

**Excelsior Public School Canteen Ingredients List as at November 2018****Beef (Meat) Lasagne**

Bolognese Sauce (49%) [Water, Mince, Tomatoes, Tomato Paste, Protex, Starch, Carrot, Celery, Onion, Sugar, Salt, Garlic, Beef Booster, Potassium, Herb & Spices], Pasta (33%) (Wheat Flour), Bechamel Sauce (24%) (Water, Liquid Cheese Sauce, Cheese Sauce, Milk Powder, Thickened Cream, Thickener 1422, Bakers Flour, Salt, Potassium. Chicken Booster, Pepper). **This product contains Gluten, Milk & Soy.**

**Twista (Bolognese) Pasta**

Bolognese Sauce (54%) (Tomatoes, Beef Mince, Vegetables, Textured Vegetable Protein, Starch (1422), Sugar, Salt, Garlic, Flavour (Wheat), Mineral Salt (508), Herbs & Spices), Pasta (43%) (Durum Wheat Semolina, water), Cheese Sauce (3%) (Milk). **This product contains Gluten, Milk & Soy.**

**Macaroni Cheese**

Macaroni (68%) (Durum Wheat Semolina, Water), Cheese Sauce (32%) [Water, Cheddar Cheese, Cream, Cheese Powder (Gluten, Milk, Soy), Parmesan Cheese, Margarine (Milk, Soy), Milk Solids, Modified Food Starch (1422), Flour (Wheat), Salt, Mineral Salt (508), Flavour [Soy], Spice]. **This product contains Gluten, Milk & Soy.**

**Potato Bake**

Cream Sauce (Onion, Milk, Margarine, Thickener (1422), Water), Potato (45%), Cheese, Ham.

**Fried Rice (98% Fat Free)**

Rice (79%), Peas, Ham, Sugar, Canola Oils, Soy Sauce (Caramel, Soy Bean, Flour, Wheat Flour), Salt, Onion, Flavour [Dextrose, Flavour Enhancer (635), Corn Flour (Maize), Yeast Extract, Dehydrated Vegetables, Vegetable Oil, Spices, Spice Extract, Food Acid (330)].

**Allergen: Gluten, Wheat, Soy**

**Singapore Noodles**

Rice Noodles (32%), Ham, Carrots, Onions, Cabbages, Salt, Sugar, Vegetable oil, Canola oils, Chicken Marinade (ginger, color (ammonia caramel/150c), modified corn starch, oyster extractives), Curry Powder (ground spices, dehydrated vegetables, chick pea flour, wheat starch), Starch, Tomato sauce, Worcestershire sauce, Flavor (Salt, Sugar, Dextrose, Flavor Enhancer (635), Corn Flour (Wheat), Hydrolyzed Vegetable Protein (Soy), Dehydrated Vegetables, Vegetable Oil, Spices, Spice Extract).

**Meat Pie**

Wheat Flour, Water, Beef (25%), Margarine [Vegetable Fats & Oils, Water, Salt, Emulsifiers (322 Soy, 471), Acidity Regulator (500), Antioxidant (320, 306 Soy), Food Acid (300)], Thickener (1422), Seasoning [Salt, Sugar, Rice Flour, Flavour Enhancer (621), Hydrolysed Vegetable Protein, Spices], Onion, Milk Solids, Salt, Pepper.

**Contains Gluten (Wheat), Milk and Soy Products.**

**Sausage Roll**

Wheat Flour, Water, Beef (18%), Margarine [Vegetable Fats & Oils, Water, Salt, Emulsifiers (322 Soy, 471), Acidity Regulator (500), Antioxidant (320, 306 Soy), Food Acid (300)], Breadcrumbs, Binder [Rice Flour, Wheat Flour, Salt, Spice Extract, Canola Oil], Seasoning [Wheat Bran, Salt, Sugar, Flavour Enhancer (621), Hydrolysed Vegetable Protein], Soy Protein, Onion, Garlic, Spices, Pepper. **Contains Gluten (Wheat), Milk and Soy Products.**

**Lite Beef Burger Patty**

Beef (44%), Soy Protein [contains Colour (150d), Preservative (223), Emulsifier(322)] Onion, Vegetable Oil (Canola) [contains Antioxidant (320)], Wheat Cereal, Sugar, Salt, Mineral Salt (451), Hydrolysed Vegetable Protein (Maize, Soy), Maltodextrin, Spices, Anticaking Agent (341). **CONTAINS: Gluten, Soy. MAY CONTAIN: Milk**

**Chicken Burger Patty**

Chicken Breast (61%), Water, Crumb [Wheat Flour, Water, Yeast, Salt, Colour(100), Canola Oil, Rice Flour, Batter [Wheat Flour, Salt, Gum (412), Mineral Salts (450,500)], Premix [Sugar, Soy Protein, Salt, Mineral Salts (451), Canola Oil], Soya Protein Concentrate, Wheat Fibre, Onion.

