

Allergy Menu Week 3 - Week Commencing: 12.10.26

*Low in Sodium & Refined Sugars

*Nut Aware

*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 GF DF APPLE MUFFIN / DF APPLE MUFFIN W/ SOY/ RICE / ORGANIC MILK	 ORANGE AND PEAR W/ LF / PLANT BASED CHEESE SLICES AND BROWN RICE CRACKERS	 TROPICAL FRUIT PLATTER W/ SOY/LF/RICE MILK	 CHEESY TOMATO MUFFIN / GF LF CHEESY MUFFIN / GF DF CHEESY MINI MUFFIN	 BANANA & APPLE W/ LF / SOY / RICE MILK
LUNCH	 SPAGHETTI BOLOGNAISE (NO CHEESE)/ TOMATO & VEGETABLE SPAGHETTI/ GF DF SPAGHETTI BOLOGNAISE/ GF DF VEGETABLE SPAGHETTI / GF DF NOMATO VEGETABLE SPAGHETTI	 DF CREAMY VEGETABLE PASTA / LF CREAMY VEGETABLE PASTA BAKE / GF DF CREAMY VEGETABLE PASTA W/ ZUCCHINI ROUNDS	 SANDWICH: ROAST BEEF & PEPITA PESTO SUSHI: TERIYAKI CHICKEN / TERIYAKI BEEF / AVOCADO CUCUMBER / CHICKEN, AVOCADO & CUCUMBER	 AMITS CHICKEN CURRY / AMITS VEGETABLE CURRY / GF DF VEGETABLE CURRY W/ BROWN RICE & BROCCOLI	 AUSSIE BEEF BURGER / GF DF BEEF BURGER PATTIES / GF DF VEGGIE BURGER PATTIES W/ GRAIN FUSION BREAD
AFTERNOON TEA	 DF APPLE MUFFIN / GF DF APPLE & CINNAMON MUFFIN	 GF TUNA & TOMATO / PUMPKIN HUMMUS W/ VEGGIE STICKS & BROWN RICE CRACKERS	 LF TROPICANA PIZZA / DF TROPICANA PINWHEEL / GF DF TROPICANA CHICKEN PIZZA POCKET / DF NOMATO VEGGIE PIZZA	 WATERMELON, STRAWBERRIES & COCONUT YOGHURT	 LF CHEDDAR CHEESE & MULTIGRAIN VITA WEATS HUMMUS & BROWN RICE CRACKERS W/ CRUDITES