

# Allergy Menu Week 4 - Week Commencing: 21.10.24

\*Low in Sodium & Refined Sugars

\*Nut Free

\*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 <p>HUMMUS &amp; CORN THINS/ LF CHEESE &amp; CRACKERS W/ MANDARIN &amp; VEGGIE STICKS</p>	 <p>BLUEBERRY COCONUT YOGHURT CRUNCH/ BLUEBERRY COCONUT YOGHURT W/ OATS &amp; MELON</p>	 <p>COCONUT TZATZIKI &amp; CRUDITES W/ WHOLEMEAL FLAT BREAD/BROWN RICE CRACKERS</p>	 <p>TROPICAL FRUIT PLATTER W/ SOY/ RICE/ LF MILK</p>	 <p>COCONUT YOGHURT W/ BANANA, KIWI &amp; RASPBERRY CHIA</p>
LUNCH	 <p>MACARONI &amp; CHEESE DF PUMPKIN PASTA GF DF PUMPKIN PASTA W/ PEAS &amp; CARROT</p>	 <p>BEEF BOLOGNAISE PASTA GF DF BEEF BOLOGNAISE PASTA CHEESY VEGETABLE PASTA W/ GARDEN SALAD</p>	 <p>CAJUN CHICKEN SLIDER GF DF CHICKEN BURGER PATTIE GF DF VEGGIE BURGER PATTIE W/ PINEAPPLE</p>	 <p>GF DF BEAN BURRITO BOWL NOT SO CHILLI CON CARNE &amp; RICE W/ BROCCOLI</p>	 <p>AVOCADO &amp; CUCUMBER SUSHI TERIYAKI CHICKEN &amp; AVOCADO SUSHI</p>
AFTERNOON TEA	 <p>DF FOCACCIA / GF DF PESTO PINWHEEL W/ PEAR</p>	 <p>NEW PRODUCT MEXICAN BEEF BURRITO CHEESY BEAN QUESADILLA GF DF BEAN QUESADILLA</p>	 <p>GF SPINACH &amp; FETTA ROLLS / SWEET POTATO SPINACH ROLLS/ GF DF SPINACH &amp; CORN MUFFIN W/ ORANGE WEDGES</p>	 <p>GF LF CHEDDAR CHEESE / WHITE BEAN DIP W/ BROWN RICE CRACKERS/ WHITE BEAN DIP &amp; VITA WEATS W/ TOMATO</p>	 <p>GF DF PUMPKIN SCONE DF PUMPKIN SCONE W/ PEPITA PESTO</p>