

WESS TUCKSHOP



Ingredients List

PLEASE NOTE: The ingredients listed below have been taken from the ingredients lists supplied by manufacturers and suppliers. While we have done our best to reproduce them, West End State School and the West End State School P&C do not warrant the accuracy of the information provided by those manufacturers and suppliers and accept no liability for any errors or omissions in these lists or subsequent changes made by suppliers or manufacturers to their ingredients.

If you have a child who suffers from food allergies, we recommend you do your own research before allowing them to eat foods purchased from the tuckshop.

ITEM	BRAND	INGREDIENTS
Barbeque Sauce	Sunshine	WATER, SUGAR, TOMATO PASTE, MOLASSES, THICKENER (1422), FOOD ACIDS (260), SALT, FLAVOUR, COLOUR (150C), SPICE, VEGETABLE GUM (415)
Bliss Balls	Homemade	WEETBIX, SHREDDED COCONUT, PITTED DATES, COCOA, WATER
Bolognaise	Homemade	BEEF MINCE, ONION, GARLIC, CARROT, ZUCCHINI, OLIVE OIL, PASSATA, PIZZA SAUCE, OREGANO, NUTMEG, CLOVES (served with spiral pasta)
Bread (& croutons) White & Multi sliced	Homestyle's	UNBLEACHED WHEAT FLOUR, WATER, BAKER'S YEAST, SALT, VINEGAR, CANOLA OIL, SOY FLOUR, EMULSIFIERS (481, 471, 472(E)), VITAMINS (THIAMINE, FOLIC ACID). CONTAINS : WHEAT & SOY. MAY BE PRESENT: BARLEY, RYE, TRITICALE, OATS.
Cheese grated	Caterer's Choice	CHEESE (PASTEURISED MILK, SALT, CULTURES, ENZYME (RENNET)), ANTICAKING AGENT (460), PRESERVATIVE (200)
Cheese – Light Grated – tasty	Coles	PASTEURISED MILK, SALT, CULTURES, ENZYME (NON-ANIMAL RENNET)), ANTICAKING AGENT (460), PRESERVATIVE (235)
Cheese - parmesan	coles	PASTEURISED MILK, SALT, STARTER CULTURE, NON- ANIMAL RENNET.
Cheese 'n Crackers 'on the go'	Mainland	CHEDDAR CHEESE: PASTEURISED MILK, SALT, STARTER CULTURES, ENZYME (NON-ANIMAL RENNET) CRACKERS: WHEAT FLOUR, VEGETABLE FATS, SALT, RAISING AGENT (500) CONTAINS: MILK PRODUCTS
Cheese Pizza	Homemade	GRATED CHEESE, PASSATA SAUCE, PIZZA SLAB BASE (homestyle)
Chicken Breast Nuggets	Steggles	CHICKEN (60%) - BREAST 70%, THIGH 30%, WATER, WHEAT FLOUR, MAIZE FLOUR, COTTONSEED OIL, WHEAT STARCH, SALT, TAPIOCA STARCH, MINERAL SALTS (450, 451, 500), MILK POWDER, SOY PROTEIN, SPICES.
Chicken Meat - Cooked White Coarse	Specialty Chickens	CHICKEN (96%), WATER, SUGAR, SALT, MINERAL SALTS (450, 451), VEGETABLE GUMS (407, 415), POTATO STARCH, FOOD ACID (262), COLOUR (150C)
Chicken Schnitzel	Steggles	CHICKEN BREAST (62%), WATER, MANUFACTURED CRUMB (WHEAT FLOUR), SALT, VEGETABLE POWDER (ONION), WHEAT GLUTEN, WHEAT STARCH, CANOLA OIL, THICKENER (1404), MINERAL SALTS (450, 500), VEGETABLE GUMS (412, 415), TAPIOCA STARCH, DEXTROSE (MAIZE), POTATO FIBRE.
Cocoa	Caterer's choice	100% COCOA POWDER
Corn Cobs	Edgell	CORN
Falafel Vegetarian	Yiros	CHICKPEAS, POTATO (EMULSIFIERS 471, 450), VEGETABLE OIL, SPICES, VEGETABLES, SALT, RAISING AGENTS (450, 500), GARLIC POWDER.
