

# Allergy Menu Week 4 - Week Commencing: 25.08.25

\*Low in Sodium & Refined Sugars

\*Nut Aware

\*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 <p>MELON, KIWI &amp; BLUEBERRY COCONUT YOGHURT W/ CRUNCH / OATS</p>	 <p>MANDARIN, HUMMUS, CORN THINS /GRAPES, LF CHEESE, CRACKERS W/ VEGGIE STICKS</p>	 <p>COCONUT TZATZIKI &amp; CRUDITES W/ WHOLEMEAL FLAT BREAD/BROWN RICE CRACKERS</p>	 <p>TROPICAL FRUIT PLATTER W/ SOY/LF/RICE MILK</p>	 <p>COCONUT YOGHURT W/ BANANA, KIWI &amp; RASPBERRY CHIA</p>
LUNCH	 <p>DF PUMPKIN PASTA/ GF DF PUMPKIN PASTA  W/ PEAS &amp; CARROTS</p>	 <p>BEEF BOLOGNAISE PASTA GF DF BEEF BOLOGNAISE PASTA CHEESY VEGETABLE PASTA</p>	 <p>CAJUN CHICKEN SLIDER / GF &amp; DF CHICKEN BURGER PATTIE / GF &amp; DF VEGGIE BURGER PATTIE  W/ PINEAPPLE</p>	 <p>NOT SO CHILLI CON CARNE/ GF DF BEAN BURRITO BOWL  W/ RICE &amp; BROCCOLI</p>	 <p>GF DF PUMPKIN SOUP</p>
AFTERNOON TEA	 <p>MEXICAN BEEF BURRITO / CHEESY BEAN QUESADILLA/ GF DF BEAN QUESADILLAS</p>	 <p>DF FOCACCIA / GF DF FOCACCIA  W/ PEAR WEDGES</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>TROPICANA VEGGIE PIZZA/ LF TROPICANA CHICKEN PIZZA/ DF TROPICANA CHICKEN PINWHEEL</p>