

## Allergy Menu Week 3 - Week Commencing: 23.06.25

\*Low in Sodium & Refined Sugars

\*Nut Aware

\*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 <p>PINEAPPLE &amp; GRAPES W/ LF / SOY/ RICE MILK</p>	 <p>LF CHEESE / GF DF SWEET POTATO HUMMUS W/ BROWN RICE CRACKERS &amp; VEGGIE STICKS</p>	 <p>TROPICAL FRUIT PLATTER W/ SOY/LF/RICE MILK</p>	 <p>LF CHEDDAR CHEESE &amp; MULTIGRAIN VITA WEATS HUMMUS &amp; BROWN RICE CRACKERS W/ CRUDITES</p>	 <p>BANANA &amp; APPLE W/ LF/ RICE/ SOY MILK</p>
LUNCH	 <p>SPAGHETTI BOLOGNAISE (NO CHEESE) TOMATO &amp; VEGETABLE SPAGHETTI GF DF SPAGHETTI BOLOGNAISE GF DF VEGETABLE SPAGHETTI</p>	 <p>LF CHEESY TOMATO &amp; SPINACH RISOTI GF DF CHICKEN &amp; PUMPKIN RISOTTO</p>	 <p><b>NEW PRODUCT</b> LEEK &amp; POTATO SOUP W/ GF DINNER ROLL VEGGIE LEEK &amp; POTATO SOUP W/ WHOLEMEAL DINNER ROLL</p>	 <p>CHICKEN &amp; PINEAPPLE CURRY GF DF VEGETABLE CURRY W/ BROWN RICE, PEAS &amp; CORN</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 &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>PEACH &amp; PEAR / BLUEBERRY CRUMBLE W/ COCONUT YOGHURT/LF YOGHURT</p>	 <p>GF DF TUNA &amp; TOMATO DIP/ PUMPKIN HUMMUS W/ BROWN RICE CRACKERS</p>