



# Allergy Menu Week 1 - Week Commencing: 07.07.25

\*Low in Sodium & Refined Sugars

\*Nut Aware

\*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 <p>PEAR &amp; APPLE W/ LF/RICE/SOY MILK</p>	 <p>CHEESY WHOLEMEAL MUFFIN GF &amp; 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 &amp; APPLE</p>	 <p>SOY/LF/RICE MILK W/ BANANA &amp; MANDARIN</p>
LUNCH	 <p>GF DF CHICKEN &amp; VEGETABLE NOODLES/ VEGETABLE NOODLES</p>	 <p>GF DF BEEF BOLOGNAISE / MACARONI BOLOGNAISE/ CHEESY VEGETABLE LASAGNE / GF DF TOMATO VEGETABLE SPAGHETTI W/ ZUCCHINI</p>	 <p>CHICKEN &amp; PUMPKIN CURRY / VEGETABLE CURRY  W/ BROWN RICE &amp; BROCCOLI</p>	 <p>BEAN BURRITO BOWL W/ CORN CHIPS &amp; 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 &amp; CRISPREADS</p>	 <p>LF CHEESE &amp; TOMATO PIZZA / GF DF TROPICANA PIZZA POCKET</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/ ORANGE WEDGES</p>