chilli Concarne	beef mince, onion, red kidney beans, diced tomato (<i>tomato (66% min), tomato juice, firming agent (509), food acid (330)</i>), tomato paste (<i>concentrated tomato (98%), salt, food acid (citric)</i>), garlic, cumin powder, chilli flakes, sour cream, oregano, salt, oil, rice, seasonal vegetables

Pork with Vegetables	pork, vegetable panache (<i>broccoli, carrot, red capsicum, baby corn, sugar snap peas</i>), onion, ginger, garlic, soy sauce (<i>soy beans, wheat, salt, alcohol</i>), kecap manis (<i>sugar, soy sauce (water, soy bean, salt, wheat, preservative(202))</i>), molasses, water, salt, burnt sugar syrup, preservative (202), flavouring), chilli flakes, pepper, oil, singapore noodles, seasonal vegetables
Chermoula Fish	basa fish fillet, lemon juice (<i>reconstituted lemon juice, preservative (223), antioxidant (300)</i>), garlic, cumin powder, coriander powder, paprika, chilli powder, salt, oil, coriander rice (<i>rice, coriander leaves, butter, salt</i>), seasonal vegetables
Roast Pork & Gravy	pork, salt, pepper, gravy (<i>thickeners (1442, 1422, 415), milk solids, tapioca starch, salt, flavour enhancers (621, 635), vegetable oil, hydralised vegetable protein (maize), colours (150D (sulphite), 101), glucose, flavours (soy), dehydrated vegetables, sugar, mineral salt (340, 451), maltodextrin (maize), emulsifiers (471, 472E), yeast extract, rice flour, spice extract</i>), roast potato (<i>potato, paprika, salt, vegetable oil</i>), seasonal vegetables
Chicken Chowmein	chicken, hokein noodles (<i>wheat flour (72%), water, vegetable oil, noodle improver, emulsifying salt (451, 450), vegetable gum, preservative (202), lye water, baking powder, colour (101, 102)</i>), onion, garlic, vegetable melange (<i>broccoli, carrot, cauliflower, green beans, yellow beans, red capsicum</i>), corn spears, shitake mushroom, soy sauce (<i>soy beans, wheat, salt, alcohol</i>), sweet chilli sauce (<i>sugar, chilli, water, garlic, distilled vinegar, salt, tapioca starch, citric acid(e330,e260) xanthan gum(e415)preservative (e202)</i>), corn flour, pepper, oil, sesame oil

Lamb & Cauliflower Casserole	lamb, potato, cauliflower, onion, diced tomato (<i>tomato (66% min), tomato juice, firming agent (509), food acid (330)</i>), tomato puree (<i>tomato 99%, salt, food acid (330)</i>), garlic, curry powder (<i>rice cereal, turmeric, coriander, fenugreek, cumin, salt, chilli, pepper</i>), cumin powder, paprika, salt, oil, rice, seasonal vegetables
Veal schnitzel & Gravy	veal schnitzel (<i>wheat flour, thickener(1404),vegetable gum (412), protein, salt, yeast, sugar, oil, colour (150d,16oc,100,102,110), vitamin, maize flour, rye flour, gluten, soy flour, emulsifier(471, 481, 472e), dextrose, preservative(282) maltodextrin, anticaking agent (341)</i>), gravy (<i>thickeners (1442, 1422, 415), milk solids, tapioca starch, salt, flavour enhancers (621, 635), vegetable oil, hydralised vegetable protein (maize), colours (150D (sulphite), 101), glucose, flavours (soy), dehydrated vegetables, sugar, mineral salt (340, 451), maltodextrin (maize), emulsifiers (471, 472E), yeast extract, rice flour, spice extract</i>), mashed potato (<i>potato, milk, butter, salt</i>), seasonal vegetables
Mexican Style Meatballs	beef mince, onion, corn, kidney beans, green capsicum, garlic, tomato coulis (<i>tomato (49%) (food acid (citric acid), firming agent (calcium chloride))</i>), tomato puree (<i>41.5%) (water, tomato paste)</i>), onion, sunflower oil, sugar, salt, herbs & spices, food acid (<i>citric</i>)), coriander powder, cumin powder, chilli powder, mixed herbs, coriander leaves, salt, oil, mashed potato (<i>potato, milk, butter, salt</i>), seasonal vegetables
Spinach Pie	filo pastry (<i>wheat flour, water, wheaten corn flour, salt, sunflower oil, preservative (potassium sorbate 202)</i>), spinach, onion, butter, eggs, fetta cheese, tasty cheese, dill, paprika, pepper, oil, seasonal vegetables

