

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 Marie in the Canteen and she can go through any queries you may have.

Curry: Butter Chicken or Vegetable -

Chicken - Chicken, Onion, Carrot, Red Capsicum

Vegetable – Chickpeas, Cauliflower, Carrot, Red Capsicum

Pataks Butter chicken sauce – Onion, Tomato paste, vegetable shortening, sugar, cream, maize starch (1422), ginger, onion powder, almonds, garlic, tamarind, food acid, veg gum (xanthan) paprika, spices, salt

Burgers:

Beef: Beef mince, garlic, tomato sauce, salt & pepper, plain flour, oregano, wholemeal bun, lettuce, cheese, mayo, tomato sauce.

Chicken: Chicken mince, sweet chili sauce, garlic, salt & pepper, plain flour, oregano, wholemeal bun, lettuce, cheese, mayo, tomato sauce

Vegetarian: Birdseye potato, peas, green beans, carrot, onion, canola oil, potato starch, dextrose, maize starch, salt, whey powder (milk), dextrose, xanthan gum, malt dextrin, wholemeal bun, lettuce, cheese, mayo, tomato sauce.

Pasta Bolognese:

Beef: Beef mince, onion, garlic, carrot, spinach, oregano, salt & pepper, tinned tomatoes, pasta spirals (durum wheat semolina), cheese

Vegetarian: as above without the meat, pasta spirals (durum wheat semolina), cheese

Fried Rice:

Ham: white rice, ham, peas, carrots, corn, garlic, soy sauce (water, soy beans, salt, rice, sugar, caramel (150a, 150d), ginger

Vegetarian: as above without the ham.

Bakery Pie, Sausage Roll or Vegetable Pasty – Beck’s Bakehouse: Contact direct for more details (08 8295 4434)

Lasagne

Beef: Bolognese sauce as above, lasagne sheets, cheese sauce (butter, plain flour, milk, cheese, nutmeg)

Vegetable: as above without the meat

Baked Potatoes

Bolognese: potatoes, nuttelex, Bolognese sauces as above, cheese, sour cream

Vegetarian Salsa: potatoes, nuttelex, salsa (tinned tomatoes, onion, garlic, cumin, oregano, capsicum, baked beans) cheese, sour cream

Yiros

Chicken: chicken, cumin, onion, cinnamon, oregano, garlic, yiros bread, tzatziki, lettuce, tomato

Beef: beef, cumin, onion, cinnamon, oregano, garlic, yiros bread, tzatziki, lettuce, tomato

Cheese: cheese, yiros bread, tzatziki, lettuce, tomato

Nachos

Beef: beef, salsa as above, cheese, sour cream

Vegetarian: salsa as above, cheese, sour cream

Hot dog

Hot dog in a roll with or without sauce or butter

Tip-Top Hotdog Roll - Wheat Flour, Water, Baker's Yeast, Canola Oil, Wheat Gluten, Sugar, Iodised Salt, Soy Flour, Vitamins (Thiamine, Folate), Preservative (282), Emulsifiers (481, 472e, 471).

Butter – Nuttelex Buttery Table Spread - All From Vegetable Sources): Vegetable Oil, Water, Salt, Emulsifiers (471, Sunflower Lecithin), Flavour, Vitamins A,D,E.

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), molto dextrin (maize), garlic, fermented red rice, sodium nitrite (250), yeast

extract, spice extracts, colours (160c,110,129), smoked. Contains Soy
Cheese – Shredded Tasty Cheese Mainland - Tasty Cheddar Cheese [Milk, Salt, Cultures, Enzyme (Rennet)], Anticaking Agent (460), Preservative (200).

Tomato Sauce- Tomatoes 76% (from Paste), Sugar, Salt, Food Acid (Acetic), Onion, Spice Extract.

Choc chip cookie: Cookie base (S.R. Flour, butter, custard powder, condensed milk), choc chips

Apple pie muffin: Muffin Base (S.R. Flour, sugar, egg, milk, vegetable oil, vanilla extract), tinned pie apple (Ardmona), cinnamon

Jam drop cookie: Cookie base as above, jam

Chocolate muffin: Muffin base as above, cocoa, choc chips

Smarties cookie: Cookie base as above, smarties

Vanilla muffin: Muffin base as above

White choc chunk cookie: Cookie base above, white choc chips

Strawberry Sundae Muffin: Muffin base as above (but uses strawberry milk), strawberries

Muesli cookie: Cookie base as above, Muesli (wholegrain rolled oats, sultanas, pawpaw, pineapple, raisins, coconut, glucose, banana chips, sunflower seeds, sesame seeds, canola oil, preservative 220, oat bran, antioxidant vitamin E)

Apricot crumble muffin: Muffin base as above, tinned apricot, crumble topping (oats, butter, cinnamon, raw brown sugar)

Wrap or Sandwich

Bread - Whole Grain Wholemeal Wheat Flour (50%), Water, Wheat Flour, Baker's Yeast, Vinegar, Wheat Gluten, Iodised Salt, Canola Oil, Emulsifiers (481, 472e, 471), Soy Flour, Vitamins (Thiamine, Folate).

