

# PRODUCTS USED IN THE KITCHEN CLASSROOM

## INCLUDING INGREDIENTS USED FOR CHILDREN WITH ALLERGIES AND INTOLERANCES

Gluten Free Plain Flour

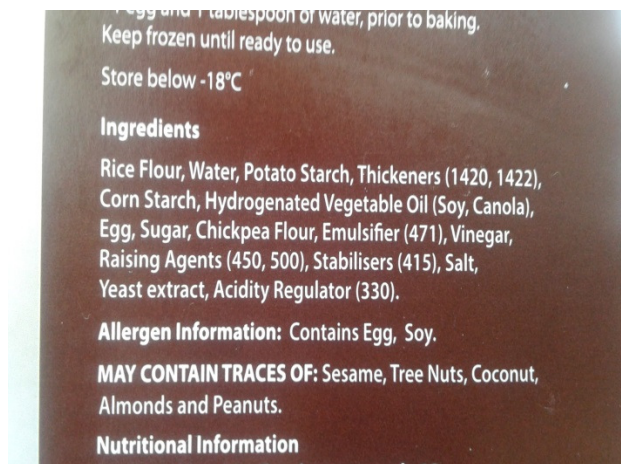
Gluten Free SR Flour

Gluten Free Pasta

Gluten Free Breadcrumbs



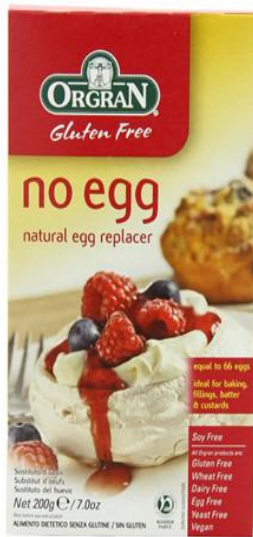
## Gluten Free Pastry



## Nuttelex



## Orgran No Egg replacer



## Woolworths Brand Spices – No traces of nuts or sesame



## Woolworths Brand Cocoa Powder – No traces of nuts or sesame



## Massel Stock Cubes (Gluten & Lactose Free)

<http://www.massel.com.au/>

### Ultracube Salt Reduced Vegetable Style Stock Cubes

**Ingredients:** Southern Ocean Sea Salt, Palm Shortening (From Certified Sustainable source), Rice Flour, Maize Maltodextrin, Cane Sugar, Dehydrated Vegetables (Onion, Cabbage, Garlic, Spinach), Yeast Extract, Natural Vegetable flavours, Dehydrated Parsley.

### Ultracube Chicken Style Stock Cubes

**Ingredients:** Southern Ocean Sea Salt, Palm Shortening (From Certified Sustainable Source), Rice Flour, Maize Maltodextrin, Cane Sugar, Dehydrated Onion, Yeast extract, Natural Vegetable Flavours, Turmeric Ground Madras, Dehydrated Parsley

### Ultracube Beef Style Stock Cubes

**Ingredients:** Southern Ocean Sea Salt, Palm Shortening (From Certified Sustainable source), Rice Flour, Maize Maltodextrin, Cane Sugar, Dehydrated Onion and Garlic, Yeast Extract, Natural Vegetable Flavours, Dehydrated Parsley

## McVities Digestive Biscuits (Nut & Sesame Free)

<http://www.nutmums.com/nut-free-food-biscuits-cakes-crisps/>

### Allergy Advice

Contains Wheat, Contains Milk.

### Ingredients

**Wheat** Flour (54%) (with Calcium, Iron, Niacin, Thiamin), Vegetable Oil (Palm), Wholemeal **Wheat** Flour (16%), Sugar, Partially Inverted Sugar Syrup, Raising Agents (Sodium Bicarbonate, Malic Acid, Ammonium Bicarbonate), Salt, Dried Skimmed **Milk**.

