





S-CAMP- SUNNYSTONES






Breakfast Allergy-free options

The following items are free from nuts, soy, wheat, gluten, dairy and eggs.




Occasionally substitutions are required and any substituted item will be checked for the above allergens.

	<p>Ingredients: Rice Flour, Rice Bran</p>
	<p>Ingredients: Maize, Golden Syrup (8%), Salt</p>
	<p>Ingredients: Rice Flour, Sugar, Cocoa Powder (5.3%), Chickpea Fibre, Salt, Natural Flavours</p>
	<p>Ingredients: (all from vegetable sources) Vegetable oils (containing Sunflower oil 5%), water, salt, emulsifiers (471, sunflower lecithin), natural flavour, vitamins A, D, E, natural colour (beta carotene).</p>




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	<p>Ingredients: Reconstituted Orange Juice (99.8%), Natural Flavour, Vitamin C, Acidity Regulator (Citric Acid).</p>
	<p>Ingredients: Reconstituted Apple Juice (99.7%), Acidity Regulator (Citric Acid), Natural Flavour, Vitamin C.</p>
	<p>Ingredients: Peach (59% min.), Refined Fruit Juice (Apple, Grape, Peach, Pear), Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid)</p>
	<p>Ingredients: Maize Starch, Fructose, Dried Apple (Sulphur Dioxide) (7%), Maize Flour, Raising Agents: Monocalcium Phosphate, Sodium Bicarbonate, Calcium Carbonate. Cinnamon (0.9%), Potato Starch, Yellow Pea Flour, Tapioca Starch, Vegetable Gums (Stabilisers): Guar Gum, Methylcellulose. Acidity Regulator: Citric Acid.</p>
	<p>Ingredients: Buckwheat Flour (49%), Tapioca Starch, Rice Flour, Maize Starch, Raising Agents: Monocalcium Phosphate, Sodium Bicarbonate, Calcium Carbonate. Potato Starch, Acidity Regulator: Citric Acid. Vegetable Gum (Stabiliser): Methylcellulose.</p>

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 <p>x50</p>	<p>Ingredients: Sugar, strawberries (minimum 40%), glucose (from wheat), water, vegetable gum (440a), food acid (330), mineral salt (509).</p> <p>Allergen statement: Contains glucose from wheat.</p>
 <p>x50</p>	<p>Ingredients: Raspberry (Minimum 40%), Sugar, Invert Sugar, Water, Food Acid (330), Vegetable Gum (440).</p> <p>Allergen statement: Contains glucose from wheat.</p>
 <p>x50</p>	<p>Ingredients: 100% Honey</p>

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Milk options depending on individual allergy needs:	
<p>Soy Milk</p> 	<p>Ingredients: Water, Soy Protein (4.0%), Maltodextrin, Canola Oil, Sugar, Acidity Regulator (Phosphoric Acid, 526, Potassium Citrate, Magnesium Carbonate), Emulsifier (450), Mineral Salt (509), Vitamin Premix (Vitamin (Riboflavin, Vitamin A, Vitamin B12)).</p> <p>Allergen: Soy</p>
<p>Oat Milk</p> 	<p>Ingredients: Filtered water, whole oats (min.8%), sunflower oil, oat flour, gum arabic, minerals (calcium phosphate, calcium carbonate), acidity regulator (potassium phosphate), natural flavour, sea salt. Vitamin D. Contains gluten.</p> <p>Allergen: Gluten</p>
<p>Lactose Free Milk</p> 	<p>Ingredients: Ultra Heat Treated Full Cream Milk, Enzyme (Lactase).</p> <p>Allergen: (Milk/Dairy)</p>
	<p>Ingredients:</p>

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Morning Tea & Afternoon Tea

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Ingredients:

Raw Sugar, Rice Flour, Potato Starch, Maize Starch, Maize Flour, Cocoa Powder (4.5%), Dextrose from Maize, Raising Agents (Sodium Bicarbonate, Monocalcium Phosphate, Calcium Carbonate), Emulsifier: Vegetable derived Monoglycerides. Tapioca Starch, Salt, Natural Vanilla Flavour, Vegetable Gums (Stabilisers): (Carboxymethylcellulose, Guar Gum, Carrageenan, Methylcellulose), Citric Acid.



