Soup  
Creamy Pumpkin Soup with a dollop of sour cream served with a Home-Made Dinner Roll and Butter portion

Main  
Bread-crumbed Beef Schnitzel on a bed of creamy mash potato, with blanched french beans served with a Creamy Button Mushroom Sauce or
Yogurt curry undertones and almond encrusted Grilled Barramundi accompanied with Rocket, Radish, Avocado and Walnut Salad drizzled with a Lemon, Mustard and Olive Oil Dressing

Dessert  
Lemon Panna Cotta with crunchy Pine-Nut Brittle  
Apple Pie with a scoop of Home-Made Vanilla Ice-Cream

Set Menu

I hope you enjoyed your meal

Food Democracy  
We are all entitled to know and choose what we are eating
Fresh Produce is needed to sustain life in animals and fresh produce for growing, harvesting, processing, packaging and preparing before cooking.

Water

Fresh Produce is exposed to Chemicals, Fertilizers, Herbicides and Pesticides while growing, harvesting, processing and packaging.

Chemicals

- Aluminium Sulfate, Ammonia (Ammonium Hydroxide), Ammonium Sulfate, Calcium Hydroxide, Calcium Hypochlorite, Calcium Oxide, Calcium/Sodium Poly-Phosphate Silicate, Carbon (powered activated), Chlorine, Copper/Carbonate, Ferric Chloride, Ferric Sulfate, Hydrofluorosilicic Acid (Fluorosilicic acid), Hydrogen Peroxide, Magnesium Sulfate, Polyaluminium Chloride, Polychlorinated Ammonium Chloride, Polyacrylamides and Acrylic Acid (Polymers and Copolymers), Potassium Permanganate, Silver Hydrogen Peroxide, Sodium Aluminate, Sodium Carbonate, Sodium Chlorate, Sodium Chloride, Sodium Fluoride, Sodium Fluorosilicate (Sodium Silicofluoride), Sodium Hypochlorite, Sodium Silicate, Sulphuric Acid, Zinc Dithio-Phosphate.

Tap water can contain a range of very small amounts of these chemicals, depending on area and problem that needs to be treated i.e. dirty water.

Processed food are foods that have been:
- Heated
- Milled
- Pressure treated
- Irradiated
- Given food additives

Generally they are usually packaged in some way.
Soup

Creamy Pumpkin Soup

- Pumpkin
- Onion
- Olive Oil
- Garlic
- Ground Coriander
- Nutmeg
- Potato

- Chicken Stock
- Fresh stock is made from the boiling a chicken's carcass of meat and bones in water
- Processed Stock Cubes

- Olive Oil
- Onion
- Garlic
- Potato

- Sour Cream
- Bacterial culture, milk, food starch-modified, guar gum, sodium phosphate, locust bean gum, sodium citrate, carrageenan, potassium sorbate, enzymes

- Cream
- Milk
- Processed milk, permesa

- Yogurt
- Milk
- Milk solids for live culture with acidophilus, bifidus, casei, acidity regulators (330, 331), water#, sucrose (water thickeners 406, 440, 1442)

- Coriander, turmeric, fennel, black pepper, cumin, chile powder, fenugreek, garlic granules, ginger, salt

- Bread crumbs

Home-Made Dinner Roll and Butter Portion

- Salt
- Sea Salt, anti-caking agent (546)

- Plain Flour
- Wheat flour, contains gluten. May contain very small traces of Sulphur Dioxide (E220), sodium Metabisulphite (E223), L-ascorbic acid (E300), casein hydrochloride (E621), Chlorine (E222), Chlorine Dioxide (E100)

- White Sugar
- Cane Sugar and very small traces of Sulfur Dioxide, lime, Carbon Dioxide, charcoal made from animal bones, sucrose crystals

- Butter
- Pasteurised cream, water#, salt, milk fat

- Milk
- Pasteurized milk, permeate

- Peppers
- Ground Pepper

- Salt
- Sea Salt, anti-caking agent (546), potassium iodine

- White Wine
- Grapes, water#, additives, casein, tannins, tartaric acid, citric acid, malic acid, ascorbic acid, metartaric acid, hydrogen peroxide, kieselsol, oak chips/extract, pectic enzymes, potassium sorbate, potassium metabisulphate, sparkolloid, yeast+, fining agents which contain egg/milk products, dextrose, preservatives, sodium bisulphite (preservatives), sodium benzoate (preservatives), lemon oil

