

Allergy Menu Week 2 - Week Commencing: 11.08.25

*Low in Sodium & Refined Sugars

*Nut Aware

*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 <p>HUMMUS / LF CHEESE W/ PEAR, CRACKERS & VEGGIE STICKS</p>	 <p>MELON & BLUEBERRY COCONUT YOGHURT W/ CRUNCH / OATS</p>	 <p>SPINACH & LENTIL DIP W/ BROWN RICE CRACKERS / CRISPREAD</p>	 <p>TROPICAL FRUIT PLATTER W/ SOY/RICE/LF MILK</p>	 <p>BANANA & WATERMELON W/ RASPBERRY COCONUT YOGHURT</p>
LUNCH	 <p>BEEF BOLOGNAISE PASTA/ CHEESY VEGETABLE PASTA</p>	 <p>GF DF CHICKEN & PUMPKIN RISOTTO GF DF VEGETABLE RISOTTO W/ BROCCOLI</p>	 <p>SPAGHETTI MEATBALLS/ GF DF SPAGHETTI MEATBALLS / SPAGHETTI VEGGIE BALLS W/ CHEESE</p>	 <p>DF PUMPKIN & PEA PASTA GF DF PUMPKIN & PEA PASTA W/ CARROT BATONS</p>	 <p>BEEF CHOW MEIN / VEEGTABLE STROGANOFF W/ BROWN RICE & ZUCCHINI</p>
AFTERNOON TEA	 <p>GF DF PUMPKIN PINWHEEL W/ APPLE</p>	 <p>MEXICAN BURRITO CHEESY BEAN QUESADILLA GF DF BEAN QUESADILLA</p>	 <p>GF DF STICKY DATE PUDDING W/ ORANGE WEDGES</p>	 <p>GF & DF VEGETABLE EMPANADA / VEGETABLE ROLL/ GF DF BEEF & KALE SAUSAGE ROLL</p>	 <p>GF LF CHEDDAR CHEESE / WHITE BEAN DIP W/ BROWN RICE CRACKERS WHITE BEAN DIP & VITA WEATS W/ TOMATO</p>