Allergy Menu Week 4 - Week Commencing: 16.11.26

Healthy Cooking Company
Wholesome food - naturally!

***Low in Sodium & Refined Sugars** ***Nut Aware** ***Locally Sourced Produce**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 MELON & BLUEBERRY COCONUT YOGHURT W/ OATS / CRUNCH	 DF FOCACCIA / GF DF FOCACCIA W/ CAPSICUM & OLIVES	 PEAR, HUMMUS, CORN THINS & VEGGIE STICKS	 TROPICAL FRUIT PLATTER W/ LF / RICE / SOY MILK	 COCONUT YOGHURT W/ BANANA & MANGO CHIA
LUNCH	 DF PUMPKIN & PEAS PASTA / GF DF PUMPKIN & PEA PASTA W/ PEAS & CARROTS	 BEEF BOLOGNAISE PASTA / GF DF BEEF BOLOGNAISE / BEEF CHOW MEIN / CHEESY VEGETABLE PASTA	 DF CHICKEN BURRITO / GF DF CHICKEN ENCHILADA / CHEESY BEAN ENCHILADA W/ ICEBERG LETTUCE & CARROT	 BEEF & VEGETABLE RISOTTO / GF DF BEAN BURRITO BOWL W/ RICE & BROCCOLI	 ROAST CHICKEN, PUMPKIN HUMMUS & SPINACH SANDWICH / TERIYAKI CHICKEN & AVOCADO SUSHI / AVOCADO & CUCUMBER SUSHI
AFTERNOON TEA	 MEXICAN BEEF BURRITO / CHEESY BEAN QUESADILLAS / GF DF BEAN QUESADILLAS	 PINEAPPLE, ORANGE & WATERMELON	 GF SPINACH & FETTA ROLL / GF DF SPINACH & CORN MUFFIN W/ ORANGE WEDGES	 LF CHEDDAR CHEESE & MULTIGRAIN VITA WEATS / BEETROOT HUMMUS & BROWN RICE CRACKERS	 LF TROPICANA PIZZA / DF TROPICANA CHICKEN PINWHEEL / GF DF TROPICANA PIZZA POCKET

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