
















Allergy Menu Week 3 - Week Commencing: 14.10.24

*Low in Sodium & Refined Sugars

*Nut Free

*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 <p>KIWI, PEAR & ROCKMELON W/ LF/RICE/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>GF BROWNIE W/ RASPBERRY, BANANA & 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 DF BANANA SCONE & BERRY SPREAD DF BANANA SCONE & BERRY SPREAD</p>	 <p>GF LF GARLIC BREAD GF DF GARLIC BREAD W/ ORANGE WEDGES</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>