

## Allergy Menu Week 2 - Week Commencing: 01.12.25

\*Low in Sodium & Refined Sugars

\*Nut Aware

\*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 <p>HUMMUS / LF CHEESE W/ PEAR, CRACKERS &amp; VEGGIE STICKS</p>	 <p>MELON &amp; KIWI W/ COCONUT YOGHURT W/ CRUNCH / OATS</p>	 <p>SPINACH &amp; LENTIL DIP W/ BROWN RICE CRACKERS / CRISPREAD</p>	 <p>TROPICAL FRUIT PLATTER W/ SOY/RICE/LF MILK</p>	 <p>BANANA &amp; MELON W/ RASPBERRY COCONUT YOGHURT</p>
LUNCH	 <p>BEEF &amp; VEGETABLE RISOTTO / VEGETABLE STROGANOFF W/ BROWN RICE</p>	 <p>GF DF CHICKEN &amp; 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 &amp; PEA PASTA GF DF PUMPKIN &amp; PEA PASTA W/ CARROT BATONS</p>	 <p>SANDWICH: CHEESE &amp; BAKED BEAN SUSHI: TERIYAKI BEEF &amp; AVOCADO / CHICKEN, AVOCADO &amp; CUCUMBER</p>
AFTERNOON TEA	 <p>GF DF PUMPKIN PINWHEEL / DF TROPICANA PINWHEEL W/ APPLE</p>	 <p>MEXICAN BEAN BURRITO CHEESY BEAN QUESADILLA GF DF BEAN QUESADILLA</p>	 <p>GF DF STICKY DATE PUDDING W/ ORANGE WEDGES</p>	 <p>GF &amp; DF VEGETABLE EMPANADA / VEGETABLE ROLL/ GF DF BEEF &amp; KALE SAUSAGE ROLL</p>	 <p>GF LF CHEDDAR CHEESE / WHITE BEAN DIP W/ BROWN RICE CRACKERS WHITE BEAN DIP &amp; VITA WEATS W/ TOMATO</p>