**Contains Gluten and Soy Products**

## Excelsior Public School Canteen Ingredients List as at November 2018

### Quorn Burger Patty

Mycoprotein™\* (52%), **Wheat** Flour (Calcium, Iron, Niacin & Thiamine), Water, Sunflower Oil, **Wheat** Starch, Potato Protein, Pea Fibre, Salt, Firming Agent (Calcium Chloride), Natural Flavour, **Wheat** Gluten, thickeners (407, 401), acidity regulator (calcium acetate), Yeast, Wheat Semolina, Garlic Powder, Onion Extract, Onion Powder, Sage, Sage Extract, White Pepper, Yeast Extract, Natural Colour (Paprika Extract), Raising Agent (503).

**Contains Wheat. \*Quorn Foods are made using Mycoprotein™, from a nutritious member of the fungi/mould family similar to that found in blue cheese. Some individuals may not tolerate this and experience an adverse reaction.**

### Sweet Chilli Chicken Tenders

Chicken Breast (65%), Water, Wheat Flour (contains Thiamin), Yeast, Maize Flour, Salt, Rye/Triticale, Gluten, Soy, Flour, Soy Protein, Canola Oil, Dextrose, Vegetable Oils, Skim Milk Powder, Soy Protein Concentrate, Rice Flour, Egg Albumen, Spices, Flavours (inc Natural Oleoresin Capsicum), Wheat Fibre, Garlic, Onion, Modified Starches (from Corn, 1420, 1422), Coconut (Preservative (220)), Sesame Seeds, Bell Peppers, Herbs, Emulsifiers (471, 472e, 481), Preservative (282), Mineral Salt (451), Vegetable Gum (412), Colour (160b). **Contains: Gluten, Soy, Milk, Egg, Sesame Seeds, Sulphites**

### Yummy Drumsticks

Chicken (36%), Water, Flour (Wheat, Maize, Soy), Vegetable Oil, Starch (Wheat), Gluten (Wheat), Soy Protein Concentrate, Salt, Yeast, Milk Solids, Wheat Semolina, Ground & Extracted Spices (Milk), Emulsifier (472e, 481), Flavour (Milk), Acidity Regulators (500, 341), Mineral Salts (450, 451), Thickeners (415,466), Gelling Agents (470a, 508), Natural Colours (100,150d,160c), Vitamin (Thiamin). **Contains Gluten (Wheat), Soy and Milk.**

### Ham & Pineapple Pizza

Pizza Base (53.3%) [Wheat Flour, Water, Oil, Salt, Sugar, Yeast], Tomato Sauce (16.6%) [Tomato (93.3%), Salt], Cheese (16.6%) [Pasteurised Milk, Salt, Culture, Enzyme (Rennet)], Anti-Caking Agent (460), Preservative (200), Shredded Ham (6.7%) [Pork Meat (88%), Water, Salt, Potato Starch, Mineral Salts (451), Food Acid (330, 270, 325), Dextrose, Antioxidant (316), Natural Colour (163), Preservative (250), Natural Identical Flavour], Pineapple Pieces (6.7%) [Pineapple, Water, Sugar, Acidity Regulator (Citric Acid)]. **Allergens: Wheat, Milk**

### Cheese & Bacon Pizza

Pizza Base [Wheat flour, Water, Vegetable Oils (Canola, Palm, Coconut), Emulsifiers (435,471), Flavour, Yeast, Wheat flour, Soy flour, Emulsifiers (481,472e), Raising Agent (920)], Mozzarella Cheese (25%) [Milk solids, Salt, Enzyme Starter Cultures], Sauce [Water, Tomato Paste, Flavour (Sugar, Thickener (415), Gelling Agent (508), Yeast Extract (Wheat), Flavour, Soy oil), Spice Extracts), Manufactured Bacon (14%) [Pork, Water, Wheat Starch, Soy protein, Wheat Gluten, Acidity Regulators (451,450), Gelling Agent (508), Hydrolysed Vegetable Protein, Sugar, Stabiliser (407a), Natural Flavour, Antioxidant (316), Fermented Rice, Preservative (250), Pork Protein, Salt].

