

## GENERATIONS CATERING- INGREDIENT BREAKDOWN 2019

Every reasonable effort has been made to ensure the accuracy of all information at time of publication.  
However, information contained within is subject to change without prior notice.



### FRIDAY NIGHT DINNER 3/5/2019

#### Normal Meals

##### **Beef Lasagna**

Durum semolina, beef, tomato, cheese, herbs & spices, salt

##### **Crunchy Garden Salad**

Lettuce, cucumber, celery, carrot, cherry tomatoes, vinaigrette – oil, vinegar, salt, pepper, sugar

##### **Dixie Cup**

Fresh milk, liquid sugar, fresh cream, milk solids, maltodextrin, emulsifier, flavour, thickeners, colour

#### Vegetarian Meals

##### **Roasted Sweet Potato, Zucchini and Corn Frittata**

Egg, cheese, milk, olive oil, SR flour, sweet potato, zucchini, carrot, onion, herbs

##### **Crunchy Garden Salad**

Lettuce, cucumber, celery, carrot, cherry tomatoes, vinaigrette - oil, vinegar, salt, pepper, sugar

##### **Dixie Cup**

Fresh milk, liquid sugar, fresh cream, milk solids, maltodextrin, emulsifier, flavour, thickeners, colour

#### Gluten & Dairy Free Meals

##### **Bolognaise**

Gluten & dairy free pasta, beef mince, carrot, celery, garlic, mixed herbs, tomato soup, tomato paste, seasoning, worcestershire sauce, vegetable oil, lemon juice

##### **Crunchy Garden Salad**

Lettuce, cucumber, celery, carrot, cherry tomatoes, vinaigrette - oil, vinegar, salt, pepper, sugar

##### **Wedgie Ice block**

Water, liquid sugar, dextrose, natural flavour, acidity regulator, thickener

#### Vegan Meals

##### **Vegan Pasta Bake**

Extra virgin olive oil, eggplant, garlic, sea salt, pepper, zucchini, thyme, onion, capsicum, tomatoes, tomato juice (passatta), basil, pasta, olives, capers, kale

##### **Crunchy Garden Salad**

Lettuce, cucumber, celery, carrot, cherry tomatoes, vinaigrette - oil, vinegar, salt, pepper, sugar

##### **Wedgie Ice block**

Water, liquid sugar, dextrose, natural flavour, acidity regulator, thickener

### SATURDAY PACKED LUNCH 4/5/2019

#### Normal Meals

##### **Ham, cheese, lettuce, carrot, margarine & whole egg mayonnaise white roll**

##### **Arnotts Butternut Snap & Choc Chip Biscuit**

Buttersnap flavour- sugar, wheat flour, rolled oats, butter cream, salt, coconut, golden syrup, baking powder.  
Choc chip flavour- wheat flour, sugar, vegetable oil, coco, golden syrup, baking powder, food colour, salt, eggs, milk powder, flavouring

## Vegetarian Meals

### **Roasted Vegetable & Quinoa Salad**

Quinoa, orange juice, vegetable stock, zucchini, pumpkin, red capsicum, red onion, vegetable oil, cherry tomatoes, fresh basil, fresh parsley, lemon juice, salt, pepper

### **Arnotts Butternut Snap & Choc Chip Biscuit**

Buttersnap flavour- sugar, wheat flour, rolled oats, butter cream, salt, coconut, golden syrup, baking powder.  
Choc chip flavour- wheat flour, sugar, vegetable oil, coco, golden syrup, baking powder, food colour, salt, eggs, milk powder, flavouring

## Gluten & Dairy Free Meals, Vegan Meals

### **Roasted Vegetable & Quinoa Salad**

Quinoa, orange juice, vegetable stock, zucchini, pumpkin, red capsicum, red onion, vegetable oil, cherry tomatoes, fresh basil, fresh parsley, lemon juice, salt, pepper

### **Chocolate Coconut Slice**

Nuttelex, cocoa, brown sugar, coconut, vegetable oil, gluten free plain flour, gluten free SR flour

## **SATURDAY NIGHT DINNER 4/5/2019**

## Normal Meals

### **Honey Soy Chicken Breast**

Chicken breast, honey soy marinade (soy, honey, sugar, ginger, garlic)

### **Potato Salad**

Red potatoes, seeded mustard, parsley, spring onion, mayonnaise (water, cane sugar, vinegar, vegetable oil, maize thickener, salt, wheaten cornflour, egg yolk, vegetable gum, flavour, colour, antioxidant)

