

2011

2011

# WESS TUCKSHOP

## 2011 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. Also, sometimes the brands listed are unavailable and we must use alternate brands without notice, whose ingredients will not be listed here. **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	INGREDIENTS
<b>SANDWICHES</b>	
Bread (& croutons) Wholemeal & White (Homestay's Country Café)	unbleached wheat flour, water, baker's yeast, salt, vinegar, vegetable oil, soy flour, emulsifiers (481, 471), vitamin (thiamine). May contain sesame seed.
Pita Bread (Rosita's investments)	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.
Gluten Free Pita Bread (Diego's)	Stoneground corn masa flour (48%), Gum (466), Food Acid (297), Preservative (202,282,280), Water, Corn Starch
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
Tuna (Oceania)	tuna, water, vegetable oil, salt
Vegemite (Kraft)	yeast extract, salt, mineral salt (508), malt extract (from barley), colour (150d), (contains preservative 220), flavours, niacin, thiamine, riboflavin, folate
Gravy for sandwiches (Gravox)	maltodextrin (from maize), maize starch, salt, shortening powder, vegetable gum (412), colour (caramel 111), flavours, dextrose, anticaking agent (341), vegetable oil, yeast extract. May contain added sulphites, milk and soy products.
Pickles, sweet mustard sandwich (Three 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)
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
Mustard, mild American (Masterfoods)	water, mustard seed, salt, acidity regulators (acetic and citric acids), soy lecithin, vegetable oil, spices, colour (beta carotene). Manufactured on equipment that processes peanuts and sesame seeds.
Chickadee Chargrilled Chicken Breast	Chicken (84%), Flour, Water, Vegetable Oil, Soy Protein Concentrate, Salt, Mineral Salts (450, 451, 508), Dehydrated Vegetables, Sugar, Egg White Powder, Flavour, Herbs, Ground & Extracted Spices, Colour (160c)

ITEM	INGREDIENTS
<b>HOT FOODS &amp; DAILY SPECIALS</b>	
Chicken Breast Nuggets (Steggles)	Chicken (60%) - Breast 74%, Thigh 26%, Water, Wheat Flour, Maize Flour, Vegetable Oil, Wheat Starch, Salt, Tapioca Starch, Mineral Salts (450, 451, 500), Milk Powder, Soy Protein, Spices.
Cooked Chicken Meat - White Coarse	Chicken (96%), Water, Sugar, Salt, Mineral Salts (450, 451), Vegetable Gums (407, 415), Potato Starch, Food Acid (262), Colour (150c)
Chickadee Chargrilled Chicken Breast	Chicken (84%), Flour, Water, Vegetable Oil, Soy Protein Concentrate, Salt, Mineral Salts (450, 451, 508), Dehydrated Vegetables, Sugar, Egg White Powder, Flavour, Herbs, Ground & Extracted Spices, Colour (160c)
Hans Hot Dogs (97% Fat Free)	Meat (52%), Water, Acidity Regulators (326, 262, 331), Modified Starch (1442), Potato Starch, Milk Solids, Soy Protein, Spices, Salt, Dextrose, Mineral Salts (450, 451, 452), Antioxidants (316, 306), Maltodextrin, Vegetable Gums (407, 415), Yeast Extract, Preservative (250), Natural Flavour, Dehydrated Vegetable, Natural Colour (160c), Natural Wood Smoke
Vegetarian hot dogs (Sanitarium)	Water, vegetable protein (24%) (wheat, soy and maize), canola oil, rice flour, starch (tapioca, potato), flavours (contains soy and wheat), vegetable powder, sugar, salt, spices, fermented rice, vegetable gums (guar, carrageenan), colour (annatto), spice extracts, minerals (zinc gluconate, ferrous gluconate), vitamin B12. Contains wheat and soy, may contain traces of peanut.
Lite Party Pie (Patties)	water, wheat flour, beef mince, thickener 1422-maize), vegetable oils (palm, sunflower), animal fat (tallow), onion, salt, mineral salts (508, 500, 170, 451), skim milk powder, colours (150c, 160b, 160a), herbs and spices, flavour enhancer (621), sugar, vegetable powders, emulsifiers (481, 322-soy, 471), raising agents (450, 541), maltodextrin, vegetable gum (415), antioxidants (331, 306-soy), preservative (281)
Falafel Vegetarian (Yiros)	Chick Peas (37.5%), Water, Vegetable Oil, Potato Flakes, Emulsifier - mono and di-glycerides of fatty acids), mineral salt (sodium acid pyrophosphate), preservative (sodium metabisulphite), food acid (citric acid), mixed spices (garlic cumin, coriander, black pepper), herbs (onion, parsley, celery, fresh coriander), salt, raising agents (E500), Emulsifier (E450)
Woolworths Home Brand Light* Tasty Reduced Fat Cheddar Cheese	Milk, Salt, Starter Culture, Enzyme
Sausage Rolls Sausage roll, kool skool (Homestyle)	water, unbleached wheat flour, minced lean beef, breadcrumbs (unbleached wheat flour, water, yeast, salt, vinegar, vegetable oil, soy flour, wheat gluten, emulsifier (481)), vegetable and animal fats and oils, soy protein, seasoning (flavours (dextrose, yeast extract, modified maize starch (1450), flavour enhancer (627), vegetable powder and extract), mineral salts (508, 450), vegetable gums (415, 464), spices, food acid (330)), fresh onion, salt, soy flour, flavour, milk solids, sugar, emulsifier (471), vitamin (thiamine), colours (caramel 102, 124), preservative (202). May contain sesame seeds.
Homemade Pizza - BBQ Chicken, Cheese & Hawaiian	Sauce (Val Verde): tomato, salt, acidity regulator (330) grated Cheddar cheese (Woolworths HB Light Tasty reduce fat), Pizza Base (Homestyle bakery): unbleached wheat flour, water, vegetable oils, baker's yeast, salt, sugar, soy flour, mixed herbs (includes garlic), emulsifiers (481, 472 (e)). Contains wheat, soy, may contain sesame seeds, egg.

