

Allergy Menu Week 2 - Week Commencing: 10.08.26

*Low in Sodium & Refined Sugars

*Nut Aware

*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA		 New Product ROCKMELON & BLUEBERRY COCONUT YOGHURT W/ OATS / CRUNCH & ORANGE WEDGES	 SPINACH & LENTIL DIP W/ BROWN RICE CRACKERS / TORTILLA	 TROPICAL FRUIT PLATTER W/ SOY/RICE/LF MILK	 New Product BANANA & ROCKMELON W/ RASPBERRY COCONUT YOGHURT
LUNCH		 GF DF CHICKEN & PUMPKIN RISOTTO GF DF VEGETABLE RISOTTO 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 SUSHI: TERIYAKI BEEF & AVOCADO / CHICKEN, AVOCADO & CUCUMBER
AFTERNOON TEA		 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