### **Asian Slaw**

Green and red cabbage, carrot, spring onion, sweet dressing (Vinegar, Olive Oil, Sesame Oil, Palm Sugar, Sugar, Soy Extract (11%) (Water, Salt, Soybean, Wheat), Water, Salt, Colour (150a), Preservatives (211, 223), Acidity Regulator (330), Stabiliser (415))

### **Bulla Chocolate Vanilla Twin Creamy Classic Ice Cream**

Fresh milk, chocolate, sugar, cocoa solids, milk solids, vegetable fat, emulsifiers, flavour, fresh cream, liquid sugar, thickeners, colour

## Vegetarian Meals

### **Moroccan Spiced Cauliflower and Chick Pea Tagine with Couscous**

Onion, moroccan paste, vegetable stock, vegetable oil, cauliflower, tomato, seasoning, sweet potato, chickpeas, capsicum, garlic, parsley, couscous

### **Bulla Chocolate Vanilla Twin Creamy Classic Ice Cream**

Fresh milk, chocolate, sugar, cocoa solids, milk solids, vegetable fat, emulsifiers, flavour, fresh cream, liquid sugar, thickeners, colour

## Gluten & Dairy Free Meals

### **Honey Soy chicken breast**

Chicken breast, honey soy marinade (soy, honey, sugar, ginger, garlic)

### **Gluten & Dairy Free Potato Salad**

Potatoes, spring onion, parsley, salt, mayonnaise (canola oil, whole egg, water, white vinegar, salt, sugar, Dijon mustard, flavour, spices & spice extract, lemon juice, food extract, colour)

### **Asian Slaw**

Red and green cabbage, carrot, spring onion, sweet dressing

### **Wedgee Ice Block**

Water, liquid sugar, dextrose, natural flavour, acidity regulator, thickener

## Vegan Meals

### **Moroccan Spiced Cauliflower and Chick Pea Tagine with Couscous**

Onion, moroccan paste, vegetable stock, vegetable oil, cauliflower, tomato, seasoning, sweet potato, chickpeas, capsicum, garlic, parsley, couscous

### **Wedgee Ice Block**

Water, liquid sugar, dextrose, natural flavour, acidity regulator, thickener

## **SUNDAY MORNING TEA 5/5/2019**

### **Normal Meals & Vegetarian Meals**

#### **Muffin Break Assorted Muffins**

Hi Fibre Muffin Mix (59%) (Wheat Flour (Wheat Flour, Vitamins (Thiamin, Folate)), Sugar, Soy Flour, Egg Powder, Milk Solids, Raising Agents (Sodium Bicarbonate, 341, 450), Wheat Bran, Wheat Germ, Humectant (420), Flavour, Emulsifier (481), Thickeners (464, Xanthan Gum) Colour (160b)), Water, Canola Oil, Apple (7%), Cinnamon (1.5%), Icing Sugar.

### **Dairy & Gluten Free Meals**

#### **Gluten & Dairy Free Raspberry Muffin**

Soy milk, cider vinegar, gluten free flour, baking powder, baking soda, salt, granulated sugar, canola Oil, vanilla extract, lemon, raspberries

### **Vegan Meals**

#### **Vegan Raspberry Muffin**

Soy milk, cider vinegar, gluten free flour, baking powder, baking soda, salt, granulated sugar, canola Oil, vanilla extract, lemon, raspberries

## **SUNDAY LUNCH 5/5/2019**

### **Normal Meals**

#### **Beef Hamburger**

Beef pattie- water, beef flavoured colour, flavour enhancer, food acid, dextrose, salt, hydrolysed vegetable protein, mineral salt  
Lettuce, cheese, tomato sauce, mayonnaise, white bread roll

### **Vegetarian Meals**

#### **Vegetarian Burger**

Pattie- Vegetables (corn, carrot, peas, onion), water, wheat flour, canola oil, thickeners, dehydrated potato, salt, milk solids, egg white powder, vegetable oil, maize flour, yeast extract, yeast, potato fibre, onion powder, soy flour, acidity regulators, natural flavour, food acid, spice extract, ascorbic acid  
Lettuce, cheese, tomato sauce, mayonnaise, white bread roll

### **Gluten & Dairy Free Meals**

**Baked potato with warm bean salsa, tomato, red onion, capsicum, olives, salt, pepper**

### **Vegan Meals**

**Baked potato with warm bean salsa, tomato, red onion, capsicum, olives, salt, pepper**