

Allergy Menu Week 2 - Week Commencing: 03.11.25

*Low in Sodium & Refined Sugars

*Nut Aware

*Locally Sourced Produce

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