Allergy Menu Week 2 - Week Commencing: 02.11.26

Healthy Cooking Company
Wholesome food - naturally!

***Low in Sodium & Refined Sugars** ***Nut Aware** ***Locally Sourced Produce**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 PEAR, HUMMUS, CORN THINS & VEGGIE STICKS	 MELONS & BLUEBERRY COCONUT YOGHURT W/ OATS / CRUNCH	 SPINACH & LENTIL DIP W/ BROWN RICE CRACKERS / TORTILLA	 TROPICAL FRUIT PLATTER W/ SOY/RICE/LF MILK	 BANANA & WATERMELON W/ STRAWBERRY COCONUT YOGHURT
LUNCH	 BEEF & VEGETABLE RISOTTO / VEGETABLE STROGANOFF W/ BROWN RICE	 GF & DF CREAMY CHICKEN PASTA / GF DF CREAMY PASTA W/ BROCCOLI	 SPAGHETTI MEATBALLS/ GF DF SPAGHETTI MEATBALLS / SPAGHETTI VEGGIE BALLS W/ CHEESE / VEGETABLE BALLS W/ WHOLEMEAL SPAGHETTI	 DF PUMPKIN & PEA PASTA GF DF PUMPKIN & PEA PASTA W/ CARROT BATONS	 SANDWICH: CHEESE & BAKED BEAN / BEEF & BEAN SUSHI: TERIYAKI BEEF & AVOCADO / CHICKEN, AVOCADO & CUCUMBER
AFTERNOON TEA	 GF DF PUMPKIN PINWHEEL / DF TROPICANA PINWHEEL W/ APPLE	 GF LF CHEDDAR CHEESE / WHITE BEAN DIP W/ BROWN RICE CRACKERS WHITE BEAN DIP W/ VITA WEATS & TOMATO	 GF DF STICKY DATE PUDDING W/ ORANGE WEDGES	 GF & DF VEGETABLE EMPANADA / VEGETABLE ROLL/ GF DF BEEF & KALE SAUSAGE ROLL	 CHEESY BEAN QUESADILLA / GF DF BEAN QUESADILLA

www.healthycookingco.com.au