

Allergy Menu Week 3 - Week Commencing: 31.03.25

*Low in Sodium & Refined Sugars

*Nut Aware

*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	<p>GRAPES & ROCKMELON 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>PEACH & PEAR / BLUEBERRY CRUMBLE W/ COCONUT YOGHURT/LF YOGHURT</p>	<p>BANANA & APPLE W/ LF/ RICE/ SOY MILK</p>
LUNCH	<p>SPAGHETTI BOLOGNAISE (NO CHEESE) TOMATO & VEGETABLE SPAGHETTI GF DF SPAGHETTI BOLOGNAISE GF DF VEGETABLE SPAGHETTI</p>	<p>LF CHEESY TOMATO & SPINACH RISONI GF DF CHICKEN & PUMPKIN RISOTTO</p>	<p>ROAST BEEF, TOMATO & PEPITAS PESTO SANDWICH TERIYAKI CHICKEN SUSHI TERIYAKI BEEF & AVOCADO AVOCADO & CUCUMBER SUSHI</p>	<p>SWEET & SOUR CHICKEN / CHICKEN & PINEAPPLE CURRY / SWEET & SOUR VEGETABLES W/ BROWN RICE & PEAS & CARROT</p>	<p>AUSSIE BEEF BURGER W/ BEETROOT GF DF BEEF BURGER PATTIES GF DF VEGGIE BURGER PATTIES</p>
AFTERNOON TEA	<p>GF LF GARLIC BREAD GF DF GARLIC BREAD W/ ORANGE WEDGES</p>	<p>GF DF BANANA SCONE & BERRY SPREAD DF BANANA SCONE & BERRY SPREAD</p>	<p>LF CHEDDAR CHEESE & MULTIGRAIN VITA WEATS/ HUMMUS & BROWN RICE CRACKERS</p>	<p>LF CHEESE & TOMATO PIZZA GF DF TOMATO PINWHEEL GF DF TROPICANA PIZZA POCKET</p>	<p>GF DF TUNA & TOMATO DIP/ PUMPKIN HUMMUS W/ BROWN RICE CRACKERS</p>