

Allergy Menu Week 4 - Week Commencing: 21.09.26

*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	 KIWI, HUMMUS, CORN THINS & VEGGIE STICKS	 TROPICAL FRUIT PLATTER W/ LF / RICE / SOY MILK	 COCONUT YOGHURT W/ BANANA & RASPBERRY 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	 DF PUMPKIN SOUP W/ GRAIN DIPPING BREAD / GF DINNER ROLL
AFTERNOON TEA	 MEXICAN BEEF BURRITO / CHEESY BEAN QUESADILLAS / GF DF BEAN QUESADILLAS	 KIWI, PEAR & MANDARIN	 GF SPINACH & FETTA ROLL / GF DF SPINACH & CORN MUFFIN W/ ORANGE WEDGES	 LF CHEDDAR CHEESE & MULTIGRAIN VITA WEATS / BEETROOT HUMMUS & BROWN RICE CRACKERS	 NOMATO CHICKEN PIZZA / LF TROPICANA CHICKEN PIZZA / DF TROPICANA CHICKEN PINWHEEL / GF DF TROPICANA CHICKEN PIZZA POCKET