



## Canteen

### List of Ingredients

**The list of ingredients is to be used as a guide only, it cannot be guaranteed. If you have any questions about a particular item, please see Helen in the Canteen and she can go through any queries you may have.**

#### **Corn on the Cob**

Fresh cooked corn

#### **Handmade Pizza**

Low fat base topped with choice of lean toppings:  
Pizza sauce, ham or chicken with cheese, pineapple

#### **Handmade Mango Chicken & Rice**

Chicken pieces in a mild curry sauce served with steamed rice

#### **Handmade Tomato & Cheese Pasta**

Tomato sauce with *hidden* vegies, pasta spirals topped with grated cheese

#### **Hot Dog**

Hot dog in a roll with or without sauce or butter

Castlemaine Skinless Continental Franks 8" Ingredients: Meat including pork (72%), water, starch (tapioca, potato), salt, soy protein, acidity regulators (325, 262) emulsifiers (451,450,452), dextrose (tapioca, maize), antioxidants (316,307b), hydrolysed vegetable protein (maize), maltodextrin (maize), garlic, fermented red rice, sodium nitrite (250), yeast extract, spice extracts, colours (160c,110,129), smoked. Contains Soy

#### **Potato Wedges**

Tub of potato wedges (sweet chilli dipping sauce extra)

McCain Seasoned Wedges Ingredients: Potato (85%), canola oil, wheat flour, wheat starch, salt, maize flour, paprika, onion powder, garlic powder, black pepper, dextrose (from maize).

Contains gluten containing cereals. Made in a facility that also processes products with sulphites.

#### **Chicken Yumbo**

Soft roll with chicken pattie, lettuce & mayo

Ingham School Chicken Breast Burger Ingredients: Chicken (34%), water, flour (wheat, maize), gluten (wheat), vegetable oil, semolina (wheat), soy protein, flavour (milk, soy), salt, sugar, yeast, acidity regulators (450,451), thickeners (407,415), natural colours (160c,100), colour (150d)

Contains gluten (wheat). Soy and milk as indicated. No added preservatives.

## **Macaroni Cheese**

Ingredients: Cheese sauce (58%)(water, cheese (2.5%)(solids (food acid (270)), parmesan), wheat flour, milk solids, vegetable oil, unsalted butter, salt, wheat fibre, natural flavour (milk), thickener (1422), spices, sugar, yeast extract, food acid (330)), cooked pasta (39%) (water, wheat flour), topping (3.5%) (cheddar cheese, mozzarella).

No MSG, No Artificial Colours, Flavours or Preservatives.

This product contains gluten (wheat) and milk. May contain egg, soy, peanuts, sesame and tree nuts due to shared equipment.

## **Beef Lasagne**

Ingredients: Water, pasta (30%) (durum wheat semolina, bakers flour, water, whole egg), tomato paste, beef (7%), mozzarella cheese (pasteurised milk, salt, rennet, starter culture), béchamel powder (contains modified food starch (1442)), thickener (1422), carrot, celery, soy protein (contains colour(150d)), beef flavoured seasoning (contains acidity regulator (330), thickener (415)), onion, brown sugar, salt, basil, black pepper, oregano.

Contains Egg, gluten, milk & soy. May contain crustacea, fish, sesame seeds, tree nuts.

## **Baked Potato topped with:**

Jacket Potato with choice of fresh Coleslaw & cheese, chicken/ham, cheese

## **Aussie Burger**

Beef or Veggie pattie in a roll with the lot:

Lettuce, tomato, beetroot, shredded carrot & tomato sauce

Beef Pattie Ingredients: Beef(69%), onion, water, breadcrumb (wheat flour, sugar, salt, yeast, wheat gluten), seasoning (salt, whey protein (from milk), thickener (1442), hydrolysed vegetable protein (from soy), sugar, pepper, mineral salt (450)), egg, textured vegetable protein (from soy)

Contains wheat, soy, milk & egg.

Veggie Pattie Ingredients: Vegetables (52%)(corn kernels, carrot, peas, onion), water, wheat flour, canola oil, thickeners (1414,1404,464), xanthan gum), dehydrated potato, sale, milk solids, egg white powder, vegetable oil, maize flour, yeast extract, yeast, potato fibre, onion powder, soy flour, acidity regulators (450, sodiumbicarbonate), natural flavour (contains flavour enhancers (627, 631), food acid (citric), spice extract, ascorbic acid

## **Fish Fingers & Vegie Sticks**

Fish fingers with fresh carrot & cucumber sticks & mayo

Fish Finger Ingredients: Hake or hoki (51%), water, wheat flour, canola oil, maize flour, wheat starch, salt, tapioca starch, herbs & spices, acidity regulators (450,451), yeast, sugar, mustard powder, food acid (citric), natural colours (turmeric, 120), garlic powder, onion powder.