Ingredients:

Raw Sugar, Rice Flour, Potato Starch, Maize Starch, Maize Flour, Dextrose from Maize, Natural Vanilla Flavour (1%), Raising Agents: (Monocalcium Phosphate, Sodium Bicarbonate, Calcium Carbonate), Emulsifier: Vegetable derived Monoglycerides. Tapioca Starch, Salt, Vegetable Gums (Stabilisers): (Carboxymethylcellulose, Guar Gum, Carrageenan, Methylcellulose), Citric Acid.



Ingredients:





Buckwheat Flour (68%), Rice Flour, Salt.



Ingredients:

Maize Flour (52%), Rice Flour, Maize Polenta (22%), Iodised Salt, Emulsifier: Monoglyceride From Vegetable.

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	<p>Ingredients: Brown Sugar, Rice Flour, Cocoa Powder (9%), Potato Starch, Tapioca Starch, Maize Starch, Vegetable Gums (Stabilisers): Guar Gum, Methylcellulose, Salt, Raising Agents: Sodium Bicarbonate, Calcium Carbonate, Citric Acid.</p>
	<p>Ingredients: Maize starch, Brown rice flour, Raw sugar, Choc bits (14%), Sugar, Palm vegetable oil, Cocoa powder, Rice syrup, Pea flour, Psyllium, raising agent: Sodium bicarbonate, Calcium carbonate (source of calcium), vegetable gum: Guar, emulsifier: Monoglycerides from vegetable, Natural vanilla flavour, Salt.</p>
	<p>Ingredients: Maize starch, Raw sugar, Brown rice flour, Pea flour, Palm vegetable oil, Rice syrup, Cocoa powder (4%), Psyllium (2%), Raising agent: Sodium bicarbonate, Calcium carbonate, Emulsifier: monoglycerides from vegetable, vegetable gum: Guar, salt, Vanilla.</p>
	<p>Ingredients: Fruit Filling (Caster Sugar, Invert Sugar, Apples (13%), Citrus Fibre, Humectant (Glycerol), Gelling Agent: Pectin. Acidity Regulators: Citric Acid, Disodium citrate, Calcium citrate tetrahydrate. Flavour (Natural), Cinnamon (0.3%)), Chickpea Flour, Tapioca Starch, Palm Vegetable Oil, Caster Sugar, Brown Rice Syrup, Cinnamon (0.4%), Raising Agent: Sodium Bicarbonate. Vegetable Gum (Stabiliser): Xanthan Gum.</p>

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	<p>Ingredients: Fruit Filling [Fruit (Concentrated Apple Puree (16%), Concentrated Apricot Puree (3%)), Invert Sugar, Caster Sugar, Humectant (Glycerol), Citrus Fibre, Acidity Regulator (Citric Acid), Flavour (Natural)), Chickpea Flour, Tapioca Starch, Palm Vegetable Oil, Caster Sugar, Brown Rice Syrup, Raising Agent: Sodium Bicarbonate. Vegetable Gum (Stabiliser): Xanthan Gum.</p>
	<p>Ingredients: Fruit Filling [Fruit (Concentrated Apple Puree (15%), Raspberry Puree (3%)), Invert Sugar, Sugar, Humectant (Glycerol), Citrus Fibre, Fruit And Vegetable Concentrates (Carrot, Blackcurrant), Flavour (Natural)], Chick Pea Flour, Tapioca Starch, Sugar, Palm Vegetable Oil, Brown Rice Syrup, Raising Agent: Sodium Bicarbonate. Vegetable Gum (Stabiliser): Xanthan Gum.</p>
	<p>Ingredients: Cane Sugar, Water.</p>
	<p>Ingredients: Australian Sultanas (99.5%), Vegetable Oil.</p>

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	<p>Ingredients: Popcorn, Canola Oil, Salt.</p>
	<p>Ingredients: Black Tea</p>
	<p>Ingredients: Water, Reconstituted Orange Juice (25%), Sugar, Food Acids (Citric Acid, Potassium Citrate), Vitamin C, Natural Flavours. Water, Reconstituted Apple Juice (25%), Sugar, Food Acids (Malic Acid, Potassium Citrate), Vitamin C, Natural Flavour, Stabiliser (Pectin).</p>

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Lunch

The following items are free from nuts, soy, wheat, gluten, dairy and eggs.

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Ingredients:

Vegetables (78%) (potato, cabbage, carrot, cauliflower, onion, pumpkin, pea, corn, garlic), maize flour, rice flour, vegetable oil (canola), salt, baking powder (450, 500), vegetable gum (guar), spices.



