

Allergy Menu Week 1 - Week Commencing: 01.09.25

*Low in Sodium & Refined Sugars

*Nut Aware

*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 PEAR & APPLE W/ LF/RICE/SOY MILK	 CHEESY WHOLEMEAL MUFFIN GF & LF CHEESY MUFFIN GF DF CHEESY MINI MUFFIN	 TROPICAL FRUIT PLATTER W/ SOY/RICE/LF MILK	 DF APPLE MUFFIN W/ COCO YOGHURT GF DF COCONUT YOGHURT & APPLE	 SOY/LF/RICE MILK W/ BANANA & MANDARIN
LUNCH	 GF DF CHICKEN & VEGETABLE NOODLES/ VEGETABLE NOODLES	 GF DF BEEF BOLOGNAISE / MACARONI BOLOGNAISE/ CHEESY VEGETABLE LASAGNE / GF DF TOMATO VEGETABLE SPAGHETTI W/ ZUCCHINI	 CHICKEN & PUMPKIN CURRY / VEGETABLE CURRY W/ BROWN RICE & BROCCOLI	 BEAN BURRITO BOWL W/ CORN CHIPS & RICE/ GF DF VEGETABLE RISOTTO	 WHOLEMEAL BEEF BURGER / GF DF BEEF BURGER PATTIES / GF DF CHICKEN BURGER PATTIES/ GF DF VEGGIE BURGER PATTIES W/ ROASTED SWEET POTATO
AFTERNOON TEA	 GF DF GARLIC BREAD / GF LF GARLIC BREAD W/ PEAR WEDGES	 CUCUMBER, PUMPKIN HUMMUS, ORANGE, CAPSICUM & CRISPREADS	 LF CHEESE & TOMATO PIZZA / GF DF TROPICANA PIZZA POCKET	 GF DF TUNA & TOMATO DIP / BEETROOT HUMMUS W/ RICE CRACKERS & VEGGIE STICKS	 DF BLUEBERRY MUFFIN / GF DF BLUEBERRY MUFFIN W/ ORANGE WEDGES