ITEM	INGREDIENTS
<b>HOT FOODS &amp; DAILY SPECIALS</b>	
Macaroni Cheese	Macaroni cheese (home made): macaroni (Caterers' Choice), milk, margarine, self raising flour, parmesan cheese, grated cheddar cheese (Caterers' Choice), salt
Macaroni (Caterer's Choice):	Australian wheat flour, vegetable gum (405), natural beta carotene (160 (a))
Pastitsio	Cheese, onion, garlic, minced beef, tomato puree, nutmeg, cloves, salt & pepper, olive oil, butter (low fat), flour, trim milk, eggs, Macaroni (Caterer's Choice)
Meat Pie Kool Skool (Homestyle)	water, unbleached wheat flour, minced lean beef, vegetable and animal fats and oils, thickener (1442), seasoning (flavours (dextrose, yeast extract, modified maize starch (1450), flavour enhancer (627), vegetable powder and extract), mineral salts (508, 450), vegetable gums (415, 464), spices, food acid (330)), soy protein, salt, soy flour, non fat milk solids, raising agents (450, 500), sugar, colours (caramel, 102, 110, 124), emulsifier (471), vitamin (thiamin), preservative (202)
Sushi	Tuna, avocado, chicken breast, rice, roasted seaweed sheets (Yaki Sushi Nori Red)
Tomato Sauce (Heinz)	sugar, salt, food acid (acetic acid, citric acid), natural flavour
Tomato sauce sachet (Fountain)	tomato puree (water, tomato paste), sugar syrup, salt, food acid (260), flavour
Barbeque sauce sachet (Heinz)	apple puree, tomato, sugar, Worcestershire sauce, water, vinegar (from barley and wheat), molasses, golden syrup, dates (rolled in oats), spices, tamarind, anchovies, licorice powder, hydrolysed maize protein, mustard flour, emulsifier 433, salt, thickener 1442, food acid 260, colour (caramel from wheat), vegetable gums 412, 415, spice extracts, flavours
Homemade Hamburger (beef)	Beef pattie (home made): mince, parsley, mint, onions, Worcestershire sauce (Home Brand), bbq sauce (Sunshine), tomato sauce (Heinz), self raising flour, salt and pepper
Homemade Hamburger (vegetarian)	Chick Peas, tomatoes, onions, flour, carrot, mint, parsely, salt and pepper
Worcestershire sauce (Home Brand):	water, molasses, sugar, food acid (260), salt, nature identical flavours, colour (150c), natural fish powder (anchovy)
Barbeque Sauce (Sunshine):	water, sugar, tomato paste, molasses, thickener (1422), food acids (260), salt, flavour, colour (150c), spice, vegetable gum (415)
Tomato Sauce (Heinz):	sugar, salt, food acid (acetic acid, citric acid), natural flavour
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.

