

Katrina's Kitchen

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Apple Crumble	Apple,bread crumbs,sugar,self raising flour,margarine,cinnamon,brown sugar,milk powder,custard powder,water CONTAINS:Milk,soy,wheat,peanut,sesame seed and eggs
Apple Dumpling	Apple,margarine,sugar,milk,eggs,self raising flour,plain flour,lemon juice,arrowroot,water,custard powder,milk powder CONTAINS:Milk,soy,sesamewheat and eggs
Apricot Chicken	Chicken,french onion soup,apricot nector,apricot halves,corn flour,ricewater CONTAINS:Milk,soy,wheat and eggs
Baked Pork Chop	Pork chops,onion,gravox,corn flour,apple,water,mixed vegetables,potatoes,chicken booster CONTAINS:Milk,soy,sesame,wheat and eggs
Beef Strognoff	Beef,onion,champignons,beef booster,milk,gravox,corn flour,water,mixed vegetables,potatoes CONTAINS:Milk,soy,sesame,wheat and eggs
Beefteak Pie	Beef,onion,beef booster,gravox,cornflour,puff pastry,water,cabbage,mixed vegetables,potatoes CONTAINS:Milk,soy,sesame,wheat and eggs
Brains &Bacon	Lamb, brain,plain flour,bread crumb,eggs,bacon,milk powder,water,mixed vegetables,potatoes CONTAINS:Milk,soy,sesame,wheat and eggs
Braised Lamb chops	Mutton chops,chicken booster,onion,gravox,corn flour,watermixed, vegetables,potatoes,margarine CONTAINS:Milk,soy,sesame,wheat and eggs
Braised Steak	Diced chuck steak,onion,beef booster,gravox,corn flour,water,mixed vegetables,potatoes,margarine CONTAINS:Milk,soy,sesame,wheat and eggs
Bread & Butter	Bread,eggs,sugar,milk,vanilla essence,nutmeg,sultanas,cinnamon,water,margarine CONTAINS:Milk,soy,wheat,sesame seed,eggs & nuts
Chicken Asparagus	Chicken,chicken booster,milk powder,corn flour,asparagus cuts,rice,water,margarine CONTAINS:Milk,soy,sesame,wheat & eggs
Chicken Casserole	Chicken,corn flour,celery,onion,chicken booster,margarine,oil,milk powder,celery,water,mixed vegetables,potatoes CONTAINS:Milk,soy,wheat and eggs
Chicken Parmigiana	Chicken,oil,onion,capsicum,tomatoes,white wine,cheese,bread crumbs,plain flour,eggs,milk powder,water,mixed vegetables,potatoes,margarine CONTAINS:Milk,soy,sesame,wheat & eggs
Chicken Schnitzel	Chicken,oil,eggs,milk powder,bread crumbs,plain flour,mixed vegetables,potatoes,margarine CONTAINS:Milk,soy,wheat & eggs
Chop Suey	Mince beef,chicken noodle soup,curry powder,onion,cabbage,celery,oil,carrot,rice,spaghetti,water,margarine CONTAINS:Milk,soy,wheat ,fish,crustacea& eggs
Cornish Pastie	Mince beef,chicken booster,oil,onion,mixed vegetables,potatoes,puff pastry,water,potatoes,margarine CONTAINS:Milk,soy,wheat,sesame,eggs,peanut & nuts
Crumbed Whiting	Fish,milk powder,plain flour,bread crumbs,eggs,oil,water,mixed vegetables,potatoes,margarine CONTAINS:Milk,soy,wheat,sesame,eggs & nuts
Curried Beef	Chuck steak,onion,curry powder,sultanas,carrots,celery,beef booster,pineapple,peas,gravox,corn flour,rice,water,margarine CONTAINS:Milk,soy,wheat,sesame,eggs & nuts
Currid Sausages	Sausages,onion,curry powder,sultanas,carrots,celery,chicken booster,pineapple,peas,gravox,corn flour,water,mixed vegetables,potatoes,margarine CONTAINS:Milk,soy,wheat,sesame,eggs & nuts,
Curried Tuna Morney	Tuna,chicken booster,curry powder,onion,carrots,celery,milk powder,corn flour,rice,water,margarine,oil CONTAINS:Milk,soy,wheat,sesame,eggs & fish