Tempura Fish with Herbs	tempura fish (<i>white fish (60%), coating (wheat flour), water, palm oil, thickener (1404), salt, mineral salts (450, 500), flavour enhancer (621), sugar, milk powder</i>)), mixed herbs, oil, potato wedges (<i>potato, vegetable oil, flour (wheat, maize), thickener (1404), salt, spices, garlic, dextrose, thickener (461), natural colours (150, 160b)</i>)), seasonal vegetables
Quiche Lorraine	bacon, shortcrust pastry (<i>wheat flour, margarine[vegetable oil, water, salt, emulsifiers (soy lecithin, 471), flavour, food acids (270, 330), antioxidant (320), colour (160a)], water, raising agents (170, 450, 500), salt, food acid (330)</i>)), leeks, carrot, onion, capsicum, eggs, cream, milk, tasty cheese, self raising flour, salt, pepper, oil, seasonal vegetables
Beef & Bean Potato Bake	beef, onion, garlic, cumin powder, diced tomato (<i>tomato (66% min), tomato juice, firming agent (509), food acid (330)</i>)), tomato paste (<i>concentrated tomato (98%), salt, food acid (citric)</i>)), paprika, chilli flakes, corn kernels, red kidney beans, potato, cream, cheese, oregano, salt, oil, seasonal vegetables
Chicken & Vegetable Loaf	chicken mince, carrot, peas, onion, red capsicum, bacon, garlic, cheese, bread crumbs, egg, kecap manis (<i>sugar, soy sauce (water, soy bean, salt, wheat, preservative(202)), molasses, water, salt, burnt sugar syrup, preservative (202), flavouring</i>)), mixed herbs, pepper, creamy potato (<i>cream, potato</i>)), seasonal vegetables
Pork Meatballs with Creamy Mushroom Sauce	pork mince, onion, garlic, button mushrooms, cream, parsley, shallots, salt, pepper, oil, roast potato (<i>potato, paprika, salt, vegetable oil</i>)), seasonal vegetables

Shepherds Pie	lamb mince, potato, onion, mixed vegetables, beef stock (<i>ocean sea salt, maize, maltodextrin, rice flour, cane sugar, yeast extract, natural vegetable flavours, dehydrated vegetables (onion&garlic), disodium guanylate & inosinate, canola oil, caramelised sugar syrup (colour)</i>), worcestershire sauce (<i>water, vinegar, molasses, rehydrated vegetable, salt, spices, colour (150d), flavour</i>)), tomato paste (<i>concentrated tomato (98%), salt, food acid (citric)</i>), bay leaves, butter, breadcrumbs, salt, pepper, oil, seasonal vegetables
Beef & Potato Puff	beef mince, puff pastry (<i>wheat flour, margarine, vegetable fat, vegetable oil, water, salt, emulsifier (471), soy, food acid (300,330), flavour, antioxidant(306), colour (160a)</i>), onion, potato, garlic, parsley, butter, cumin powder, curry powder (<i>rice cereal, turmeric, coriander, fenugreek, cumin, salt, chilli, pepper</i>), salt, pepper, oil, seasonal vegetables