ITEM	INGREDIENTS
<b>SALADS</b>	
Caesar dressing, lite (Woolworths)	: water, vinegar, sugar, thickener (1442), salt, milk solids non fat, parmesan, garlic, pepper, egg, vegetable gum (415), flavour, natural colour (171), preservative (200)
Greek dressing (Woolworths):	vinegar, water, sugar, lemon juice, maltodextrin, salt, food acids (330, 331, 332), natural flavour (oregano), vegetable gums ((wheat, gluten, soy) (440, 415, 407, 410)), herbs, mineral salts (341, 508), plant extract, spice extract
Fetta Avanti Cheese (The Riverina Cheese Group Pty Ltd):	pasteurised milk, salt, non animal rennet, culture, pasteurised water, food acid (260)
Olives (Sandhurst Fine Foods):	olives, salt, water, lactic acid (E270)
Italian dressing (Coles Smart Buy):	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.
<b>FRUIT, VEG &amp; DAIRY</b>	
Cheese n Crackers, on the go light (Mainland)	Cheese: pasteurised milk, salt, cultures, enzyme (rennet) Crackers: wheat flour, vegetable fats, salt, raising agent (500). Processed on equipment that also processes products containing barley, peanuts, tree nuts, sesame seeds, soy and eggs.
Ski D'Lite Yoghurt	Concentrated Skim Milk, Milk, Skim Milk, Sugar, Live Acidophilis and bifidus cultures, Halal Gelatine, Thickener (1442), Acidity Regulator (330) Honey Low Fat - Honey (6% minimum) Vanilla Flavoured Low Fat - Flavours, Acidity Regulators (270, 332) Strawberry Low Fat - Strawberry fruit (7% minimum) Flavours, Acidity Regulators (296, 270, 330, 331), Natural Colour (120)
Paul's Low Fat Custard	Skim Milk, Full Cream Milk, Milk Solids, Sugar, Thickener (1442), Stabilisers (407, 452), Flavours, Colour (160a)
Rice pudding (homemade)	water, rice, milk, salt, sugar, vanilla
<b>DRINKS</b>	
Breaka chocolate:	whole milk, sugar, water, cocoa, flavour, emulsifier (471), stabiliser (407)
Breaka vanilla:	whole milk, sugar, flavour, stabiliser (407)
Breaka strawberry	: whole milk, sugar, flavour, stabiliser (407), colour (120)
Popper small, orange juice (Golden Circle):	reconstituted orange juice, flavour, vitamin C
Popper small, apple (Golden Circle):	reconstituted apple juice, flavour, food acid (296), vitamin C
Popper small, orange juice (Golden Circle):	reconstituted orange juice, flavour, vitamin C

ITEM	INGREDIENTS
<b>DRINKS</b>	
Popper small, orange juice (Golden Circle):	reconstituted orange juice, flavour, vitamin C
Popper small, apple (Golden Circle):	reconstituted apple juice, flavour, food acid (296), vitamin C
Popper small, apple and mango (Golden Circle):	reconstituted fruit juices- apple, mango puree, flavour, food acid (296), vitamin C
Popper small, tropical (Golden Circle):	reconstituted fruit juices- apple, orange, pineapple, passionfruit, banana, vitamin C, flavour
Popper large tropical:	reconstituted fruit juices (apple, orange, pineapple, passionfruit, banana puree), vitamin C, flavour
Popper large apple and mango:	reconstituted apple juice, mango puree, vitamin C, food acid (296)
Popper large apple	: reconstituted apple juice, food acid (296), vitamin C, flavour
Popper large orange:	reconstituted orange juice, flavour, vitamin C
Sanitarium UP & GO Choc Ice, Banana, Vanilla	Filtered water, breakfast cereal (5%) (wheat maltodextrin, inulin, corn syrup, solids, hi-maize starch), skim milk powder, cane sugar, soy protein, vegetable oils (sunflower, canola) [contains antioxidant (tocopherals) (contains soy)], fructose, minerals (phosphates of calcium & calcium), acidity regulator (332), flavour, vegetable gums (460, 466, 407), salt, vitamins (C, niacin, A, B12, B6, B1, B2, folate). Contains wheat, milk, & soy
<b>TREATS</b>	
Potato Chips Honey Soy Chicken (Red Rock Deli):	potatoes, sunflower oil, vegetable oil, sugar, salt, flavour enhancers (621, 627, 631), maltodextrin, dextrin, wheat flour, hydrolysed vegetable protein, yeast extract, flavours, spices (black pepper, paprika, turmeric), modifies starch (1450), chicken fat, honey powder, onion powder, soy sauce powder (wheat), garlic powder, food acid (330), natural colour (caramel). Contains gluten, milk or milk products, soybeans or soybean products.
Potato Chips Sea salt (Red Rock Deli):	potatoes, sunflower oil, vegetable oil, salt
Smiths Crisps BBQ	Potatoes, Vegetable Oils (sunflower / canola), Salt, sugar, onion powder flav 621 635 tomato powder, maltodextrin (corn), flavour garlic powder, food acids (sodium diacetate, citric) worcestershire sauce powder, yeast extract, natural colour paprika extract. Contains gluten, milk , and soya bean products.
Smiths Crisps Sour cream and onion	Potatoes, Vegetable Oils sunflower / canola, salt, sugar, milk powder, onion powder flavour enhancers (621, 635), whey powder, mineral salt (508), cheese powder flavours herbs parselyfood acid - citric & lactic acids, hydrolised vegetable protein, natural colour (paprika extract). Contains gluten, milk and soya bean products.
Muffins (home made):	Self raising flour, sugar, salt, margarine, eggs, milk, vanilla, milk chocolate chips, blueberries
Choc bombs (home made):	Weetbix, sweetened condensed milk (milk, sugar), coconut, milk chocolate chips, cocoa

