

Allergy Menu Week 4 - Week Commencing: 30.06.25

*Low in Sodium & Refined Sugars

*Nut Aware

*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 NEW PRODUCT MELON & BLUEBERRY COCONUT YOGHURT W/ CRUNCH / OATS	 GRAPES, HUMMUS, CORN THINS /GRAPES, LF CHEESE, CRACKERS W/ VEGGIE STICKS	 COCONUT TZATZIKI & CRUDITES W/ WHOLEMEAL FLAT BREAD/BROWN RICE CRACKERS	 TROPICAL FRUIT PLATTER W/ SOY/LF/RICE MILK	 COCONUT YOGHURT W/ BANANA & RASPBERRY CHIA
LUNCH	 DF PUMPKIN PASTA/ GF DF PUMPKIN PASTA W/ PEAS & CARROTS	 BEEF BOLOGNAISE PASTA GF DF BEEF BOLOGNAISE PASTA CHEESY VEGETABLE PASTA W/ GARDEN SALAD	 CAJUN CHICKEN SLIDER / GF & DF CHICKEN BURGER PATTIE / GF & DF VEGGIE BURGER PATTIE W/ PINEAPPLE	 NOT SO CHILLI CON CARNE W/ RICE & BROCCOLI	 GF DF PUMPKIN SOUP
AFTERNOON TEA	 MEXICAN BEEF BURRITO / CHEESY BEAN QUESADILLA/ GF DF BEAN QUESADILLAS	 DF FOCACCIA / GF DF FOCACCIA W/ PEAR WEDGES	 GF SPINACH & FETTA ROLLS / SWEET POTATO SPINACH ROLLS/ GF DF SPINACH & CORN MUFFIN W/ ORANGE WEDGES	 GF LF CHEDDAR CHEESE / WHITE BEAN DIP W/ BROWN RICE CRACKERS WHITE BEAN DIP & VITA WEATS W/ TOMATO	 TROPICANA VEGGIE PIZZA/ LF TROPICANA CHICKEN PIZZA/ DF TROPICANA CHICKEN PINWHEEL