
















# Allergy Menu Week 1 - Week Commencing: 12.05.25

\*Low in Sodium & Refined Sugars

\*Nut Aware

\*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 <p>CHEESY WHOLEMEAL MUFFIN GF &amp; LF CHEESY MUFFIN GF DF CHEESY MINI MUFFIN</p>	 <p>PEAR &amp; APPLE W/ LF/RICE/SOY MILK</p>	 <p>CUCUMBER, PUMPKIN HUMMUS, ORANGE, CAPSICUM &amp; CRISPREADS</p>	 <p>TROPICAL FRUIT PLATTER W/ SOY/RICE/LF MILK</p>	 <p>BANANA &amp; APPLE W/ LF/SOY.RICE MILK</p>
LUNCH	 <p>GF DF CHICKEN &amp; VEGETABLE NOODLES/ VEGETABLE NOODLES</p>	 <p>GF DF BEEF BOLOGNAISE / MACARONI BOLOGNAISE/ CHEESY VEGETABLE LASAGNE / GF DF NOMATO VEGETABLE SPAGHETTI</p>	 <p>ROAST BEEF, TOMATO &amp; PEPITA PESTO SANDWICH / TERIYAKI BEEF &amp; AVOCADO SUSHI / AVOCADO CUCUMBER SUSHI</p>	 <p>BEAN BURRITO BOWL W/ CORN CHIPS &amp; RICE/ GF DF VEGETABLE RISOTTO</p>	 <p>WHOLEMEAL BEEF BURGER W/ NOMATO SAUCE &amp; SALAD</p>
AFTERNOON TEA	 <p>PINEAPPLE, MELON &amp; GRAPES</p>	 <p>GF DF GARLIC BREAD / GF LF GARLIC BREAD W/ ORANGE WEDGES</p>	 <p>DF APPLE MUFFIN / GF DF APPLE STRUDEL / GF DF APPLE MUFFIN W/ COCONUT YOGHURT</p>	 <p>GF DF TUNA &amp; TOMATO DIP / BEETROOT HUMMUS W/ RICE CRACKERS &amp; VEGGIE STICKS</p>	 <p>DF BLUEBERRY MUFFIN / GF DF BLUEBERRY MUFFIN W/ WATERMELON</p>