Farmhouse Stew	Beef,beef booster,celery,carrots,onion,gravox,corn flour,water,mixed vegetables,potatoes,margarine CONTAINS:Milk,soy,sesame,wheat & eggs
Golden Syrup Dumpling	Self raising flour,margarine,eggs,sugar,milk,golden syrup,brown sugar,arrowroot,custard powder,milk powder,oil CONTAINS:Milk,soy,wheat,eggs & nuts
Grilled Perch	Fish,oil,plain flour,lemon juice,chicken booster,sugar,margarine,water,mixed vegetables,potatoes,cream,milk CONTAINS:Milk,soy,wheat,eggs,nuts & fish
Ham Steak & Pineapple	Ham steak,peapple,oil,mixed vegetables,potatoes,margarine CONTAINS:Milk,soy,wheat & eggs
Herbed stuffed chicken Legs	Chicken legs,white wine,bread crumbs,mixed herbs,eggs,chiken booster,gravox,corn flour,water,mixed vegetables,potatoes,margarine,cajun spice CONTAINS:Milk,soy,sesame,wheat & eggs
Hungarian Goulash	Beef,onion,paprika,beef booster,capsicum,tomatoes,gravox,corn flour,water,mixed vegetables,potatoes,margarine CONTAINS:Milk,soy,wheat,pinenut,sesame seed & eggs
Lamb Fry & Bacon	Lambs fry,oil,white wine,bacon,corn flour,gravox,water,mixed vegetables,potatoes,margarine CONTAINS:Milk,soy,sesame,wheat & eggs
Lasagne	Mince beef,onion,oil,mixed herbs,garlic,red wine,tomatoes,tomato paste,milk powder,chicken booster,corn flour,lasagne sheets,cheese,water,margarine CONTAINS:Milk,soy,wheat ,peanut,sesame seed & eggs
Lemon Chicken	Chicken,lemon juice,sugar,chicken booster,plain flour,water,rice,margarine,oil CONTAINS:Milk,soy,wheat & eggs
Meatloaf & savory Sauce	Beef,onion,tomato sauce,bread crumbs,eggs,beef booster,hot english mustard,brown sugar,gavox,corn flour,water,mixed vegetables,potatoes,margarine CONTAINS:Milk,soy,wheat,sesame,peanut & eggs
Minted Lamb	Mutton chops,mint jelly,mint sauce,onion,red wine,gravox,corn flour,water,mixed vegetables,potatoes,margarine,oil CONTAINS:Milk,soy,wheat,sesame,peanut & eggs
Steak in Pepper Sauce	Beef,onion,peppercorn,beef booster,milk,gravox,corn flour,water,mixed vegetables,potatoes,margarine,oil CONTAINS:Milk,soy,sesame,wheat & eggs

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Rissoles and Gravy	Beef,onion,beef booster,eggs,bread crumbs,tomat sauce,oil,gravox,corn flour,water,mixed vegetables,potatoes,margarine CONTAINS:Milk,soy,sesame,wheat & eggs
Rissole in sweet chili Sauce	Beef,onion,tomato sauce,beef booster,eggs,bread crumbs,oil,capsicum,tomato,white wine,water,mixed vegetables,potatoes,margarine CONTAINS:Milk,soy,wheat & eggs
Roast Beef	Beef,water,mixed vegetables,potatoes,margarine,cajun spice CONTAINS:Milk,soy,sesame,wheat & eggs
Porkpatties stirfry & Rice	Pork chops,onion,bread crumbs,eggs,chicken booster,tomato sauce,corn flour,gravox,apple,water,rice,mixed vegetables,margarine,oil CONTAINS:Milk,soy,sesame,wheat & eggs,
Roast Chicken	Chicken,water,mixed herbs,bread crumbs,white wine,eggs,chicken booster,mixed vegatables,potatoes,margarine,cajun spice CONTAINS:Milk,soy,sesame,wheat & eggs
Roast Lamb	Lamb,water,mixed vegetables,potatoes,margarine,cajun spice CONTAINS:Milk,soy,sesame,wheat & eggs
Roast Pork	Pork,water,apple,mixed vegetables,potatoes,margarine,cajun spice CONTAINS:Milk,soy,sesame,wheat & eggs
Sago in Plum pudding	Seed tapioca,sultanas,eggs,mixed spice,brown sugar,cinnamon,milk powder,margarine,selfraising flour,golden syrup,custard powder,milk powder,sugar,water,oil CONTAINS:Milk,soy,wheat,eggs & nuts