Contains fish & wheat.

## **Mrs Macs Good Eating Reduced Fat & Salt Sausage Roll 120g**

Ingredients: Water, wheat flour, lean beef (19%), vegetable oil (vegetable oil, water, salt, emulsifiers (471,soybeanlecithin), antioxidant (320), flavour), breadcrumbs (wheat, sugar, salt, yeast, vegetable oil), wheat, onion, soy, seasonings (wheat), flavours (soy, colour (150a), hydrolysed vegetable protein, cheese (milk), pastry glaze (milk solids, colour (160a)), herb

Contains gluten, milk & soy products. May be present: egg

## **Mrs Macs Good Eating Reduced Fat & Salt Beef Pie 120g**

Ingredients: Lean beef (25% minimum), water, wheat flour, vegetable oils (vegetable oil, water, salt, emulsifiers (471, soybean lecithin), antioxidant (320), flavour), thickener (1422), flavours (wheat, soy, flavour enhancer (631)), soy flour, salt seasoning, wheat), hydrolysed vegetable protein, milk solids, colour maltodextrin, pastry glaze (milk solids, colour (161a)), natural flavour enhancer (soy), sugar  
Contains gluten, milk & soy products. May be present: egg

## **Mrs Macs Good Eating Reduced Fat & Salt Potato Top Pie 180g**

Ingredients: Potato topping (42%) (water, potato flakes (potato, emulsifier (471), mineral salt (450), preservative (222), food acid (330)), milk solids, thickener (1422), vegetable oil, salt), water, lean beef (18%), wheat flour, vegetable oils (emulsifiers 471, soybean lecithin)), thickener (1422), salt, flavours (wheat, soy, flavour enhancer (631)), soy flour, seasoning (wheat), hydrolysed vegetable protein, milk solids, colour (150c), maltodextrin, natural flavour enhancer (soy), sugar.  
Contains gluten, milk & soy products. May be present: egg

## **Sushi Rolls**

Tuna Handroll Sushi Ingredients: Cooked rice (64%), tuna (6%), corn (6%), onion (6%), vinegar, sugar, vegetable oil (canola, soy bean, rice), water, seaweed sheet, trehalose, salt, egg yolk (0.3%), vegetable broth (soy bean, carrot, celery, onion, leek, beet), acidity regulator (350,331,270,330), flavour enhancer (621)

## **Handmade Tuna Pasta Salad Bowl**

Tuna, pasta spirals, sweetcorn, carrot & lettuce

## **Choc Chip Cookie**

Ingredients: Wheat flour, dark compound chocolate (19%)(sugar, vegetable fat, cocoa powder, emulsifiers (332 soy,476,492) milk solids, natural flavour), vegetable margarine (vegetable oils, water, salt, emulsifiers (471,472c), antioxidant (304), natural flavour, natural colour (160a)), sugar, glucose (contains preservative 220)), water, natural flavour, milk solids, raising agent (500), salt.  
Contains gluten, milk, soy, sulphites. May be present due to shared equipment: tree nuts, egg, sesame

## **Muffin**

Ingredients: wheat flour, sugar, vegetable oil (contains palm, canola), egg powder, raising agent (500,541), dextrose, whey powder, wheat starch, milk solids, salt, emulsifiers (471,481), thickener (412), flavour, colour (102), vitamins (thiamine, folate)

## **Fruit Slushie**

Krush Base 99: Pear juice concentrate, water, acidity regulator (330), preservatives (211,202)  
Cola Flavour: Water, pear juice concentrate, natural flavour, acidity regulator (330), natural colours, preservatives (202,211). Contains sulphites  
Strawberry Flavour: Water, pear juice concentrate, natural flavour, acidity regulator (330), natural colours, preservatives (202,211)

## **Big M UHT Chocolate Flavoured Reduced Fat Milk 250ml**

Ingredients: Reduced fat milk, sugar, cocoa powder (0.3%), flavours, vegetable gum (carrageenan)

## **Big M UHT Strawberry Flavoured Reduced Fat Milk 250ml**

Ingredients: Reduced fat milk, sugar, flavour, vegetable gum (carrageenan), natural colour (carmine)

### **Popper Juice Apple 150ml/250ml**

Ingredients: Reconstituted apple juice (99.7%), food acid (malic acid), vitamin C, flavour  
No artificial colours, No added sugar, No preservatives

### **Popper Juice Orange 150ml/250ml**

Ingredients: Reconstituted orange juice (99.8%), vitamin C, natural flavours.  
No artificial colours, No added sugar, No preservatives