Fetta Cheese	Olympus	PASTEURISED COW'S MILK, SALT, NON-ANIMAL RENNET, STARTER CULTURE
Flour Self raising	Caterer's Choice	WHEAT FLOUR, RAISING AGENTS (339, 341, 450, 500)
Fried Rice	Hakka	STEAMED RICE (55%), CARROT, ONION, BBQ PORK (5%) [PORK, SUGAR, WATER, HOI SIN SAUCE, SOY SAUCE, SALT, MINERAL SALT (451, 450), SMOKE FLAVOUR, COLOUR (124, 102, 110)], EGG, HAM, PEAS, SOY SAUCE, SUGAR, VEGETABLE OIL, CHICKEN POWDER, GARLIC, SESAME OIL, SALT, FLAVOUR ENHANCER (635).

Frozen Yoghurt	Twisted	<u>Watermelon/Mango</u> :- YOGURT [NON FAT MILK, DRY MILK, YOGURT (NON FAT MILK, NON FAT DRY MILK, CULTURES), SUGAR, MALTODEXTRIN, MANGO, WATERMELON, PECTIN, CHICORY ROOT FIBER, GUAR GUM, XANTHAN GUM, SOY LECITHIN, BETA CAROTENE (COLOR), BEETROOT (COLOR), CULTURES [L. ACIDOPHILUS, BIFIDOBACTERIA & L. CASEI]. <u>Strawberry/Vanilla</u> :- MILK (WATER + MILK SOLIDS), FRESH PROBIOTIC YOGHURT (25%), (SKIM MILK SOLIDS, WATER, CULTURES), SUGAR, DIETARY FIBRE (INULIN), STRAWBERRIES (4%) VANILLA (NATURAL FLAVOUR), PECTIN, MALTODEXTRIN, XYLITOL, VEGETABLE GUMS (GUAR, ACACIA, TARA), CITRIC ACID, NATURAL FLAVOURS, RED BEET (COLOUR) CULTURES [L. ACIDOPHILUS, BIFIDOBACTERIA & L. CASEI]. <u>Choc/Vanilla</u> :- MILK (WATER + MILK SOLIDS), FRESH PROBIOTIC YOGHURT (25%), (SKIM MILK SOLIDS, WATER, CULTURES), SUGAR, DIETARY FIBRE (INULIN), PURE COCOA (4%) VANILLA (NATURAL FLAVOUR), MALTODEXTRIN, XYLITOL, VEGETABLE GUMS (GUAR, ACACIA, TARA), NATURAL FLAVOURS, CULTURES [L. ACIDOPHILUS BIFIDOBACTERIA & L. CASEI].
Fruit Salad	Homemade	Seasonal fruit. WATERMELON, ROCKMELON, HONEYDEW MELON, STRAWBERRY, ORANGE, KIWI FRUIT, BLUEBERRIES, GRAPES, PINEAPPLE
Gravy	Gravox	MALTODEXTRIN (FROM MAIZE), MAIZE STARCH, SALT, SHORTENING POWDER, VEGETABLE GUM (412), COLOUR (CARAMEL 111), FLAVOURS, DEXTROSE, ANTICAKING AGENT (341), VEGETABLE OIL, YEAST EXTRACT.
Ham	Hans	PORK LEG (73%), WATER, ACIDITY REGULATORS (325, 260), SALT, MINERAL SALTS (450, 508, 451, 452), SUGAR, DEXTROSE (TAPIOCA), VEGETABLE GUMS (407, 415), ANTIOXIDANT (316), PRESERVATIVE (250), NATURAL WOOD SMOKE.
Hamburger Patty <i>-used in Hamburgers & Cheeseburgers</i>	Homemade	BEEF PATTIE: BEEF MINCE, PARSLEY, MINT, ONIONS, WORCESTERSHIRE SAUCE, BBQ SAUCE (SUNSHINE), TOMATO SAUCE (HEINZ), SELF RAISING FLOUR, SALT & PEPPER
Hot Dogs	KR	MANUFACTURED MEAT. 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), MALTODEXTRIN (MAIZE), GARLIC, FERMENTED RED RICE, SODIUM NITRITE (250), YEAST EXTRACT, SPICE EXTRACTS, COLOURS (160c, 110, 129). SMOKED. contains soy.
