

# DISHES AND THEIR ALLERGEN CONTENT - Maroon Outdoor Education Centre *Tick indicates allergen, or traces of allergen in dish*

DISHES												
Mains	Cereals (Gluten)	Crustaceans	Eggs	Fish	Lupin	Milk	Shellfish (Molluscs)	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Burgers Beef	✓		✓			✓				✓	✓	
Burgers Chicken	✓		✓			✓				✓	✓	
Burgers Vegetarian	✓	✓	✓			✓				✓	✓	
Spaghetti Bolognaise	✓		✓			✓					✓	
Garlic Bread	✓		✓			✓				✓	✓	
Neapolitan Bolognaise								✓	✓			
Beef Sausages with Vegetables						✓					✓	
Beef Sausages & Vegetable (mod)											✓	
Roast Beef with Roast Vegetables												✓
Silverside White Sauce Vegetables						✓					✓	
Silverside White Sauce Vegetables (mod)											✓	
Bar-Bar-Que steak & sausages on Rolls	✓		✓			✓				✓	✓	

Menu dishes noted above are modifiable to provide for the removal of all identified allergens unless otherwise stated (Mod)


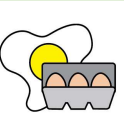
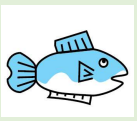
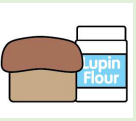





DISHES												
	Cereals (Gluten)	Crustaceans	Eggs	Fish	Lupin	Milk	Shellfish (Molluscs)	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chicken Gravy		✓		✓		✓					✓	
Beef Gravy					✓	✓					✓	
Chicken Pieces with Vegetables						✓				✓	✓	✓
Curried Chicken and Rice						✓					✓	
Sweet and Sour Chicken & Rice	✓					✓					✓	
Lasagne						✓						
Lasagne (mod)											✓	
Chicken Schnitzel & Veg	✓											

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DISHES												
Lunch Dishes	Cereals (Gluten)	Crustaceans	Eggs	Fish	Lupin	Milk	Shellfish (Molluscs)	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Mince Rolls	✓		✓			✓				✓	✓	
Pizza	✓		✓			✓				✓	✓	
Meatloaf	✓		✓			✓					✓	
Meat Pies	✓		✓			✓		✓	✓	✓	✓	
Sausage Rolls	✓		✓								✓	
Quiche	✓		✓			✓		✓	✓	✓	✓	
Cottage Pie	✓					✓					✓	
Potato Salad	✓					✓					✓	
Coleslaw									✓			
Rice salad									✓			
Pasta Salad	✓		✓			✓					✓	
Cold Meat (Pressed Ham)											✓	
Zucchini Slice	✓		✓			✓						

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Menu Items												
Desserts	Cereals (Gluten)	Crustaceans	Eggs	Fish	Lupin	Milk	Shellfish (Molluscs)	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Chocolate Bavarian	✓		✓			✓		✓	✓		✓	
Pavlova			✓			✓					✓	✓
Chocolate Brownies			✓			✓		✓			✓	
Chocolate Brownies Modified											✓	
Apple Danish	✓		✓			✓		✓	✓		✓	
Apple Crumble & Custard	✓					✓		✓	✓	✓		✓
Fruit Salad Jelly Ice Cream						✓						✓
Sticky Date Pud Caramel Sauce Ice Cream	✓		✓			✓					✓	
Muffins	✓		✓			✓					✓	
Cake	✓		✓			✓					✓	
Cheesecake	✓		✓			✓					✓	
Cake Gluten free												
Menu items noted in this table are not modifiable. Students are provided with an alternative.												

Menu Items												
Breakfast	Cereals (Gluten)	Crustaceans	Eggs	Fish	Lupin	Milk	Shellfish (Molluscs)	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Beef Sausages Hash Browns Baked Beans	✓										✓	✓
Beef Sausages Hash Browns Gravy	✓	✓		✓							✓	✓
Bacon and Eggs			✓									
Savoury Mince												
Scrambled Eggs and Cherrios Spaghetti	✓		✓			✓					✓	
Gluten Free Cereals												✓
Hotcakes with Honey or Syrup	✓		✓			✓						
Grilled Tomato and Cheese						✓						
Rice Bubbles (Kelloggs)	✓							✓	✓			
Cornflakes (Kelloggs)	✓							✓	✓			
Vitabrits	✓											
Toasted Muesli ( Purina)	✓							✓			✓	
Natural Muesli (homemade)	✓							✓	✓			✓

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Menu Items												
Sides and Condiments	Cereals (Gluten)	Crustaceans	Eggs	Fish	Lupin	Milk	Shellfish (Molluscs)	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
White Bread	✓										✓	
Wholemeal Bread	✓										✓	
Gluten Free Bread			✓							✓	✓	
White Bread Rolls	✓		✓			✓				✓	✓	
Wholemeal Rolls	✓		✓			✓				✓	✓	
Tomato Sauce												
BBQ Sauce												
Mayonnaise	✓		✓								✓	
Plain Biscuits	✓		✓			✓		✓	✓	✓		
Vegemite	✓											
Jam												

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Menu Items												
Campout	Cereals (Gluten)	Crustaceans	Eggs	Fish	Lupin	Milk	Shellfish (Molluscs)	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Burritos (Mince)	✓	✓		✓		✓			✓	✓	✓	
Burritos (Vegetarian)	✓	✓		✓		✓			✓	✓	✓	
Custard Mix & Dried fruit	✓					✓				✓	✓	✓
Pita Bread, Cold Meat & Cheese & Salads	✓					✓						
Vita Weat Biscuits ,Salami and Processed Cheese	✓		✓			✓		✓	✓	✓	✓	
Pasta based Meal	✓	✓		✓		✓	✓		✓		✓	
Rice Based Meal	✓											✓
Cheesecake Mix	✓		✓			✓					✓	
Bacon and Eggs Flatbread	✓		✓								✓	
Staminade												
Flapjacks (oats)	✓					✓					✓	
Trail Mix	✓					✓		✓	✓	✓	✓	
Weet Bix	✓											

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