

2018 INGREDIENTS BREAKDOWN

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.

WELCOME DINNER FRIDAY NIGHT - 4 MAY 2018

STANDARD

Beef Lasagne
Crunchy Garden Salad
Dixie Cup

Ingredients: Durum Semolina, Beef, Tomato, Cheese, Herbs & Spices, Salt
Ingredients: Lettuce, cucumber, celery, carrot, cherry tomatoes, olives
Ingredients: Fresh milk, liquid sugar, fresh cream, milk solids, maltodextrin, emulsifier, flavour, thickeners, colour

VEGETARIAN

Vegetarian Lasagne
Crunchy Garden Salad
Dixie Cup

Ingredients: Durum wheat, tomatoes, tomato paste, capsicum, garlic, mixed herbs & spices, vegetables
Ingredients: Lettuce, cucumber, celery, carrot, cherry tomatoes, olives
Ingredients: Fresh milk, liquid sugar, fresh cream, milk solids, maltodextrin, emulsifier, flavour, thickeners, colour

GLUTEN & DAIRY FREE

Bolognese Sauce
Crunchy Garden Salad
Wedge Ice block

Ingredients: Gluten & dairy free pasta, beef mince, carrot, celery, garlic, mixed herbs, tomato soup, tomato paste, seasoning, worcestershire sauce, vegetable oil, lemon juice
Ingredients: Lettuce, cucumber, celery, carrot, cherry tomatoes, olives
Ingredients: Water, liquid sugar, dextrose, natural flavour, acidity regulator, thickener

VEGAN

Vegan Pasta Bake
Crunchy Garden Salad
Wedge Ice block

Ingredients: Extra virgin olive oil, eggplant, garlic, sea salt, pepper, zucchini, thyme, onion, capsicum, tomatoes, tomato juice (passata), basil, pasta, olives, capers, kale
Ingredients: Lettuce, cucumber, celery, carrot, cherry tomatoes, olives
Ingredients: Water, liquid sugar, dextrose, natural flavour, acidity regulator, thickener

BREAKFAST SATURDAY - 5 MAY 2018

Supplied at accommodation venue

PACKED LUNCH SATURDAY - 5 MAY 2018

STANDARD

Salad Roll
Arnotts Butternut Snap & choc chip biscuit

Ingredients: Ham, cheese, lettuce, carrot & whole egg mayonnaise white roll
Ingredients: 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

Zesty Quinoa Salad
Arnotts Butternut Snap & choc chip biscuit

Ingredients: Quinoa, olive oil, lemon juice, cumin, chilli, cherry tomatoes, beans, spring onion, coriander & red onion
Ingredients: 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 FREE & DAIRY FREE

Zesty Quinoa Salad
Chocolate Coconut Slice

Ingredients: Quinoa, olive oil, lemon juice, cumin, chilli, cherry tomatoes, beans, spring onion, coriander & red onion
Ingredients: Icing sugar, vanilla, gluten free flour, sugar, coco powder, baking powder, water, salt, vegetable oil

VEGAN

Zesty Quinoa Salad
Chocolate Coconut Slice

Ingredients: Quinoa, olive oil, lemon juice, cumin, chilli, cherry tomatoes, beans, spring onion, coriander & red onion
Ingredients: Icing sugar, vanilla, gluten free flour, sugar, coco powder, baking powder, water, salt, vegetable oil

DINNER SATURDAY - 5 MAY 2018

STANDARD

Spanish style chicken breast
Potato Salad
Greek style salad
Bulla Ice Cream

Ingredients: Chicken breast, paprika, sumac, tomato, red capsicum, olives
Ingredients: Red potatoes, seeded mustard, gherkin, parsley, spring onion, mayonnaise (water, cane sugar, vinegar, vegetable oil, maize thickener, salt, wheaten cornflour, egg yolk, vegetable gum, flavour, colour, antioxidant)
Ingredients: Cucumber, cherry tomatoes, mixed capsicum, red onion, lettuce, olives, feta cheese
Ingredients: Fresh milk, chocolate, sugar, cocoa solids, milk solids, vegetable fat, emulsifiers, flavour, fresh cream, liquid sugar, thickeners, colour