**Contains gluten containing cereals, milk and soy.**

### Margarita Pizza

Pizza Base (53.3%) [Wheat Flour, Water, Oil, Salt, Sugar, Yeast], Tomato Sauce (23.3%) [Tomato (99.3%), Salt], Cheese (23.3%) [Pasteurised Milk, Salt, Culture, Enzyme (Rennet)], Anti-Caking Agent (460), Preservative (200)].

**Allergens: Wheat, Milk.**

## Snacks

<p><b>Mamee Noodles – Barbeque</b> Wheat Flour, Corn Oil [Contains Natural Antioxidants (304, 307b)], Seasoning (Yeast Extract, Sugar, Spice Powder, Salt, Soya Sauce, Flavour Enhancer [627, 631]), Spices (Garlic Powder, Black Pepper Powder), Sugar, Salt, Acidity Regulator (296). Flavour Sachet: BBQ Seasoning, Spices, Maltodextrin. <b>May Contain Traces of Milk, Crustaceans, Fish.</b> <b>No added MSG, No Preservatives, No Artificial Colours.</b> <b>Product of Malaysia.</b></p>	<p><b>Mamee Noodles – Chicken</b> <b>Wheat Flour, Corn Oil</b> [Contains Natural Antioxidants (304, 307b)], Seasoning (<b>Yeast Extract, Sugar, Salt, Maltodextrin</b>, Soya <b>Sauce</b>, Flavour Enhancer [627, 631], <b>Spices (Garlic Powder, Black Pepper Powder)</b>, <b>Salt, Sugar</b>. Flavour Sachet: <b>Maltodextrin</b>, Sugar, Spice. <b>May Contain Traces of Milk, Crustaceans, Fish.</b> <b>No added MSG, No Preservatives, No Artificial Colours.</b> <b>Product of Malaysia.</b></p>
<p><b>JJ's – Chicken</b> Wheat Flour, Corn Starch, Tapioca Starch, Palm Oil, Pepper, Onion, Salt, Sugar, Food Colour (102), Chicken Seasoning [contains Flavour Enhancer 621, Anti-Caking Agent (551), Soy Extract]</p>	<p><b>JJ's – Salt &amp; Vinegar</b> Wheat Flour, Corn Starch, Tapioca Starch, Palm Oil, Pepper, Potato, Salt, Sugar, Flavour Enhancer (621), Salt &amp; Vinegar Seasoning, Food Acids (260, 262, Soy Extract), Anti-Caking Agent (551), Antioxidant (316), Food Colour (E102).</p>
<p><b>Messy Monkeys – Cheese</b> <b>Flour Mix [Whole Grain Sorghum (24%), Maize, Rice, Whole Grain Quinoa (12%)], Canola Oil, Chickpea Fibre, Salt, Natural Flavours, Onion Powder, Cream Powder, Emulsifier (Sunflower Lecithin). CONTAINS MILK</b> Free from gluten as found in Wheat, Rye, Barley, Triticale and Spelt.</p>	<p><b>Koala Popcorn – Chicken</b> Popping Corn, Sunflower Oil, Milk Solids, Salt, Yeast Extract, Sugar, Vegetable Powder, Spice (100), Flavouring, Anti-Caking Agent (551), Spice Extracts (including 100,160c), Maltodextrin, Antioxidant (300). <b>No Soy. Allergen – Contains Milk Solids.</b></p>
<p><b>Cheese &amp; Crackers - Crackers</b> Organic <b>Brown Rice</b> (44%), Organic White <b>Rice</b> (29%), <b>Potato Starch</b>, Inulin, <b>Vegetable Oil</b> [(contains antioxidant (319)], <b>Soybean Flour, Maltodextrin</b>, Black <b>Sesame Seeds</b>, Millet (1.5%), <b>Sea Salt, Sugar</b>, White <b>Sesame Seeds</b>, Kelp <b>Extract</b>. <b>CONTAINS SESAME SEEDS AND SOY. MAY CONTAIN MILK.</b></p>	<p><b>Cheese &amp; Crackers – Cheese</b> <b>Milk</b>, Salt, Starter Cultures, Enzyme (Non-Animal Rennet). <b>CONTAINS MILK.</b> Suitable for Vegetarians. No Artificial Colour or Flavours. No Preservatives.</p>