

Allergen Matrix January 2023 Menu -AUS NZ

BREAKFAST	Sulphites (≥ 10 mg/kg)		Gluten		Wheat		Crustacean		Egg		Fish		Lupin		Milk		Peanut		Sesame		Soy		Tree Nuts	
	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain
Apple Berry Brekkie Cup			YES		YES				YES					YES	YES			YES		YES		YES	Almond	Other Tree Nuts
Apple Cinnamon Oat Clusters	YES		YES			YES								YES		YES		YES				YES	Pecan	Other Tree Nuts
Banana Bread			YES		YES				YES					YES		YES		YES		YES		YES		YES
Caramelised Onion Fritters									YES						YES									
Cranberry & Vanilla Muesli		YES	YES		YES									YES		YES		YES				YES		YES
Flakes & Fibre Cereal		YES	YES		YES									YES		YES		YES				YES		YES
Hazelnut & Almond Cereal	YES		YES		YES									YES		YES		YES				YES	Hazelnut, Almond, Cashew	Other Tree Nuts
Malty Grain		YES	YES		YES									YES		YES		YES				YES		YES
Nut & Grain Chew		YES	YES		YES											YES	YES			YES	YES			YES
Oat & Apricot Bar- No Yogurt	YES		YES		YES											YES		YES		YES		YES		YES
Raspberry Cacao Crunch		YES	YES			YES								YES		YES		YES				YES	Almond	Other Tree Nuts
Recharge Bar				YES		YES										YES		YES		YES	YES		Almond, Macadamia, Pecan	Other Tree Nuts
Roasted Hazelnut & Cinnamon Porridge		YES	YES			YES								YES		YES		YES				YES	Hazelnut, Almond	Other Tree Nuts
Salted Maple & Cashew Granola	YES		YES		YES									YES		YES		YES				YES	Cashew	Other Tree Nuts
Toasted Berry Muesli	YES		YES		YES									YES		YES		YES				YES		YES
Tomato & Basil Omelette									YES						YES									
Wholemeal Pancakes			YES		YES				YES						YES									
LUNCH	Sulphites (≥ 10 mg/kg)		Gluten		Wheat		Crustacean		Egg		Fish		Lupin		Milk		Peanut		Sesame		Soy		Tree Nuts	
	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain
Bean & Cheese Burrito			YES		YES					YES					YES						YES			
Beef Pie			YES		YES					YES						YES					YES			
Beef Sausage Roll			YES		YES					YES						YES				YES	YES			
Cheesy Baked Potato			YES		YES										YES			YES						Cashew
Creamy Vegetable Soup			YES		YES										YES						YES			
Ham & Cheese Toastie			YES		YES					YES					YES						YES			
Mexican Pulled Pork																						YES		
Moroccan Grain Salad			YES		YES																			
Oriental Pork Bun			YES		YES					YES						YES				YES	YES			
Pesto Pasta Salad			YES		YES										YES									
Potato Tuna Bake			YES		YES						YES				YES			YES						Cashew
Pumpkin Soup															YES						YES			
Ricotta and Pumkin Ravioli			YES		YES				YES						YES			YES			YES			Cashew
Roasted Veggie All Round			YES		YES					YES					YES						YES			
Spaghetti Bolognaise			YES		YES				YES			YES			YES			YES			YES			Cashew
Spinach & Fetta Roll			YES		YES				YES						YES				YES		YES			
Sweet Potato Frittata									YES						YES									
Vegetable Lasagne			YES		YES										YES			YES			YES			Cashew
Vegetable Tortellini			YES		YES					YES		YES		YES	YES			YES						Cashew

Allergen Matrix January 2023 Menu -AUS NZ

DINNER	Sulphites (≥ 10 mg/kg)		Gluten		Wheat		Crustacean		Egg		Fish		Lupin		Milk		Peanut		Sesame		Soy		Tree Nuts	
	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain
Beef Burger			YES		YES												YES	YES		YES				Cashew
Beef Lasagne			YES		YES										YES		YES							Cashew
Beef Pastie			YES		YES					YES						YES			YES	YES				
Butter Chicken			YES		YES										YES			YES						Cashew
Chicken Burger			YES		YES										YES			YES	YES		YES			Cashew
Chicken Fettuccine			YES		YES										YES			YES						Cashew
Chicken Katsu Curry			YES		YES										YES			YES	YES		YES			Cashew
Chicken Parmigiana (New AUS & NZ)			YES		YES				YES						YES			YES				YES		Cashew
Chicken Satay			YES		YES		YES				YES				YES		YES		YES		YES			Cashew
Chunky Vegetable Soup				YES										YES							YES			
Cottage Pie			YES		YES										YES			YES						Cashew
Crumbed Fish & Wedges			YES		YES						YES							YES			YES			Cashew
Gnocchi in Napoli Sauce	YES		YES		YES										YES			YES						Cashew
Leek & Cheese Quiche			YES		YES				YES			YES			YES							YES		
Macaroni Cheese			YES		YES										YES			YES						Cashew
Meatballs & Vegetables			YES		YES													YES			YES			Cashew
Mexican-Style Veggie Stack			YES		YES										YES			YES			YES			Cashew
Pepperoni Pizza			YES		YES					YES					YES							YES		
Pumpkin & Kale Risotto	YES								YES						YES			YES				YES		Cashew
Roast Chicken & Vegetables			YES		YES						YES				YES			YES	YES		YES			Cashew
Roast Pork Dinner			YES		YES										YES			YES			YES			Cashew
Spinach & Ricotta Cannelloni			YES		YES										YES			YES						Cashew
Thai Fish Cakes	YES		YES		YES		YES		YES		YES					YES		YES			YES			Cashew
Vegetable Tikka Masala with Paneer Cheese															YES			YES						Cashew
SNACK	Sulphites (≥ 10 mg/kg)		Gluten		Wheat		Crustacean		Egg		Fish		Lupin		Milk		Peanut		Sesame		Soy		Tree Nuts	
	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain	Contains	May Contain
Apple & Rhubarb Crumble	YES		YES		YES					YES				YES	YES			YES		YES		YES		YES
Butterscotch Sundae			YES		YES										YES			YES			YES			YES
Choc Chip Bites			YES		YES				YES						YES			YES		YES	YES			YES
Chocolate Mousse	YES		YES		YES										YES									
Chocolate Pudding			YES		YES				YES					YES	YES			YES		YES	YES			YES
Light & Tangy Crisps																YES		YES		YES		YES		YES
Melting Moment			YES		YES					YES					YES			YES			YES			YES
Nut & Cranberry Mix				YES		YES										YES	YES			YES		YES	Almond, Cashew	Other Tree Nuts
Oregano & Thyme Crunchies																YES		YES		YES		YES		YES
Salsa Curls				YES		YES										YES		YES		YES		YES		Almond, Cashew
Salted Caramel Nut Bar				YES		YES									YES		YES		YES		YES		Almond, Walnut	Cashew, Hazelnut
Savoury Soy Snack			YES		YES										YES			YES		YES	YES			Almond, Cashew
Shortbread Bites			YES		YES				YES					YES		YES		YES		YES		YES		YES
Sticky Date Pudding			YES		YES				YES					YES	YES			YES		YES		YES		YES
Sweet & Salty Popcorn																YES				YES		YES		
Trio Spice Snack Mix			YES		YES											YES	YES			YES	YES			YES
White Chocolate Cranberry Cookie			YES		YES				YES						YES			YES		YES	YES			YES