

Allergy Menu Week 1 - Week Commencing: 06.07.26

*Low in Sodium & Refined Sugars

*Nut Aware

*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 <p>APPLE & CARROT STICKS W/ LF/RICE/SOY MILK</p>	 <p>CHEESY WHOLEMEAL MUFFIN GF & LF CHEESY MUFFIN GF DF CHEESY MINI MUFFIN</p>	 <p>COCONUT TZATZIKI W/ FLAT BREAD / BROWN RICE CRACKERS & CRUDITES</p>	 <p>TROPICAL FRUIT PLATTER W/ SOY/RICE/LF MILK</p>	 <p>BLACK BEAN BROWNIE / GF DF BLACK BEAN BROWNIE W/ LF / SOY / RICE MILK</p>
LUNCH	 <p>GF DF CHICKEN & VEGETABLE NOODLES/ VEGETABLE NOODLES</p>	 <p>GF DF BEEF & SWEET POTATO COTTAGE PIE / DF VEGETABLE & SWEET POTATO PIE / VEGETABLE & SWEET POTATO PIE</p>	 <p>SANDWICH: CHICKEN, CARROT, CHEESY MINT PEA / ROAST BEEF, TOMATO & PEPITA PESTO SANDWICH SUSHI: TERIYAKI CHICKEN / AVOCADO & CUCUMBER</p>	 <p>BEAN BURRITO BOWL W/ CORN CHIPS & RICE/ GF DF VEGETABLE RISOTTO</p>	 <p>MACARONI BOLOGNAISE / GF DF BEEF BOLOGNAISE/ DF CREAMY VEGETABLE PASTA / GF DF CREAMY VEGETABLE PASTA</p>
AFTERNOON TEA	 <p>GF DF GARLIC BREAD / GF LF GARLIC BREAD W/ PEAR WEDGES</p>	 <p>CUCUMBER, BEETROOT HUMMUS, GRAPES, CAPSICUM & CRISPREAD</p>	 <p>LF CHEESE & TOMATO PIZZA / GF DF TROPICANA PIZZA POCKET</p>	 <p>GF DF TUNA & TOMATO DIP / BEETROOT HUMMUS</p> <p>W/ RICE CRACKERS & VEGGIE STICKS</p>	 <p>BANANA, GRAPES & MANDARIN</p>