Hummus	Yumi's	CHICKPEA (47%), WATER, CANOLA OIL, TAHINI PASTE (FROM SESAME SEEDS), ACIDITY REGULATOR (575), SALT, CITRIC ACID, GARLIC, FOOD ACID (ACETIC ACID), PRESERVATIVE (202)
Ice Blocks: Water	Coles	<u>RASPBERRY</u> -WATER, SUGAR, CITRIC ACID, VEGETABLE GUMS (412, 466), NATURAL COLOURS (162, ELDERBERRY JUICE CONCENTRATE, ARONIA JUICE CONCENTRATE) NATURAL RASPBERRY FLAVOUR. <u>LIME</u> - WATER, SUGAR, CITRIC ACID, VEGETABLE GUMS (412, 466), NATURAL COLOURS (PLANT EXTRACT- GARDENIA , 100) NATURAL LIME FLAVOURING <u>LEMONADE</u> - WATER, SUGAR, CITRIC ACID, VEGETABLE GUMS (412, 466), NATURAL LEMON FLAVOUR. <u>ORANGE</u> - WATER, SUGAR, CITRIC ACID, VEGETABLE GUMS (412, 466), NATURAL COLOURS (160A, ELDERBERRY JUICE CONCENTRATE, ARONIA JUICE CONCENTRATE) NATURAL ORANGE FLAVOUR may be present :- tree nuts
Ice Cream – Rainbow Paddlepop	Streets	DAIRY INGREDIENTS (RECONSTITUTED SKIM MILK AND/OR RECONSTITUTED BUTTERMILK, MILK SOLIDS), CANE SUGAR, GLUCOSE SYRUP, VEGETABLE OIL, MALTODEXTRIN, FLAVOURS, GELATINE, EMULSIFIER (471), COLOURS (120, 100), VEGETABLE GUM (401). May contain :- wheat, soybean & pieces of peanuts & tree nuts
Ice Cream: Chocolate Paddlepop	Streets	DAIRY INGREDIENTS (RECONSTITUTED SKIM MILK, AND/OR RECONSTITUTED BUTTERMILK, MILK SOLIDS), WATER, CANE SUGAR, SOLUBLE CORN FIBRE, GLUCOSE SYRUP, MALTODEXTRIN, VEGETABLE OIL, COCOA POWDER (2%), EMULSIFIER (471), VEGETABLE GUMS (407, 410, 401, 412), FLAVOURS, SALT, PEA PROTEIN, COLOURS (120, 100), GELATINE, MALT EXTRACT (FROM BARLEY). May contain :- wheat, soybean & pieces of peanuts & tree nuts
Juice 100% - Apple/Blackcurrant	Harvey Fresh	RECONSTITUTED APPLE JUICE & BLACKCURRANT JUICE, GRAPE SKIN EXTRACT(163), ACIDITY REGULATOR(330) FLAVOUR.
Juice 100% - Orange	Golden Circle 'Popper'	RECONSTITUTED ORANGE JUICE, FLAVOUR, VITAMIN C
Juice 100% - Apple	Harvey Fresh	RECONSTITUTED APPLE JUICE, ACIDITY REGULATORS (300, 330) FLAVOUR.
Juice 100% - Apple/Mango	Golden Circle 'Popper'	RECONSTITUTED FRUIT JUICES- APPLE, MANGO PUREE, FLAVOUR, FOOD ACID , VITAMIN C
Juice 100% - Tropical	Golden Circle 'Popper'	RECONSTITUTED FRUIT JUICES- APPLE, ORANGE, PINEAPPLE, PASSIONFRUIT, BANANA, VITAMIN C, NATURAL FLAVOURS, CITRIC ACID

Macaroni	Caterer's Choice	AUSTRALIAN WHEAT FLOUR, VEGETABLE GUM (405), NATURAL BETA CAROTENE (160 (A))
Macaroni 'n Cheese	Homemade	MACARONI (CATERERS' CHOICE), MILK, MARGARINE, SELF RAISING FLOUR, PARMESAN CHEESE, GRATED CHEDDAR CHEESE (CATERERS' CHOICE), SALT
Margarine	Caterer's Choice	VEGETABLE FATS AND OILS, WATER, SALT, EMULSIFIERS (471, SOYA BEAN LECITHIN), TOTAL MILK SOLIDS NON-FAT, FOOD ACID (330), FLAVOUR, COLOUR (160A), VITAMIN D
Mayonnaise	Kraft	WATER, SUGAR, VINEGAR, THICKENER (1401, 1442), VEGETABLE OIL (ANTIOXIDANT (320)), SALT, VEGETABLE GUM (415, 440A), MUSTARD, EGG, NATURAL COLOUR (101, 160A, 171), PRESERVATIVE (202, 385), MINERAL SALT (341, 509), FLAVOUR
Meat Pie	Mrs Macs	LEAN BEEF (MINIMUM 25%), WATER, WHEAT FLOUR, THICKENERS [1413 (WHEAT), 1422], MARGARINE [VEGETABLE OIL, WATER, SALT, EMULSIFIERS (471, 472C), ANTIOXIDANT (304), NATURAL FLAVOUR, NATURAL COLOUR (160A)], FLAVOURS [MILK, WHEAT, SOY], SOY FLOUR, SALT, SEASONING, HYDROLYSED VEGETABLE PROTEIN, MILK SOLIDS, COLOUR (150C), MALTODEXTRIN, GLAZE [MILK, NATURAL COLOUR (160A)]. NOTE: PERCENTAGES ARE CALCULATED ON THE WHOLE PRODUCT, INCLUDING PASTRY.