## Leda Arrowroot Biscuits (Gluten, Egg, Dairy Free)

<http://www.ledanutrition.com/shop/leda-biscuits/>

205g. Ingredients: gluten-free flour (tapioca, besan, arrowroot (1%), soy), sugar, vegetable oil (Vit E), golden syrup, flavours, xanthan gum, raising agent - sodium bicarbonate, salt. Vegan. Gluten-free, wheat-free, dairy-free, egg-free. Allergy information: May contain traces of nuts (peanuts, tree nuts & sulphites. Contains soy.

## Soy Milk – Sanitarium So Good

## Tamari (Soya Sauce) Gluten Free

[http://www.abundantearth.com.au/sauces\\_product.html](http://www.abundantearth.com.au/sauces_product.html)



## Tofutti Better Than Cream Cheese, Original Plain

### **BENEFITS:**

VEGAN, DAIRY FREE, KOSHER PARVE, GLUTEN FREE, LACTOSE FREE, MILK FREE, NO BUTTERFAT, NO CHOLESTEROL, NON-GMO, HALAL

### **INGREDIENTS:**

WATER, PARTIALLY HYDROGENATED SOYBEAN OIL, NON-GMO (ISOLATED SOY PROTEIN), MALTODEXTRIN, TOFU, NONDAIRY LACTIC ACID, SUGAR, LOCUST BEAN, GUAR, SUGAR, SALT, VEGETABLE MONO AND DIGLYCERIDES, AND POTASSIUM SORBATE (ADDED AS A PRESERVATIVE).

### **ALLERGENS:**

THIS PRODUCT CONTAINS SOY.

## Dairy Free Yoghurt





Concentrated tomato (93%), onion (2.5%), garlic (2.5%), salt, herbs (parsley), antioxidant (ascorbic acid), preservatives (202, 234), black pepper, natural flavour.

Please refer to this website for all substitute chocolate used in the recipes

<http://www.sweetwilliam.com.au/faq>





### **Trident Sweet Chilli Sauce**

Ingredients: Sugar, pickled red chilli, water, garlic, vinegar, salt, stabiliser 415.



### **Ayam Hoi Sin Sauce**

Ingredients: Fermented Soy Beans, (Water Soy Bean, Salt, Rice) (35%), Sugar, Water, Thickener (1422), Salted Lemon, (Lemon, Salt), Red Rice, Food Acid (260, 270), Sesame Seeds, Garlic, Chili Salt.





### ABC Sweet Soy Sauce Kecap Manis

Ingredients: Palm Sugar, Sugar, Soy Extract (11%), (Water, Salt, Soybean, Wheat), Water, Salt, Colour (150a), Preservatives (211, 233), Acidity Regulator (330), Stabiliser (415).

Contains, Soy, Wheat and Sulphates.



### Squid Brand Fish Sauce

Ingredients: Anchovy (*Stolephorus* spp) Extract (Fish). Salt, Sugar





### HEINZ BIG REG CONDENSED SOUP

Ingredients: Concentrated Tomatoes (90%), Sugar, Tapioca Starch, Salt, Mineral Salt (Sodium Bicarbonate), Natural Colour (Paprika Extract), Natural Flavour, Spice, Herb Extract.



### Soy Sauce





Ingredients Yeast emulsifier (491)



Water, Mustard Seed 18%, Sugar, Salt, Acidity Regulator (Acetic Acid), Spice (Turmeric).  
Manufactured on equipment that processes **peanuts** and **sesame seeds**.



Water, Mustard Seed 29%, Salt, Sugar, Acidity Regulator (Acetic Acid), Herbs & Spices, Garlic Extract.  
Manufactured on equipment that processes **peanuts** and **sesame seeds**.



Ingredients: Sugar, Raspberries, Food Acids (Citric Acid, Sodium Citrate). Gelling agent (Pectin)



Ingredients: Sugar, Strawberries, Food Acids (Citric Acid, Sodium Citrate). Gelling agent (Pectin)