

Allergy Menu Week 3 - Week Commencing: 14.09.26

*Low in Sodium & Refined Sugars

*Nut Aware

*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 KIWI, PEAR & MANDARIN W/ RICE / LF / SOY MILK	 LF CHEESE / PLANT BASED CHEESE W/ BROWN RICE CRACKERS & VEGGIE STICKS	 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	 DF CREAMY VEGETABLE PASTA / LF CREAMY VEGETABLE PASTA BAKE / GF DF CREAMY VEGETABLE PASTA W/ ZUCCHINI ROUNDS	 GF DF CHICKEN & SWEET CORN SOUP / SWEET CORN & CAULIFLOWER SOUP W/ WHOLEMEAL DINNER ROLL / GF DF GARLIC BREAD	 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/ BROWN RICE CRACKERS	 LF TROPICANA PIZZA / DF TROPICANA PINWHEEL / GF DF TROPICANA CHICKEN PIZZA POCKET / DF TOMATO VEGGIE PIZZA	 PEACH & PEAR W/ COCONUT YOGHURT/LF YOGHURT	 LF CHEDDAR CHEESE & MULTIGRAIN VITA WEATS HUMMUS & BROWN RICE CRACKERS W/ CRUDITES