

# Allergy Menu Week 1 - Week Commencing: 28/10/24

\*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>PEACH &amp; PEAR W/ LF/RICE/SOY 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 / GF DF TOMATO VEGETABLE SPAGHETTI</p> <p>W/ GARDEN SALAD</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/ TOMATO SAUCE &amp; SALAD</p>
AFTERNOON TEA	 <p>GF LF CHEDDAR CHEESE &amp; BROWN RICE CRACKERS / PUMPKIN HUMMUS &amp; CRACKERS W/ PEAR</p>	 <p>LF TROPICANA PIZZA / DF TROPICANA PINWHEEL / GF DF TROPICANA PIZZA POCKET</p>	 <p>GF DF APPLE STRUDEL / GF DF APPLE MUFFIN / DF APPLE MUFFIN</p> <p>W/ COCONUT YOGHURT</p>	 <p>GF DF TUNA &amp; TOMATO DIP / BEETROOT HUMMUS</p> <p>W/ RICE CRACKERS &amp; VEGGIE STICKS</p>	 <p>DF BLUEBERRY MUFFIN / GF DF BLUEBERRY MUFFIN</p> <p>W/ WATERMELON</p>