

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, feta, 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

Bolognese

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

Wedgie 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