WEEK 3

Chicken Rissoles & Gravy	chicken mince, onion, carrot, garlic, breadcrumbs, parsley, marjarom, mixed herbs, chilli powder, salt, pepper, oil, gravy (<i>thickeners (1442, 1422, 415), milk solids, tapioca starch, salt, flavour enhancers (621, 635), vegetable oil, hydralised vegetable protein (maize), colours (150D (sulphite), 101), glucose, flavours (soy), dehydrated vegetables, sugar, mineral salt (340, 451), maltodextrin (maize), emulsifiers (471, 472E), yeast extract, rice flour, spice extract</i>), mashed potato (<i>potato, milk, butter, salt</i>), seasonal vegetables
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Beef with Black Bean Sauce	beef, onion, red capsicum, beans, shitake mushroom, shallots, black bean sauce (soy bean wheat, salt, fermented black beans, garlic, sugar, soy bean oil, rice wine, modified corn starch), oil, hokein noodles
Pork & Three Bean Casserole	pork, three bean mix, onion, garlic, ginger, carrot, tomato coulis (tomato (49%) (food acid (citric acid), firming agent (calcium chloride)), tomato puree (41.5%) (water, tomato paste), onion, sunflower oil, sugar, salt, herbs & spices, food acid (citric)), paprika, beef stock (ocean sea salt, maize, maltodextrin, rice flour, cane sugar, yeast extract, natural vegetable flavours, dehydrated vegetables (onion & garlic), disodium guanylate & inosinate, canola oil, caramelised sugar syrup (colour)), lemon juice (reconstituted lemon juice, preservative (223), antioxidant (300)), salt, pepper, oil, rice, seasonal vegetables
Spaghetti Bolognaise	beef mince, spaghetti (durum wheat, semolina), onion, garlic, carrot, tomato coulis (tomato (49%) (food acid (citric acid), firming agent (calcium chloride)), tomato puree (41.5%) (water, tomato paste), onion, sunflower oil, sugar, salt, herbs & spices, food acid (citric)), tomato paste (concentrated tomato (98%), salt, food acid (citric)), red wine, mixed herbs, parsley, tasty cheese, salt, pepper, oil, seasonal vegetables
Pork Casserole with Dried Fruit	pork, onion, garlic, capsicum, sweet potato, white wine, celery, shallots, parsley, dried apricot, dried prunes, salt, pepper, oil, steamed potato ((potato, lemon, garlic, mixed herbs, salt, pepper), seasonal vegetables
Tuna Patties with Sweet chilli sauce	tuna flakes, potato, carrot, peas, breadcrumbs, cumin powder, chilli flakes, salt, oil, sweet chilli sauce (sugar, chilli, water, garlic, distilled vinegar, salt, tapioca starch, citric acid (e330,e260) xanthan gum (e415) preservative (e202)), steamed potato (potato, lemon, garlic, mixed herbs, salt, pepper), seasonal vegetables

Roast Lamb & Gravy	lamb, salt, pepper, gravy (<i>thickeners (1442, 1422, 415), milk solids, tapioca starch, salt, flavour enhancers (621, 635), vegetable oil, hydralised vegetable protein (maize), colours (150D (sulphite), 101), glucose, flavours (soy), dehydrated vegetables, sugar, mineral salt (340, 451), maltodextrin (maize), emulsifiers (471, 472E), yeast extract, rice flour, spice extract</i>), roast potato (<i>potato, paprika, salt, vegetable oil</i>), seasonal vegetables
Pork with Capsicum Salsa	pork, red onion, capsicum, mixed vegetables, tomato coulis (<i>tomato (49%) (food acid (citric acid), firming agent (calcium chloride))</i>), tomato puree (<i>41.5%) (water, tomato paste), onion, sunflower oil, sugar, salt, herbs & spices, food acid (citric)</i>), sun dried tomato (<i>tomato, canola oil, sugar, herbs, salt, garlic, vinegar, food acid(330), water, preservative (220)</i>), garlic, chilli flakes, basil, salt, pepper, oil, roast potato (<i>potato, paprika, salt, vegetable oil</i>), seasonal vegetables
Chicken Boscaiola	chicken, bacon, fettucine (<i>durum wheat, semolina</i>), onion, mushrooms, cream, milk, tasty cheese, plain flour, shallots, butter, salt, pepper, oil, seasonal vegetables
Chicken Lasagne	chicken lasagne (<i>chicken mince, tomato, onion, carrot, celery, flour, margarine, soy chip, thickener (1422), salt, sugar, herbs & spices, milk powder, mozzarella cheese, parmesan cheese, pasta (durum wheat, semolina)</i>), seasonal vegetables
Mixed Vegetable Curry	vegetable melange (<i>broccoli, carrot, cauliflower, green beans, yellow beans, red capsicum</i>), onion, potato, peas, tomato coulis (<i>tomato (49%) (food acid (citric acid), firming agent (calcium chloride))</i>), tomato puree (<i>41.5%) (water, tomato paste), onion, sunflower oil, sugar, salt, herbs & spices, food acid (citric)</i>), coconut cream (<i>water, coconut extract 75%, emulsifiers (E435, E471), stabilizers (E412, E415, E466), preservative (E223)</i>), garlic, chilli powder, cumin powder, turmeric powder, coriander powder, coriander, salt, oil, rice