- Almonds

Mains

Bread Crumbed Beef Schnitzel

- Mains
- Processed Lemon Juice

- Olive Oil
- Plain Flour
- Wheat flour, milk and milk solids for live culture with acidophilus, bifidus, casei, acidity regulators (330, 331), water#, sucrose (water thickeners 406, 440, 1442)

- Egg
- Pasteurised cream, water#, salt, milk fat

- Pepper
- Processed milk, permesa

- Yogurt with curry undertones and almond encrusted Grilled Barramundi

- Butter
- Pasteurised cream, water#, salt, milk fat

Rocket, radish, avocado and walnut salad with lemon, mustard and olive oil dressing

- Yogurt
- Milk
- Milk solids for live culture with acidophilus, bifidus, casei, acidity regulators (330, 331), water#, sucrose (water thickeners 406, 440, 1442)

- Curry Powder
- Chickpeas, lentils, black pepper, cumin, chili powder, fenugreek, garlic granules, ginger, salt

- White Sugar
- Cane Sugar and very small traces of Sulfur Dioxide, lime, Carbon Dioxide, charcoal made from animal bones, sucrose crystals

NOTE: Individual list of ingredients in processed foods will vary in different brands and from country to country.
Animal Products
Animal products are a diverse range for food, products and items. It is influenced by their diet of fresh feed (fresh produce), feed that has been GM i.e. corn, processed animal food, health and antibiotics and their living conditions. These items are highlighted in blue on your menu.

GM foods are modified selected crops such as corn and potato, food enhancers, manufactured preservatives, flavours and colours, and products to thicken or give volume to foods. Not all of the green highlighted items on your menu are GM foods but merely possible products, as the laws for labelling and itemising vary from country to country. The exportation with the many labelling laws on full disclosure, and what each country allows in the process of food, makes this a question on what is and what is not GM, crops or food products.

Genetically Modified Food

The risks on Social Drinking are:
- Certain cancers -
- Cardiovascular accidents -
- High blood pressure -
- Accidents while under the influence -
- Progression to alcohol abuse and addiction -
- Alcoholic poisoning -

Alcohol is a toxin that damages the body, even in small doses. Some people are so sensitive to it that any form of alcohol is potentially life threatening. If addicted to alcohol, then absolute abstinence is required, even from hidden alcohol in food and medicines. If taking medication, alcohol should not be taken as reactions can occur. If pregnant or breast-feeding alcohol should not be consumed.

There are over 3000 flavour varieties of tea (globally) but the only four types of tea are Black, Green, White and Oolong in which all come from the same plant, the only difference in the final product, is that they are processed in different ways.

There are over 60 varieties of coffee plants, varying in flavours. The most expensive coffee on the market was Kopi Luwak Coffee from Indonesia, where an Asian Palm Civet (a local rodent) eats and poos the bean, where it is then collected and washed for packaging. Between $230 - $1180 per kilo.

Thailand recently started to produce Black Ivory Coffee, where elephants are eating and passing the coffee beans through their digestive systems to be processed and packaged. From $1100 per kilo.
<table>
<thead>
<tr>
<th>Dessert</th>
<th>Ice-Cream</th>
<th>Biscotti Biscuit</th>
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<tbody>
<tr>
<td>Lemon Panna Cotta</td>
<td>Home-Made Vanilla Ice-Cream</td>
<td>Plain Flour</td>
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<td>Lemon Zest</td>
<td>White Sugar</td>
<td>Butter</td>
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<td>Milk</td>
<td>Cream</td>
<td>Almonds</td>
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<td>Preservative (220) Vanilla, water#.</td>
<td>Vanilla Essence</td>
<td>Baking powder</td>
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<td>Imitation vanilla flavours, colour 150d, preservative 202, food acid 330</td>
<td>Vanilla Essence</td>
<td>Antisept Essence</td>
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<td>Crunchy Pine Nut Brittle</td>
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<td>Pasturised cream, water#, salt, milk fat</td>
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<td>Ground coffee beans with water#</td>
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<td>Dry tea leaves with water#</td>
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