Wrap – Water, Wholemeal Wheat Flour (35%), Wheat Flour, Vegetable Fat, Humectant (422), Mixed Grains (2.5%) (Malted Wheat Flakes, Kibbled Triticale, Kibbled Rye, Kibbled Corn, Kibbled Wheat), Vegetable Emulsifier (471, 481), Soy Flour, Raising Agent (501, 541), Cultured Dextrose, Iodised Salt, Linseeds, Wheat Gluten, Wheat Starch, Acidity Regulator (297), Thickener (412), Vitamins (Thiamine, Folic Acid).

Ham, Chicken, Cheese - Pasteurised Milk, Salt, Starter Cultures, Non-Animal Enzymes, Tomato, Lettuce, Cucumber, Carrot and Vegemite.

Sauces/ Condiments

Butter – Nuttalex Buttery Table Spread - All From Vegetable Sources): Vegetable Oil, Water, Salt, Emulsifiers (471, Sunflower Lecithin), Flavour, Vitamins A,D,E.

Mayonnaise - Water, Sugar, White Vinegar, Maize Thickener (1442), Salt, Vegetable Gums (415,460,466), Lemon Juice, Sunflower Oil (Antioxidant [320]), Spices, Colour (171, Lutein), Food Acid (Citric), Flavour.

Tomato Sauce- Tomatoes 76% (from Paste), Sugar, Salt, Food Acid (Acetic), Onion, Spice Extract.

Homemade Tzatziki – Greek Yoghurt, Garlic and Cucumber

Sweet Chilli Sauce - Sugar, Pickled Red Chilli (21%), Water, Garlic, Vinegar, Salt, Stabiliser: (415).

Ham and Cheese Toastie

Bread - Whole Grain Wholemeal Wheat Flour (50%), Water, Wheat Flour, Baker's Yeast, Vinegar, Wheat Gluten, Iodised Salt, Canola Oil, Emulsifiers (481, 472e, 471), Soy Flour, Vitamins (Thiamine, Folate).

Ham

Cheese - Pasteurised Milk, Salt, Starter Cultures, Non-Animal Enzymes.

Chicken Tender Wrap

Grilled Fresh Chicken Tenderloin, Lettuce and Homemade Tzatziki - Greek Yoghurt, Garlic and Cucumber

Grain Waves

Wholegrain Cereals (63%) (Corn, Wheat, Oats), Vegetable Oil, Rice, Sugar, Maltodextrin, Milk Powder, Salt, Onion Powder, Yeast Extract, Natural Flavours (Soy), Mineral Salt (Potassium Chloride), Cheese Powder (Milk), Food Acids (Citric Acid, Lactic Acid), Herb (Parsley), Natural Colour (Paprika Extract).

Popcorn

Corn kernals

Red Rock Chips

Sea Salt: Potatoes, Sunflower Oil, Salt.

Vege Chips

- Nut Free
- Egg Free
- Dairy Free
- Gluten Free
- MSG (621) Free
- No Cholesterol
- No Preservatives
- No Gm Ingredients
- No Artificial Colours, Flavours or Enhancers.

Natural:

Cassava (60%), Tapioca Flour, High Oleic Sunflower Oil, Sugar, Shallot Leaf, Salt, Sesame Seeds.

Barbeque:

Cassava (60%), Tapioca Flour, High Oleic Sunflower Oil, Sugar, Shallot Leaf, Salt, Sesame Seeds, Seasoning : (Dehydrated Vegetables, Herbs, Spices & Spice Extracts, Dextrose, Plant Fibre, Tapioca Starch, Acidity Regulator: (Citric Acid)

Fruit Straps

Cherry, apricot

Jelly cup

McKenzies – sugar, feldine, citric acid, flavour, colour

Bellis Fruit Bites

Sugar, Dried Apricots (30%) (Preservative 220), Glucose Syrup, Vegetable Oil, Emulsifier (Soy Lecithin), Food Acid 330, Colour 160b, Maize Starch, Flavour

Mini pizza

Tip Top Wholemeal English Muffin - Whole Grain Wholemeal Wheat Flour (36%), Water, Wheat Flour, Baker's Yeast, Maize Polenta, Wheat Gluten, Iodised Salt, Canola Oil, Soy Flour, Acidity Regulators (341, 263, 262), Preservatives (202, 200), Emulsifiers (481, 472e, 471), Sugar, Vitamins (Thiamin, Folic Acid). Contains Wheat & Soy.

