

# Allergy Menu Week 3 - Week Commencing: 02.03.26

\*Low in Sodium & Refined Sugars

\*Nut Aware

\*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	<p><b>PEAR &amp; ROCKMELON W/ LF/SOY.RICE MILK</b></p>	<p>LF CHEESE / GF DF SWEET POTATO HUMMUS W/ BROWN RICE CRACKERS &amp; VEGGIE STICKS</p>	<p>TROPICAL FRUIT PLATTER W/ SOY/LF/RICE MILK</p>	<p>LF CHEDDAR CHEESE &amp; MULTIGRAIN VITA WEATS HUMMUS &amp; BROWN RICE CRACKERS W/ CRUDITES</p>	<p>BANANA &amp; APPLE W/ LF/ RICE/ SOY MILK</p>
LUNCH	<p>SPAGHETTI BOLOGNAISE (NO CHEESE) TOMATO &amp; VEGETABLE SPAGHETTI GF DF SPAGHETTI BOLOGNAISE GF DF VEGETABLE SPAGHETTI</p>	<p>LF CHEESY TOMATO &amp; SPINACH RISONI GF DF CHICKEN &amp; PUMPKIN RISOTTO</p>	<p>SANDWICH: ROAST BEEF, TOMATO, PEPITA PESTO SUSHI: TERIYAKI CHICKEN &amp; AVOCADO / AVOCADO &amp; CUCUMBER / CHICKEN, AVOCADO &amp; CUCUMBER</p>	<p>CHICKEN &amp; PINEAPPLE CURRY GF DF VEGETABLE CURRY W/ BROWN RICE, PEAS &amp; CORN</p>	<p>AUSSIE BEEF BURGER W/ BEETROOT GF DF BEEF BURGER PATTIES GF DF VEGGIE BURGER PATTIES</p>
AFTERNOON TEA	<p>GF LF GARLIC BREAD GF DF GARLIC BREAD W/ HONEYDEW</p>	<p>DF APPLE MUFFIN / GF DF APPLE &amp; CINNAMON MUFFIN</p>	<p>LF TROPICANA PIZZA / DF TROPICANA PINWHEEL / GF DF TROPICANA CHICKEN PIZZA POCKET</p>	<p>PEACH &amp; PEAR / BLUEBERRY CRUMBLE W/ COCONUT YOGHURT/LF YOGHURT</p>	<p>GF DF TUNA &amp; TOMATO DIP/ PUMPKIN HUMMUS W/ BROWN RICE CRACKERS</p>