

Allergy Menu Week 3 - Week Commencing: 13.10.25

*Low in Sodium & Refined Sugars

*Nut Aware

*Locally Sourced Produce

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