MILK 200ml	Pauls	FULL CREAM MILK
Milk – Chocolate	Paul's Breaka	SKIM MILK, MILK, MILK SOLIDS, SUGAR, FLAVOUR, EMULSIFIER (471), STABILISERS (452,407), COCOA
Milk - Strawberry	Paul's Breaka	SKIM MILK, MILK, MILK SOLIDS, SUGAR, FLAVOUR, STABILISERS (452,407), COLOUR (120)
Milk - Vanilla	Paul's Breaka	SKIM MILK, MILK, MILK SOLIDS, SUGAR, FLAVOUR, STABILISERS (452,407), VANILLA
Muffins – Banana or Blueberry	Homemade	SELF RAISING FLOUR, SUGAR, SALT, MARGARINE, EGGS, MILK, VANILLA ESSENCE, BANANA, BLUEBERRIES
Nori (sushi) Sheets	Nagai	SEAWEED
Olives – Kalamata	Eateo	KALAMATA OLIVES, SALT, SUGAR, WATER, FOOD ACID 260, OLIVE OIL, COLOUR (150D) PRESERVATIVE (202)
PASSATA sauce	Mutti	TOMATOES, ACIDITY REGULATOR (330)
Pasta – elbows	Vetta	100% DURUM WHEAT SEMOLINA
Pasta – spirals	Vetta	GLUTEN (CEREALS CONTAINING WHEAT, RYE, BARLEY, OATS & SPELT) CONTAINS SOYBEAN AND SOYBEAN PRODUCTS, EGG AND EGG PRODUCTS
Pastitsio	Homemade	CHEESE, ONION, GARLIC, CARROT, ZUCCHINI, MINCED BEEF, TOMATO PUREE, NUTMEG, CLOVES, SALT & PEPPER, OLIVE OIL, BUTTER (LOW FAT), FLOUR, TRIM MILK, EGGS, MACARONI (CATERER'S CHOICE)
Pickles, sweet mustard sandwich	3 Threes	VEGETABLES, (ONION, CAULIFLOWER, CUCUMBER), WATER, MALT VINEGAR (BARLEY, WHEAT) (COLOUR 150C), SUGAR, WHEAT FLOUR, SALT, MODIFIED MAIZE, STARCH (1412), MUSTARD, TURMERIC, COLOUR (102), PRESERVATIVE (220)
Pikelets	Homemade	SELF RAISING FLOUR, MILK, EGGS, SUGAR, BICARB SODA, VINEGAR, VANILLA ESSENCE
Pineapple sliced	Golden Circle	PINEAPPLE (68%), WATER, SUGAR.
Pita Bread (Rosita's)	Rosita's	WHEAT FLOUR, WATER, VEGETABLE OIL (ANTIOXIDANT 306), SUGAR, SALT, BAKING POWDER, MINERAL SALTS (450, 500, 341), MINERAL SALT (500), PRESERVATIVE (282), FOOD ACID (297), EMULSIFIER (472E), ENZYME (1100), FLOUR TREATMENT AGENT (920), ANTICAKING AGENT (460). CONTAINS GLUTEN.
Pizza Jaffles	Homemade	WHITE BREAD, PIZZA SAUCE, GRATED CHEESE, MARGARINE, for Supreme - BEEF MINCE, ONION, HAM, PINEAPPLE. for Hawaiian – HAM & PINEAPPLE
Pizza Sauce	Mutti	TOMATO, WATER, SALT, BASIL, OREGANO, ONION, NATURAL FLAVOURING
Rice	Sun Rice	MEDIUM GRAIN WHITE RICE
Rice Pudding	Homemade	WHITE RICE, MILK, SALT, SUGAR, VANILLA ESSENCE, WATER
Ricotta Cheese	Olympus	PATEURISED COW'S MILK, WHEY, SALT, ACETIC ACID GLACIAL (260)
Salad Dressing – Italian - lite	Coles	WATER, VINEGAR, SUGAR, SALT, GARLIC, VEGETABLE GUMS (440, 415, 407), FOOD ACIDS (331, 330), FLAVOUR, ONION, CAPSICUM, HERBS AND SPICES. MAY CONTAIN TRACES OF EGG AND MILK DUE TO SHARED EQUIPMENT.
