

Allergy Menu Week 3 - Week Commencing: 25.05.26

*Low in Sodium & Refined Sugars

*Nut Aware

*Locally Sourced Produce

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------|---|---|---|---|---|
| MORNING TEA |  <p>KIWI, PEAR & MANDARIN W/ RICE / LF / SOY MILK</p> |  <p>LF CHEESE / GF DF SWEET POTATO HUMMUS W/ BROWN RICE CRACKERS & VEGGIE STICKS</p> |  <p>TROPICAL FRUIT PLATTER W/ SOY/LF/RICE MILK</p> |  <p>CHEESY TOMATO MUFFIN / GF LF CHEESY MUFFIN / GF DF CHEESY MINI MUFFIN</p> |  <p>BANANA & APPLE W/ LF / SOY / RICE MILK</p> |
| LUNCH |  <p>SPAGHETTI BOLOGNAISE (NO CHEESE) TOMATO & VEGETABLE SPAGHETTI GF DF SPAGHETTI BOLOGNAISE GF DF VEGETABLE SPAGHETTI</p> |  <p>DF CREAMY VEGETABLE PASTA / LF CREAMY VEGETABLE PASTA BAKE / GF DF CREAMY VEGETABLE PASTA W/ ZUCCHINI ROUNDS</p> |  <p>SANDWICH: ROAST BEEF, TOMATO, PEPITA PESTO SUSHI: TERIYAKI CHICKEN & AVOCADO / AVOCADO & CUCUMBER / CHICKEN, AVOCADO & CUCUMBER</p> |  <p>AMITS CHICKEN CURRY / AMITS VEGETABLE CURRY / GF DF VEGETABLE CURRY W/ BROWN RICE & BROCCOLI</p> |  <p>AUSSIE BEEF BURGER / GF DF BEEF BURGER PATTIES / GF DF VEGGIE BURGER PATTIES W/ GRAIN FUSION</p> |
| AFTERNOON TEA |  <p>DF APPLE MUFFIN / GF DF APPLE & CINNAMON MUFFIN</p> |  <p>GF TUNA & TOMATO / PUMPKIN HUMMUS W/ BROWN RICE CRACKERS</p> |  <p>LF TROPICANA PIZZA / DF TROPICANA PINWHEEL / GF DF TROPICANA CHICKEN PIZZA POCKET</p> |  <p>PEACH & PEAR / BLUEBERRY CRUMBLE W/ COCONUT YOGHURT/LF YOGHURT</p> |  <p>LF CHEDDAR CHEESE & MULTIGRAIN VITA WEATS HUMMUS & BROWN RICE CRACKERS W/ CRUDITES</p> |