Salmon Patties	Salmon,potatoes,margarine,bread crumbs,eggs,chicken booster,milk powder,eggs,plain flour,oil,water,mixed vegetables,cabbage,oil CONTAINS:Milk,soy,wheat,eggs & fish
Sausages in plum sauce	Sausages,beef booster,plum sauce,water,mixed vegetables,potatoes,margarine,oil CONTAINS:Milk,soy,wheat,sesame,peanut & eggs
Savory Lamb	Mutton chops,onion,tomato sauce,hotenglish mustard,brown sugar,gravox,corn flour,water,mixed vegetables,potatoes,margarine,oil CONTAINS:Milk,soy,wheat,sesame,peanut & eggs
Shepherd Pie	Beef,onion,beef booster,tomato sauce,mixed vegetables,corn flour,gravox,water,mixed vegetables,potatoes,margarine,oil CONTAINS:Milk,soy,sesame,wheat & eggs
Silverside in Mustard Sauce	Silverside,brown sugar,onion,milk powder,chicken booster,corn flour,hot english mustard,water,mixed vegetables,potatoes,margarine,oil CONTAINS:Milk,soy,wheat,peanut & eggs
Smoked cod in parsley Sauce	Fish,chicken booster,parsley herb,milk powder,corn flour,water,mixed vegetables,potatoes,cream,milk powder,margarine,oil CONTAINS:Milk,soy,wheat,eggs & fish
Spaghetti Bolognaise	Beef,red wine,oil,onion,garlic,mixed herbs,spaghetti pasta,tomatoes,tomato paste,water,margarine CONTAINS:Milk,soy,wheat,peanut,sesame seed & eggs
Steak & Kidney	Beef,kidney,onion,beef booster,gravox,corn flour,self raising flour,eggs,sugar,milk powder,margarine,water,mixed vegetables,potatoes CONTAINS:Milk,soy,sesame,wheat & eggs
Steamed Ginger pudding	Self raising flour,margarine,ginger powder,cinnamon,mixed spice,brown sugar,eggs,golden syrup,milk powder,custard powder,sugar,milk powder,water CONTAINS:Milk,soy,wheat,eggs & nuts
Steamed Jam pudding	Self raising flour,margarine,jam,eggs,sugar,milk powder,custard powder,milk powder,sugar,water CONTAINS:Milk,soy,wheat & eggs
Steamed Lamb	Mutton chops,onion,chicken booster,parsley herbs,milk powder,corn flour,water,mixed vegatables,potatoes,margarine,oil CONTAINS:Milk,soy,wheat & eggs
Irish Stew	Lamb,chicken booster,potatoes,mixed vegetables,parsley herbs,plain flour,water,margarine,oil CONTAINS:Milk,soy,wheat & eggs
Stirfry Beef&stir fry veg	Beef,beef booster,oyster sauce,oil,onion,capsicum,cabbage,celery,bean shoots,corn flour,champinon,rice,water,margarine CONTAINS:Milk,soy,wheat & eggs
Sweet & Sour Chicken	Chicken,onion,capsicum,carrots,sugar,pineapple,soy sauce,vinegar,tomato sauce,oil,corn flour,rice water,margarine,oil CONTAINS:Milk,soy,wheat & eggs
Tripe & onion	Tripe,chicken booster,onion,milk powder,corn flour,parsley herb,water,mixed vegetables,potatoes,margarine,oil CONTAINS:Milk,soy,wheat & eggs
Tuna Morney	Tuna,chicken booster,onion,mixed vegetables,celery,milk powder,corn flour,rice,water,margarine,oil,CONTAINS:Milk,soy,wheat,sesame,eggs & fish
Vegeburger	Vegieburger,oil,capsicum,onion,white wine,tomatoes,water,mixed vegatables,potatoes,margarine, CONTAINS:Milk,soy,wheat & eggs
Vegetables Medley	Mixed vegetables,oyster sauce,water,potatoes,margarine,oil CONTAINS:Milk,soy,wheat & eggs
Honey Soy Chicken wings	Chicken wings,hoisin sauce,rice,water,oil CONTAINS:Milk,soy,wheat,seame seed & eggs
Christmas Dinner	Turkey,ham,cranberry sauce,bread crumbs,eggs,mixed herbs,chicken booster,white wine,gravox,corn flour,water,mixed vegetables,potatoes,margarine,oil CONTAINS:Milk,soy,sesame,wheat & eggs