ITEM	INGREDIENTS
<b>TREATS (cont...)</b>	
Water Ice Blocks, tropical pineapple (Home Ice Cream):	water, cane sugar, glucose, citric acid, natural vegetable gums (412, 410), natural flavours, natural colours (101,120), natural plant extract
Water Ice Blocks, tropical orange (Home Ice Cream):	water, cane sugar, glucose, citric acid, natural vegetable gums (412, 410), natural flavours, natural colours (160a,120), natural plant extract
Water Ice Blocks, raspberry (Home Ice Cream):	water, cane sugar, glucose, citric acid, natural vegetable gums (412, 410), natural flavours, natural colours (160a,120), natural plant extract
Raspberry Split (Home Ice Cream):	whole milk, water, cane sugar, unsalted butter, buttermilk solids, glucose, emulsifier [(471), vegetable origin], natural vegetable gums (460, 410, 412, 407), citric acid, natural vanilla, flavours, berry extract. May contain traces of nuts.
Bowen Mango (Home Ice Cream):	water, bowen mango pulp, cane sugar, whole milk, buttermilk solids, unsalted butter, glucose, citric acid, emulsifier ((471), vegetable origin), natural vegetable gums (460, 410, 412, 407), natural vanilla, natural colours (mixed carotenes, 120). Contains milk. May contain traces of nuts.
Paddlepop chocolate:	reconstituted skim milk (and/or buttermilk) cane sugar, glucose syrup (from wheat), milk solids (from milk, whey), vegetable oil (and/or milk fat), cocoa, halal gelatine, emulsifiers (471, soy bean lecithin), flavours, cocoa mass, cocoa butter, vegetable gums (410, 401, 407, 412, 415), maltodextrin, may contain colours (120, 100, 160b, 141, 162) and malt extract (from barley).Made on machinery that also makes products which contain peanuts and tree nuts.
Paddlepop rainbow:	reconstituted skim milk (and/or buttermilk), cane sugar, glucose syrup (from wheat), vegetable solids (from milk, whey), maltodextrin, flavours, halal gelatine, emulsifiers (471, 407, 412, 415), colours (120, 100). Made on machinery that also makes products which contain peanuts and tree nuts
Frozen yoghurt, wild strawberry (Streets Blue Ribbon):	milk, concentrated skim milk, sugar, fruit (strawberry, blackberry juice), cream, glucose syrup (220), vegetable fibre, thickener (1442), halal gelatine, flavours, vegetable gums (407a, 412, 415), emulsifiers (433, 471 (from soy)), colour (120), food acid (332), acidophilus bifidus culture. Manufactured on machinery that also manufactures products which contain peanuts and/or other nuts.
Raspberry Pine Calippo	water, apple juice (21%), cane sugar, glucose, pineapple juice (3%), raspberry juice (1%), food acid (330), vegetable gum (410), flavours, colour (102, 122). May contain traces of peanuts and/or other nuts.
Jelly (Caterer's Choice):	sugar, gelatine (contains sulphites), food acid (330), permitted food colours and flavours
Chocolate Slice	Weetbix, sweetened condensed milk (milk, sugar), coconut, milk chocolate chips, cocoa, Icing sugar, coloured sprinkles