
















Allergy Menu Week 3 - Week Commencing: 27.04.26

*Low in Sodium & Refined Sugars

*Nut Aware

*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 <p>PEAR & ROCKMELON W/ LF/SOY.RICE 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</p>	 <p>SANDWICH: ROAST BEEF, TOMATO, PEPITA PESTO SUSHI: TERIYAKI CHICKEN & AVOCADO / AVOCADO & CUCUMBER / CHICKEN, AVOCADO & CUCUMBER</p>	 <p>CHICKEN & PINEAPPLE CURRY GF DF VEGETABLE CURRY W/ BROWN RICE, PEAS & CORN</p>	 <p>AUSSIE BEEF BURGER / GF DF BEEF BURGER PATTIES / GF DF VEGGIE BURGER PATTIES</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>