

Allergy Menu Week 1 - Week Commencing: 16.03.26

*Low in Sodium & Refined Sugars

*Nut Aware

*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 <p>APPLE & NECTARINE W/ LF/RICE/SOY MILK</p>	 <p>CHEESY WHOLEMEAL MUFFIN GF & LF CHEESY MUFFIN GF DF CHEESY MINI MUFFIN</p>	 <p>TROPICAL FRUIT PLATTER W/ SOY/RICE/LF MILK</p>	 <p>DF APPLE MUFFIN W/ COCO YOGHURT GF DF COCONUT YOGHURT & APPLE</p>	 <p>SOY/LF/RICE MILK W/ BANANA & GRAPES</p>
LUNCH	 <p>GF DF CHICKEN & VEGETABLE NOODLES/ VEGETABLE NOODLES</p>	 <p>GF DF BEEF BOLOGNAISE / MACARONI BOLOGNAISE/ CHEESY VEGETABLE LASAGNE / GF DF NOMATO VEGETABLE SPAGHETTI W/ SALAD</p>	 <p>SANDWICH: CHICKEN, CARROT, CHEESY MINT PEA / ROAST BEEF, TOMATO & PEPITA PESTO SANDWICH SUSHI: TERIYAKI CHICKEN / AVOCADO & CUCUMBER</p>	 <p>BEAN BURRITO BOWL W/ CORN CHIPS & RICE/ GF DF VEGETABLE RISOTTO</p>	 <p>WHOLEMEAL BEEF BURGER / GF DF BEEF BURGER PATTIES / GF DF CHICKEN BURGER PATTIES/ GF DF VEGGIE BURGER PATTIES W/ ROASTED SWEET POTATO</p>
AFTERNOON TEA	 <p>GF DF GARLIC BREAD / GF LF GARLIC BREAD W/ PEAR WEDGES</p>	 <p>CUCUMBER, PUMPKIN HUMMUS, ORANGE, CAPSICUM & CRISPREADS</p>	 <p>LF CHEESE & TOMATO PIZZA / GF DF TROPICANA PIZZA POCKET</p>	 <p>GF DF TUNA & TOMATO DIP / BEETROOT HUMMUS W/ RICE CRACKERS & VEGGIE STICKS</p>	 <p>DF BLUEBERRY MUFFIN / GF DF BLUEBERRY MUFFIN W/ ORANGE WEDGES</p>