Ingredients:

Australian Beef (70%), Water, Seasoning (Rice Flour, Potato Starch, Maize Flour, Salt, Mineral Salt (451), Maize Starch, Vegetable Powders (Onion, Garlic), Preservative (223 (Sulphites)), Sugar, Antioxidant (Ascorbic Acid), Spices, Spice Extract), Vegetable Casing (Water, Thickener (401), Stabiliser (Guar Gum), Acidity Regulators (Citric Acid, Lactic Acid), Preservative (223 (Sulphites)), Firming Agent (509))

Contains: Sulphites



Ingredients:





Tapioca Starch (53%), Water, White Corn Masa Flour (8%), Stabilisers (Glycerin, Xanthan Gum), Quinoa Flour (4%), Amaranth Flour, Emulsifier (Mono- and Di-Glycerides of Fatty Acids), Salt.





Ingredients:

Tomatoes (47%), Sugar, Apple Puree (12%), Water, Maize Thickener (1422), Acidity Regulator (260), Colour (150a), Molasses, Salt, Natural Flavouring, Spices, Stabiliser (415).

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	<p>Ingredients: Tomatoes 79% (from Paste), Sugar, Salt, Food Acids (Acetic, Citric), Natural Flavour.</p>
	<p>Ingredients: CHICKEN BREAST, WATER, STARCH (TAPIOCA, POTATO), SALT, ACIDITY REGULATORS (326, 262), VEGETABLE GUM (407a), EMULSIFIERS (451, 508, 450), YEAST EXTRACT, MALTODEXTRIN (MAIZE, POTATO), SUGAR, SPICES AND SPICE EXTRACTS (160c), HERBS AND HERB EXTRACTS, DEHYDRATED VEGETABLE, FLAVOURS, VEGETABLE OILS (CANOLA, RICE BRAN), COLOURS (SORGHUM HUSK EXTRACT, 160b).</p>
	<p>Ingredients: Cabbage (75%), Carrot (25%). Percentages may vary due to processing and seasonal variability</p>
	<p>Ingredients: Chicken</p>

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	<p>Ingredients: Ingredients. Reconstituted Fruit Juices [Apple (94%), Orange (3.2%), Strawberry (0.5%), Mango (0.5%), Pineapple (0.5%), Raspberry (0.5%), Passionfruit (0.3%), Blackcurrant (0.1%)], Natural Colour (Black Carrot Concentrate), Acidity Regulator (330), Natural Flavours, Preservatives (202, 211, 223), Thickener (466).</p>
	<p>Ingredients: Ingredients. Reconstituted Fruit Juices [Apple (94%), Orange (3.2%), Strawberry (0.5%), Mango (0.5%), Pineapple (0.5%), Raspberry (0.5%), Passionfruit (0.3%), Blackcurrant (0.1%)], Natural Colour (Black Carrot Concentrate), Acidity Regulator (330), Natural Flavours, Preservatives (202, 211, 223), Thickener (466).</p>
	<p>Ingredients:</p>
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Dinner

The following items are free from nuts, soy, wheat, gluten, dairy and eggs.

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Ingredients:

Tomatoes (60%), Tomato Juice, Food Acid (Citric Acid).



Ingredients:

Crushed Tomato (63%), Tomato Juice, Tomato Paste, Thickener (1422).



Ingredients:






Beef



Ingredients:

Tomato (99%), Acidity Regulator (Citric Acid)

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	<p>Ingredients: Sea Salt from the Southern Ocean, Low Sugar Maize Maltodextrin, Natural Vegetable Flavour, Yeast Extract, Caramelised Sugar Syrup, Cane Sugar, Canola Oil, Extra Virgin Olive Oil, Potassium Chloride, Parsley.</p>
	<p>Ingredients: Marjoram, Rosemary, Thyme, Savory, Sage, Oregano,,Basil.</p>
	<p>Ingredients: Garlic</p>
	<p>Ingredients: Onion</p>
	<p>Ingredients:</p>