Beef Stuffed Pepper	beef mince, green capsicum, onion, garlic, tomato puree (<i>tomato 99%, salt, food acid (330)</i>), tomato paste (<i>concentrated tomato (98%), salt, food acid (citric)</i>), rice, parsley, salt, pepper, tasty cheese, water, oil, seasonal vegetables
Crumbed Fish	crumbed fish (<i>formed basa portions (52%), water, wheat flour, canola oil, thickeners (1404, xantan gum, guar gum)</i>) maize flour, maize starch, acidity regulators (<i>potassium citrate, calcium citrate, 451, sodium citrate, 450, sodium bicarbonate</i>), salt, rice flour, yeast, food acid (<i>citric</i>), egg powder, sugar, maltodextrin, glucose), mashed potato (<i>potato, milk, butter, salt</i>), seasonal vegetables
Chicken Cacciatore	chicken, onion, carrot, mushrooms, garlic, tomato coulis (<i>tomato (49%) (food acid (citric acid), firming agent (calcium chloride))</i>), tomato puree (<i>41.5%) (water, tomato paste)</i>), onion, sunflower oil, sugar, salt, herbs & spices, food acid (<i>citric</i>), tomato paste (<i>concentrated tomato (98%), salt, food acid (citric)</i>), bay leaf, olives, oregano, chilli flakes, red wine, salt, pepper, rice, seasonal vegetables
Lamb Pasta	lamb, penne (<i>durum wheat, semolina</i>), onion, chickpeas, diced tomato (<i>tomato (66% min), tomato juice, firming agent (509), food acid (330)</i>), tomato paste (<i>concentrated tomato (98%), salt, food acid (citric)</i>), garlic, cumin powder, chilli flakes, sour cream, oregano, salt, oil, seasonal vegetables
Vegetarian Ratatouille	penne (<i>durum wheat, semolina</i>), onion, capsicum, eggplant, zucchini, diced tomato (<i>tomato (66% min), tomato juice, firming agent (509), food acid (330)</i>), tomato paste (<i>concentrated tomato (98%), salt, food acid (citric)</i>), garlic, parmesan cheese, butter, oregano, basil, salt, pepper, oil, seasonal vegetables

Bacon & Potato Slice	potato, onion, bacon, tasty cheese, cream, milk, pepper, seasonal vegetables
Butter Chicken	chicken, onion, garlic, tomato coulis (<i>tomato (49%) (food acid (citric acid), firming agent (calcium chloride))</i>), tomato puree (41.5%) (water, tomato paste), onion, sunflower oil, sugar, salt, herbs & spices, food acid (citric), tandoori colour, tandoori paste (<i>ginger (23%), water, spices (13%), lemon juice, vegetable oil, lentils, tamarind, salt, food acids (acetic, citric, lactic), garlic powder, garlic, colours (paprika extract, carmine), sugar</i>), yogurt, cream, cumin powder, coriander powder, chilli powder, sugar, coriander leaves, salt, oil, rice, seasonal vegetables
Beef & Potato Hotpot	beef, onion, potato, capsicum, carrot, tomato coulis (<i>tomato (49%) (food acid (citric acid), firming agent (calcium chloride))</i>), tomato puree (41.5%) (water, tomato paste), onion, sunflower oil, sugar, salt, herbs & spices, food acid (citric), tomato paste (<i>concentrated tomato (98%), salt, food acid (citric)</i>), cinnamon, mixed herbs, chilli flakes, salt, pepper, oil, mashed potato (<i>potato, milk, butter, salt</i>), seasonal vegetables

WEEK 4

Chicken & Mushroom Potato Pie	chicken, potato, onion, peas, corn, mushroom, cream, chicken stock (<i>ocean sea salt, rice flour, maize, maltodextrin, cane sugar, yeast extract, natural vegetable flavours, dehydrated onion, disodium guanylate & inosinate, canola oil, chilli</i>), tarragon, salt, pepper, oil, seasonal vegetables
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Pork Patties with Grilled Pineapple	pork mince, onion, carrot, bread crumbs, ginger, garlic, all spice (<i>cloves, cinnamon, nutmeg, pepper</i>), kecap manis (<i>sugar, soy sauce (water, soy bean, salt, wheat, preservative(202)), molasses, water, salt, burnt sugar syrup, preservative (202), flavouring</i>), coriander leaves, chives, salt, pepper, oil, pineapple rings, honey soy sauce (<i>water, sugar, soy sauce (20%) (contains wheat derivatives), honey (3%), thickener (maize starch 1422), sherry, yeast extract, food acid (acetic), vegetable oil (sunflower), colour (caramel IV), vegetable gum (xanthan), salt</i>), mashed potato (<i>potato, milk, butter, salt</i>), seasonal vegetables
Beef & Green Bean Casserole	beef, onion, capsicum, green beans, tomato puree (<i>tomato 99%, salt, food acid (330)</i>), garlic, paprika, chilli flakes, salt, oil, rice, seasonal vegetables
Irish Lamb Stew	lamb, bacon, onion, potato, carrot, turnip, garlic, beef stock (<i>ocean sea salt, maize, maltodextrin, rice flour, cane sugar, yeast extract, natural vegetable flavours, dehydrated vegetables (onion&garlic), disodium guanylate & inosinate, canola oil, caramelised sugar syrup (colour)</i>), dry white wine, thyme, bay leaf, salt, pepper, oil, mashed potato (<i>potato, milk, butter, salt</i>), seasonal vegetables
Roast Chicken & Gravy	chicken, paprika, mixed herbs, salt, pepper, oil, gravy (<i>thickeners (1442, 1422, 415), milk solids, tapioca starch, salt, flavour enhancers (621, 635), vegetable oil, hydralised vegetable protein (maize), colours (150D (sulphite), 101), glucose, flavours (soy), dehydrated vegetables, sugar, mineral salt (340, 451), maltodextrin (maize), emulsifiers (471, 472E), yeast extract, rice flour, spice extract</i>), mashed potato (<i>potato, milk, butter, salt</i>), seasonal vegetables

