

Allergy Menu Week 2 - Week Commencing: 27.01.25

*Low in Sodium & Refined Sugars

*Nut Aware

*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA		<p>MELON & GRAPES W/ COCONUT YOGHURT CRUNCH/OATS</p>	<p>SPINACH & LENTIL DIP W/ BROWN RICE CRACKERS / TORTILLA</p>	<p>TROPICAL FRUIT PLATTER W/ SOY/RICE/LF MILK</p>	<p>BANANA & WATERMELON W/ RASPBERRY COCONUT YOGHURT</p>
LUNCH		<p>GF DF CHICKEN & 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 & PEA PASTA GF DF PUMPKIN & PEA PASTA W/ CARROT BATONS</p>	<p>TERIYAKI CHICKEN & AVOCADO / TERIYAKI BEEF & AVOCADO / AVOCADO & CUCUMBER SUSHI</p>
AFTERNOON TEA		<p>DF GUACAMOLE & CORN CHIPS CHEESY BEAN QUESADILLA GF DF BEAN QUESADILLA</p>	<p>GF DF STICKY DATE PUDDING W/ ORANGE WEDGES</p>	<p>GF DF VEGETABLE EMPANADA VEGETABLE SAUSAGE ROLL GF DF BEEF & KALE SAUSAGE ROLL</p>	<p>GF LF CHEDDAR CHEESE / WHITE BEAN DIP W/ BROWN RICE CRACKERS WHITE BEAN DIP & VITA WEATS W/ TOMATO</p>