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	<p>Ingredients: Chicken Mince</p>
	<p>Ingredients: Maize Flour, Salt, Sugar, Spices, Dehydrated Vegetables(Tomato, Onion, Garlic, Red Bell Pepper), Anticaking Agent(551), Food Acid(330), Herbs, Colour (160c).</p>
	<p>Ingredients: Maize Flour, Sugar, Salt, Onion Powder (13%), Red Capsicum Powder (6%), Garlic (4%), Spices (Cumin, Turmeric, Ground Coriander), Paprika, Food Acid (330), Vegetable Oil (Canola), Spice Extract, Chilli Powder (0.7%), Pepper</p>
	<p>Ingredients: Sugar, Rice Flour, Salt, Garlic, Paprika, Cumin, Tomato, Onion, Food Acid (Citric Acid), Chilli Powder, Anticaking Agent (Silicon Dioxide), Oregano Extract, Colour (Paprika Extract), Ground Bay Leaves.</p>
	<p>Ingredients: Tomato (39%), Water, Onion, Red Capsicum (9%), Green Capsicum (7%), Salt, Sugar, Modified Maize Starch (1422), White Vinegar, Flavour, Food Acid (Citric Acid), Paprika, Mineral Salt (Calcium Chloride), Chili Powder, Garlic Powder</p>

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	<p>Ingredients: Tomato (50%), water, capsicum, onion, modified corn starch (1422), vinegar, salt, sugar, paprika, oregano (0.1%), cumin, food acid (330), chili powder, mineral salt (509).</p>
	<p>Ingredients: Sweet Corn (65%), Water, Salt.</p>
	<p>Ingredients: Corn, Canola Oil, Salt, Sunflower Oil, Antioxidant s (Tocopherols, Ascorbic Acid, Rosemary Extract, Citric Acid).</p>
	<p>Ingredients: Mixed Beans (60%) (Red Kidney Beans, Pinto Beans, Black Beans), Water, Antioxidant (Ascorbic Acid)</p>
	<p>Ingredients: Maize Starch, Salt, Vegetable Protein, Extract (Corn), Onion, Caramel Colour, Emulsifier: Vegetable derived Monoglycerides</p>

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	<p>Ingredients: Canola Oil.</p>
	<p>Ingredients: Australian Extra Virgin Oil (70%). Propellant: Hydrocarbon (Butane, Propane, Isobutane).</p>
	<p>Ingredients: Black Pepper Sea Salt</p>
	<p>Tomato, Mixed Lettuce, Cucumber, Capsicum, Mushrooms, Zucchini, Carrot, Beetroot, Iceberg Lettuce, Red & Brown Onion, Potatoes, Watermelon, Pineapple, Strawberries, Grapes, Rockmelon, Bananas, Apples, Oranges, Honeydew Melon</p>

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Dessert

The following items are free from nuts, soy, wheat, gluten, dairy and eggs.

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Ingredients:

Raspberries



Ingredients:

Water, Liquid Sugar (Sugar, Water), Glucose, Lemon Juice (4%), Maltodextrin, Emulsifiers (471, 461, 466), Acidity Regulators (330, 300), Flavour, Vegetable Gums (412, 410, 415, 440).



Ingredients:


Water, Liquid Sugar (Sugar, Water), Mango Puree (30%), Glucose, Maltodextrin, Emulsifiers (471, 461, 466), Vegetable Gums (412, 410, 415, 440), Acidity Regulators (330, 300), Colours (102, Natural Annatto Extract).



Ingredients:

Water, Liquid Sugar (Sugar, Water), Raspberry Puree (25%), Glucose, Maltodextrin, Acidity Regulator (330), Emulsifiers (471, 461, 466), Vegetable Gums (412, 410, 415, 440), Colours (129, 120).

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	<p>Ingredients:</p> <p>Water, Sugar, Thickener (1422, 415), Cocoa Powder, Natural Colour (150a), Natural Flavour, Salt, Acidity Regulator (330), Preservative (202).</p>
	<p>Ingredients:</p> <p>Water, Sugar, Strawberry Puree (8%), Thickeners (1422, 415), Acidity Regulators (330, 331), Natural Flavour, Preservative (202), Natural Colours (Safflower Extract, Carmine).</p>
	<p>Ingredients:</p> <p>Fruit Salad (61%) (Peach, Pear, Pineapple), Reconstituted Refined Juice (Water, Concentrated Pear Juice, Antioxidant (Ascorbic Acid), Acidity Regulator (Citric Acid))</p>
	<p>Ingredients:</p> <p>Coconut Milk (74%) (Water, Coconut Cream (16%)), Sugar, Coconut Oil (4%), Thickener (Cornflour), Chicory Root Fibre (3%), Cocoa Powder (2.8%), Vegetable Gums (Agar Agar, Guar Gum, Carob Gum), Emulsifier (Mono- and di-glycerides of fatty acids (Sunflower)), Mineral Salt (Calcium Carbonate), Natural Flavour, Natural Preservative (Nisin).</p>
	<p>Ingredients:</p>