VEGETARIAN

Vegetarian Curry
Bulla Ice Cream

Ingredients: Onion, korma paste, vegetable stock, coconut cream, seasoning, potato, sweet potato, chickpeas, spinach, peas, cauliflower, parsley, chives, jasmine rice
Ingredients: Fresh milk, chocolate, sugar, cocoa solids, milk solids, vegetable fat, emulsifiers, flavour, fresh cream, liquid sugar, thickeners, colour

GLUTEN FREE & DAIRY FREE

Spanish style chicken breast
Gluten & Dairy Free Potato Salad
Greek style Salad
Wedge Ice Block

Ingredients: Chicken breast, paprika, sumac, tomato, red capsicum, olives
Ingredients: 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)
Ingredients: Cucumber, cherry tomatoes, mixed capsicum, red onion, lettuce, olives
Ingredients: Water, liquid sugar, dextrose, natural flavour, acidity regulator, thickener

DINNER SATURDAY - 5 MAY 2018 (CONT)

VEGAN

Vegetarian Curry

Ingredients: Onion, korma paste, vegetable stock, coconut cream, seasoning, potato, sweet potato, chickpeas, spinach, peas, cauliflower, parsley, chives, jasmine rice

Wedgie Ice Block

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

BREAKFAST SUNDAY - 6 MAY 2018

Supplied at accommodation venue

MORNING TEA - 6 MAY 2018

STANDARD

Sara Lee Blueberry Muffin

Ingredients: Sugar, wheat flour, blueberries, egg, canola oil, water, apple puree, inverted sugar, whey powder, thickener, emulsifiers, raising agents, salt, preservatives, flavour, vegetable gum

DAIRY & GLUTEN FREE

Gluten & Dairy Free Blueberry Muffin

Ingredients: Gluten & Dairy free muffin mix (sugar, rice flour, maize flour, vegetable fats & oils, antioxidants), egg white powder, emulsifier, thickeners, humectant, raising agents, water, blueberries

VEGETARIAN

Sara Lee Blueberry Muffin

Ingredients: Sugar, wheat flour, blueberries, egg, canola oil, water, apple puree, inverted sugar, whey powder, thickener, emulsifiers, raising agents, salt, preservatives, flavour, vegetable gum

VEGAN

Vegan Blueberry muffin

Ingredients: Soy milk, cider vinegar, all-purpose flour, baking powder, baking soda, salt, granulated sugar, canola oil, vanilla extract, lemon, blueberries

LUNCH SUNDAY - 6 MAY 2018

OPTION 1 (HOT LUNCH)

STANDARD

Hamburger

Ingredients: Beef, water, beef flavoured colour, flavour enhancer, food acid, dextrose, salt, hydrolysed vegetable protein, mineral salt

VEGETARIAN

Vegetarian Pattie

Ingredients: Vegetables (corn kernals, 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

GLUTEN FREE & DAIRY FREE

Baked potato with warm bean salsa

Ingredients: potato, beans, tomato, red onion, capsicum, olives, salt, pepper

VEGAN

Baked potato with warm bean salsa

Ingredients: potato, bean salsa, tomato, red onion, capsicum, olives, salt, pepper

OPTION 2 (COLD PACKED LUNCH)

Standard

Roast Beef Baguette

Ingredients: Baguette with roast beef, mature cheese, tomato, apple, onion, sultanas), sugar, vinegar, thickener (modified corn and potato starch), sea salt, herbs and spices, garlic.

Vegetarian Option:

Roast Pumpkin, Fetta & Chickpea Salad

Ingredients: butternut pumpkin, olive oil, canned chickpeas, red onion, baby spinach leaves, fresh chives, feta cheese

Gluten Free & Dairy Free Option:

Roast Beef, Pumpkin, Chickpea Salad

Ingredients: roast beef, butternut pumpkin, olive oil, canned chickpeas, red onion, baby spinach leaves, fresh chives

Vegan Option:

Pumpkin & Chickpea Salad

Ingredients: butternut pumpkin, olive oil, canned chickpeas, red onion, baby spinach leaves, fresh chives, feta cheese