Sweet Soy Ginger Fish	basa fish fillet, carrot, celery, ginger, garlic, honey, soy sauce (<i>soy beans, wheat, salt, alcohol</i>), lemon juice (<i>reconstituted lemon juice, preservative (223), antioxidant (300)</i>), chilli flakes, coriander leaves, oil, mashed potato (<i>potato, milk, butter, salt</i>), seasonal vegetables
Roast Beef & Gravy	beef, salt, pepper, gravy (<i>thickeners (1442, 1422, 415), milk solids, tapioca starch, salt, flavour enhancers (621, 635), vegetable oil, hydralised vegetable protein (maize), colours (150D (sulphite), 101), glucose, flavours (soy), dehydrated vegetables, sugar, mineral salt (340, 451), maltodextrin (maize), emulsifiers (471, 472E), yeast extract, rice flour, spice extract</i>), roast potato (<i>potato, paprika, salt, vegetable oil</i>), seasonal vegetables
Thai Green Chicken Curry	chicken, onion, garlic, vegetable panache (<i>broccoli, carrot, red capsicum, baby corn, sugar snap peas</i>), zucchini, green curry paste (<i>green chilli, lemongrass, garlic, salt, galangal, shrimp paste (shrimp, salt), kafir lime peel, coriander seeds, pepper, cumin, turmeric</i>), coconut cream (<i>water, coconut extract 75%, emulsifiers (E435, E471), stabilizers (E412, E415, E466), preservative (E223)</i>), lemon juice (<i>reconstituted lemon juice, preservative (223), antioxidant (300)</i>), coriander leaves, oil, rice, seasonal vegetables
Pork Gumbo	pork sausage (<i>pork, rice flour, salt, mineral salt, spices, herbs, preservative, natural flavouring</i>), basmati rice, onion, capsicum, celery, peas, diced tomato (<i>tomato (66% min), tomato juice, firming agent (509), food acid (330)</i>), tomato paste (<i>concentrated tomato (98%), salt, food acid (citric)</i>), garlic, chicken stock (<i>ocean sea salt, rice flour, maize, maltodextrin, cane sugar, yeast extract, natural vegetable flavours, dehydrated onion, disodium guanylate & inosinate, canola oil, chilli</i>), paprika, parsley, salt, pepper, oil, seasonal vegetables