Salad Dressing – Caesar - lite	Coles	WATER, VINEGAR, SUGAR, THICKENER (1442), SALT, MILK SOLIDS NON FAT, PARMESAN, GARLIC, PEPPER, EGG, VEGETABLE GUM (415), FLAVOUR, NATURAL COLOUR (171), PRESERVATIVE (200)

Sausage Roll <i>Kool skool</i>	Homestyle	WATER, UNBLEACHED WHEAT FLOUR, MINCED LEAN BEEF, VEGETABLE & ANIMAL FATS & OILS, SOY PROTEIN, ONION, BAKER'S YEAST, IODISED SALT, DEXTROSE, YEAST EXTRACTS, MALTODEXTRIN, THICKENER(1450), FLAVOUR ENHANCER (627), VEGETABLE POWDERS, SUGAR, VINEGAR, VEGETABLE EMULSIFIERS (471, 481, 472E) CAMEL COLOUR, MINERAL SALT (508), VEGETABLE PROTEIN, SOY FLOUR, SPICES, ACIDITY REGULATOR (330), VEGETABLE GUM (412), THIAMIN, FOLIC ACID. MAY BE PRESENT: SESAME SEEDS, MILK, EGG.
Spinach & Cheese Roll	Homemade	SPINACH (frozen), FETTA CHEESE, RICOTTA CHEESE, GRATED CHEESE, FLOUR, OLIVE OIL, EGG, sliced BREAD
Strawberry Coulis	Homemade	STRAWBERRIES (frozen), SUGAR
Sushi	Home made	TUNA, AVOCADO, CHICKEN BREAST, RICE, ROASTED SEAWEED SHEETS (NORI) CUCUMBER, CARROT
Sweet Chilli Sauce	Masterfoods	WATER, SUGAR, GOLDEN SYRUP, SALT, THICKENER (MODIFIED CORNSTARCH), ACIDITY REGULATOR (ACETIC ACID), GARLIC, SPICE, HONEY, CHILLI, VEGETABLE GUM (XANTHAN). MANUFACTURED ON EQUIPMENT THAT PROCESSES PEANUTS AND SESAME SEEDS.
Tomato Sauce	Caterer's Choice	TOMATO PUREE 78% (WATER, TOMATO PASTE), SUGAR, THICKENER (1422, 1412), SALT, FOOD ACID (260, 303), FLAVOR, SPICE EXTRACT
Tomato Sauce Squeeze Sachet	Zoosh	WATER, TOMATO PASTE (CONTAINS FOOD ACID (330)), SUGAR, VINEGAR, SALT, THICKENER (1422), VEGETABLE GUM (415), SPICES
Tuna	Coles.....	SKIPJACK TUNA, WATER, VEGETABLE OIL BLEND (OLIVE & SOY), SALT
Vanilla Essence	Queen	WATER, IMITATION VANILLA FLAVOURS, COLOUR (150D), PRESERVATIVE (202), FOOD ACID (330).
Vegeburger	Homemade	CHICK PEAS, PUMPKIN, TOMATOES, ONIONS, FLOUR, CARROT, MINT, PARSLEY, SALT & PEPPER, OLIVE OIL
Vegemite	Kraft	YEAST EXTRACT, SALT, MINERAL SALT (508), MALT EXTRACT (FROM BARLEY), COLOUR (150D), (CONTAINS PRESERVATIVE 220), FLAVOURS, NIACIN, THIAMINE, RIBOFLAVIN, FOLATE
Weet Bix	Sanitarium	WHOLEGRAIN WHEAT (97%), RAW SUGAR, SALT, BARLEY MALT EXTRACT, VITAMINS (NIACIN, THIAMIN, RIBOFLAVIN, FOLATE), MINERAL (IRON).
Worchestershire Sauce	Holbrooks	WATER, VINEGAR (BARLEY & WHEAT), BROWN SUGAR, GOLDEN SYRUP, ANCHOVIES, SALT, TAMARIND, SPICES, COLOUR (CAMEL [150C]), ONION POWDER, GARLIC POWDER, FLAVOUR.
Yoghurt – sweetened	George's	MILK, MILK SOLIDS, LIVE (ABC TYPE) CULTURES, NATURAL THICKENERS (PECTIN) strawberry yoghurt- ALSO CONTAINS STRAWBERRY COULIS.