

## 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   |  <p>PEAR, HUMMUS, CORN THINS &amp; VEGGIE STICKS</p>                      |  <p>New Product<br/>ROCKMELON &amp; BLUEBERRY COCONUT YOGHURT W/ OATS / CRUNCH &amp; ORANGE WEDGES</p>               |  <p>SPINACH &amp; LENTIL DIP W/ BROWN RICE CRACKERS / TORTILLA</p>                                                                  |  <p>TROPICAL FRUIT PLATTER W/ SOY/RICE/LF MILK</p>                                             |  <p>New Product<br/>BANANA &amp; ROCKMELON W/ RASPBERRY COCONUT YOGHURT</p>                                        |
| LUNCH         |  <p>BEEF &amp; VEGETABLE RISOTTO / VEGETABLE STROGANOFF W/ BROWN RICE</p> |  <p>GF DF CHICKEN &amp; PUMPKIN RISOTTO<br/>GF DF VEGETABLE RISOTTO W/ BROCCOLI</p>                                  |  <p>SPAGHETTI MEATBALLS / GF DF SPAGHETTI MEATBALLS / SPAGHETTI VEGGIE BALLS W/ CHEESE / VEGETABLE BALLS W/ WHOLEMEAL SPAGHETTI</p> |  <p>DF PUMPKIN &amp; PEA PASTA<br/>GF DF PUMPKIN &amp; PEA PASTA W/ CARROT BATONS</p>          |  <p>SANDWICH: CHEESE &amp; BAKED BEAN<br/>SUSHI: TERIYAKI BEEF &amp; AVOCADO / CHICKEN, AVOCADO &amp; CUCUMBER</p> |
| AFTERNOON TEA |  <p>GF DF PUMPKIN PINWHEEL / DF TROPICANA PINWHEEL W/ APPLE</p>         |  <p>GF LF CHEDDAR CHEESE / WHITE BEAN DIP W/ BROWN RICE CRACKERS<br/>WHITE BEAN DIP W/ VITA WEATS &amp; TOMATO</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>CHEESY BEAN QUESADILLA / GF DF BEAN QUESADILLA</p>                                                           |