Contains: Gluten Cereals and Soy.

Cheese – Shredded Tasty Cheese Mainland - Tasty Cheddar Cheese [Milk, Salt, Cultures, Enzyme (Rennet)], Anticaking Agent (460), Preservative (200).

Ham, tomato sauce

Cup of Wedges

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.

Sweet Chilli Sauce - Sugar, Pickled Red Chilli (21%), Water, Garlic, Vinegar, Salt, Stabiliser: (415).

Bulla Sour Cream – Cream, Halal Gelatine, Sour Cream Culture.

Allergen: Cream and Milk

Water

100% Water

Fruit Juice Box – Golden Circle Popper Juice - no added sugar

Water, Reconstituted Fruit Juice [Apple (24.5%), Black Currant (0.5%), Food Acid (Malic Acid), Vitamin C, Flavour.

Fleurieu Flavoured Milk:

Chocolate Milk

Full cream milk, sugar, cocoa (24%), milk solids, starch, salt, flavour

Allergens: Contains Milk

Strawberry Milk

Full cream milk, strawberry syrup (sugar, strawberry Puree (25%), natural colour (120), acidity regulator (330, 331), natural flavour).

Allergens: Contains Milk

UFO pineapple ring tinned pineapple golden circle

Frozen Pineapple - Pineapple (58%), Pineapple Juice or Reconstituted Pineapple Juice, Reconstituted Pear Juice.

Mountain Fresh Juice: Apple & Mango, Apple & Guava, Apple , Orange & Tropical

Made from 100% Australian Fruits

- No added artificial colours or flavours
- No added preservatives
- No added sugars
- No added water

Juice Cup - Apple Blackcurrant

Reconstituted Apple Juice 91.4%. Reconstituted Blackcurrant Juice 8.5%, Food Acid (330), Preservative (202), Flavour, Vitamin C (300)

Ice Cream Cup – Everest Gluten Free

Water, Sugar, Milk Fat 10%, Milk Solids Non Fat, Emulsifiers (471, 433), Vegetable Gums (466, 412, 410, 407, 407A), Vanilla Flavour

Moosies

Chocolate: Water, Sugar, Skim Milk Powder, Cream, Cocoa(0.5%), Emulsifier(471), Stabiliser(466,412,407), Natural Flavour

Strawberry: Water, Skim Milk Powder, Sugar, Cream, Emulsifier(471), Stabiliser(466,412,407), Natural Flavour, Natural Colour(120)

Banana: Water, Skim Milk Powder, Sugar, Cream, Emulsifier(471), Stabiliser(466,412,407), Flavour, Colour(102)

Lime: Water, Skim Milk Powder, Sugar, Cream, Emulsifier(471), Stabiliser(466,412,407), Flavour, Colour(102,133)

Juicies

Orange: Fresh Pressed Apple Juice(94.5%), Orange Juice Concentrate(5%), Natural Flavour, Ascorbic Acid(Vitamin C)

Tropical: Fruit Juice(99.8%)[Fresh Pressed Apple Juice(95.8%), Reconstituted Fruit Juices(Orange, Pineapple, Apple, Passionfruit, Mango)], Natural Flavour, Ascorbic Acid(Vitamin C)

Wildberry: Fruit Juice(99.8%)[Fresh Pressed Apple Juice(96.5%), Reconstituted Fruit Juices(Apple, Boysenberry, Blackcurrant)], Natural Flavour, Ascorbic Acid(Vitamin C)

Apple: Fresh Pressed Apple Juice (99.9%), Vitamin C

Frozen Mango Yoghurt – Bulla Cup

Fresh Whole Milk, Fresh Skim Milk, Liquid Sugar(Sugar, Water), Mango Puree(5%), Milk Solids Non-Fat, Maltodextrin(from Maize), Fresh Cream, Dextrose(from Maize), Water, Emulsifier(Vegetable Origin)(471), Vegetable Gums(412,410,407), Food Acid(270), Flavour, Yogurt Culture, Colour(160b)