Marinated Chicken	chicken, onion, carrot, kecap manis (<i>sugar, soy sauce (water, soy bean, salt, wheat, preservative(202)), molasses, water, salt, burnt sugar syrup, preservative (202), flavouring</i>), tomato paste (<i>concentrated tomato (98%), salt, food acid (citric)</i>), garlic, chives, salt, five spice (<i>cinnamon, fennel, pimento, aniseed, cloves, pepper, star anise</i>), mashed potato (<i>potato, milk, butter, salt</i>), seasonal vegetables
Beef Biryani	beef, basmati rice, biryani mix (<i>paprika, salt, red chilli, nigella, star aniseed, cumin, cinnamon, black pepper, brown cardamom, clove, turmeric, garlic, maltodextrin, hydrolysed soy protein, acid: citric acid, cane sugar, canola oil, natural and artificial food flavour, anticaking agent: silicon dioxide</i>), yogurt, onion, potato, peas, garlic, mint, lemon juice (<i>reconstituted lemon juice, preservative (223), antioxidant (300)</i>), salt, oil, seasonal vegetables
Baked Pumpkin and Spinach Rissotto	arborio rice, onion, pumpkin, spinach, garlic, white wine, tasty cheese, butter, chicken stock (<i>ocean sea salt, rice flour, maize, maltodextrin, cane sugar, yeast extract, natural vegetable flavours, dehydrated onion, disodium guanylate & inosinate, canola oil, chilli</i>), thyme, salt, pepper, oil, seasonal vegetables
Tuna Mornay Bake	tuna flakes, macaroni pasta (<i>durum wheat, semolina</i>), onion, broccoli, garlic, milk, bechamel powder (<i>wheat flour, modified starch (1442), skim milk powder (16%), flavour enhancer (621), salt, beverage whitener (glucose syrup solids, vegetable oil (contains soy) sodium caseinate (from milk), mineral salts (340, 451), emulsifiers (471, 481), anti-caking agent (551)</i>), sugar, flavour (<i>contains soy & wheat</i>), food acid (330)), cheese, butter, breadcrumbs, lemon juice (<i>reconstituted lemon juice, preservative (223), antioxidant (300)</i>), grained mustard (<i>white wine vinegar, water, mustard seed (27%), honey, salt, brown mustard husk (2%), natural spice flavouring, tarragon</i>), parsley, salt, pepper, oil, seasonal vegetables

<p>Chicken & Black Bean Casserole</p>	<p>chicken, chorizo (<i>pork, salt, oregano, nutmeg, dried garlic, wine</i>), black beans, onion, carrot, tomato coulis (<i>tomato (49%) (food acid (citric acid), firming agent (calcium chloride))</i>), tomato puree (<i>41.5% (water, tomato paste)</i>), onion, sunflower oil, sugar, salt, herbs & spices, <i>food acid (citric)</i>), garlic, thyme, salt, pepper, oil, pasta (<i>durum wheat, semolina</i>), seasonal vegetables</p>
<p>Pork Fennel & Sweet Potato Stew</p>	<p>pork, sweet potato, onion, fennel, diced tomato (<i>tomato (66% min), tomato juice, firming agent (509), food acid (330)</i>), tomato puree (<i>tomato 99%, salt, food acid (330)</i>), chickpeas, paprika, oregano, salt, pepper, oil, pasta (<i>durum wheat, semolina</i>), seasonal vegetables</p>
<p>Macaroni Ham & Cheese</p>	<p>ham, macaroni (<i>durum wheat, semolina</i>), onion, mixed vegetable, milk, bechamel powder (<i>wheat flour, modified starch (1442), skim milk powder (16%), flavour enhancer (621), salt, beverage whitener (glucose syrup solids, vegetable oil (contains soy) sodium caseinate (from milk), mineral salts (340, 451), emulsifiers (471, 481), anti-caking agent (551))</i>), sugar, flavour (<i>contains soy & wheat</i>), <i>food acid (330)</i>), tasty cheese, salt, pepper, oil, seasonal vegetables</p>
<p>Lamb Curry</p>	<p>lamb, potato, onion, carrot, tomato puree (<i>tomato 99%, salt, food acid (330)</i>), vindaloo paste (<i>vegetable oil, coriander, water, salt, tamarind, cumin, turmeric, chilli, maize flour, ginger powder, garlic, powder, spices, food acids</i>), coconut cream (<i>water, coconut extract 75%, emulsifiers (E435, E471), stabilizers (E412, E415, E466), preservative (E223)</i>), garlic, cumin powder, coriander powder, coriander leaves, salt, oil, rice, seasonal vegetables</p>

Meatballs in Red Wine	beef mince, onion, carrot, leeks, celery, garlic, tomato paste (<i>concentrated tomato (98%), salt, food acid (citric)</i>), beef stock (<i>ocean sea salt, maize, maltodextrin, rice flour, cane sugar, yeast extract, natural vegetable flavours, dehydrated vegetables (onion&garlic), disodium guanylate & inosinate, canola oil, caramelised sugar syrup (colour)</i>), red wine, breadcrumbs, parsley, oregano, salt, pepper, oil, mashed potato (<i>potato, milk, butter, salt</i>), seasonal vegetables
Beef & Vegetable Slice	beef mince, filo pastry (<i>wheat flour, water, wheaten corn flour, salt, sunflower oil, preservative (potassium sorbate 202)</i>), onion, celery, red capsicum, rice, butter, tasty cheese, basil, salt, pepper, oil, seasonal vegetables