Allergy Menu Week 1 - Week Commencing: 23.11.26

Healthy Cooking Company
Wholesome food - naturally!

***Low in Sodium & Refined Sugars** ***Nut Aware** ***Locally Sourced Produce**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 APPLE & CARROT STICKS W/ LF/RICE/SOY MILK	 CHEESY WHOLEMEAL MUFFIN GF & LF CHEESY MUFFIN GF DF CHEESY MINI MUFFIN	 COCONUT TZATZIKI W/ FLAT BREAD / BROWN RICE CRACKERS & ROCKMELON	 TROPICAL FRUIT PLATTER W/ SOY/RICE/LF MILK	 BLACK BEAN BROWNIE / GF DF BLACK BEAN BROWNIE W/ LF / SOY / RICE MILK
LUNCH	 GF DF CHICKEN & VEGETABLE NOODLES/ VEGETABLE NOODLES	 LF TOMATO & SPINACH & RISONI / GF DF CHICKEN & PUMPKIN RISOTTO	 SANDWICH: CHICKEN, CARROT, CHEESY MINT PEA / ROAST BEEF, TOMATO & PEPITA PESTO SANDWICH SUSHI: TERIYAKI CHICKEN / AVOCADO & CUCUMBER	 BEAN BURRITO BOWL W/ CORN CHIPS & RICE/ GF DF VEGETABLE RISOTTO	 MACARONI BOLOGNAISE / GF DF BEEF BOLOGNAISE/ DF CREAMY VEGETABLE PASTA / GF DF CREAMY VEGETABLE PASTA
AFTERNOON TEA	 GF DF GARLIC BREAD / GF LF GARLIC BREAD W/ PEAR WEDGES	 PINEAPPLE, HONEYDEW & WATERMELON	 LF CHEESE & TOMATO PIZZA / GF DF TROPICANA PIZZA POCKET	 GF DF TUNA & TOMATO DIP / BEETROOT HUMMUS W/ RICE CRACKERS & VEGGIE STICKS	 BANANA, ORANGE & MANGO

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