
















# Allergy Menu Week 3 - Week Commencing: 06.01.25

\*Low in Sodium & Refined Sugars

\*Nut Free

\*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 <p>TWO FRUITS W/ RICE/LF/SOY MILK</p>	 <p>TWO FRUITS W/ RICE/LF/SOY MILK</p>	 <p>TROPICAL FRUIT PLATTER W/ SOY/LF/RICE MILK</p>	 <p>BLUEBERRY CRUMBLE / GF DF BLUEBERRY MUFFIN / DF BLUEBERRY MUFFIN W/ COCONUT YOGHURT</p>	 <p>BANANA &amp; MANGO W/ RICE/LF/ SOY MILK</p>
LUNCH	 <p>GF DF BEAN BURRITO BOWL</p>	 <p>DF PUMPKIN PASTA W/ PEAS &amp; CARROT GF DF PUMPKIN PASTA W/ PEAS &amp; CARROT</p>	 <p>TUNA, CHEESE &amp; CUCUMBER SANDWICH ROAST CHICKEN, PUMPKIN HUMMUS &amp; SPINACH SANDWICH AVOCADO &amp; CUCUMBER SUSHI</p>	 <p>GF DF CHICKEN &amp; VEGETABLE NOODLES VEGETABLE NOODLES</p>	 <p>AUSSIE BEEF BURGER GF DF BEEF BURGER PATTIES GF DF VEGGIE BURGER PATTIES</p>
AFTERNOON TEA	 <p>GF LF GARLIC BREAD GF DF GARLIC BREAD</p>	 <p>GF DF BANANA SCONE &amp; BERRY SPREAD DF BANANA SCONE &amp; BERRY SPREAD</p>	 <p>LF CHEDDAR CHEESE &amp; MULTIGRAIN VITA WEATS HUMMUS &amp; BROWN RICE CRACKERS</p>	 <p>LF CHEESE &amp; TOMATO PIZZA GF DF TROPICANA PIZZA POCKET</p>	 <p>GF DF TUNA &amp; TOMATO DIP/ PUMPKIN HUMMUS W/ BROWN RICE CRACKERS</p>