

# Allergy Menu Week 1 - Week Commencing: 20.01.25

\*Low in Sodium & Refined Sugars

\*Nut Free

\*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 <p>GF DF SMASHED AVOCADO ON BREAD W/ MELON</p>	 <p>MANGO &amp; APPLE W/ ORGANIC MILK</p>	 <p>CUCUMBER, PUMPKIN HUMMUS, ORANGE, CAPSICUM &amp; CRACKERS</p>	 <p>TROPICAL FRUIT PLATTER W/ SOY/RICE/LF MILK</p>	 <p>BANANA, MANDARIN &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/ W/ ZUCCHINI</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 / GF DF BEEF BURGER PATTIES / GF DF CHICKEN BURGER PATTIES / GF DF VEGGIE BURGER PATTIES W/ NOMATO SAUCE &amp; SALAD</p>
AFTERNOON TEA	 <p>GF LF CHEDDAR CHEESE &amp; BROWN RICE CRACKERS / PUMPKIN HUMMUS &amp; CRACKERS W/ ROCKMELON</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>