

Allergy Menu Week 1 - Week Commencing: 11.05.26

*Low in Sodium & Refined Sugars

*Nut Aware

*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 <p>WATERMELON & ROCKMELON W/ RASPBERRY COCONUT YOGHURT CRUNCH</p>	 <p>CHEESY WHOLEMEAL MUFFIN / GF & LF CHEESY MUFFIN / GF DF CHEESY MINI MUFFIN</p>	 <p>TROPICAL FRUIT PLATTER W/ SOY/RICE/LF MILK</p>	 <p>DF APPLE MUFFIN W/ COCO YOGHURT / GF DF COCONUT YOGHURT & APPLE</p>	 <p>BLACK BEAN BROWNIE / GF / DF BLACK BEAN BROWNIE W/ LF / SOY / RICE MILK</p>
LUNCH	 <p>GF DF CHICKEN & VEGETABLE NOODLES / VEGETABLE NOODLES</p>	 <p>BEEF BOLOGNAISE PASTA / GF DF BEEF BOLOGNAISE / BEEF CHOW MEIN / TOMATO & VEGETABLE SPAGHETTI</p>	 <p>SANDWICH: CHICKEN, CARROT, CHEESY MINT PEA / ROAST BEEF, TOMATO & PEPITA PESTO SANDWICH / SUSHI: TERIYAKI CHICKEN / AVOCADO & CUCUMBER</p>	 <p>BEAN BURRITO BOWL W/ CORN CHIPS & RICE / GF DF VEGETABLE RISOTTO</p>	 <p>WHOLEMEAL BEEF BURGER / GF DF BEEF BURGER PATTIES / GF DF CHICKEN BURGER PATTIES / GF DF VEGGIE BURGER PATTIES W/ SALAD</p>
AFTERNOON TEA	 <p>GF DF GARLIC BREAD / GF / LF GARLIC BREAD W/ PEAR WEDGES</p>	 <p>CUCUMBER, BEETROOT HUMMUS, GRAPES, CAPSICUM & CRISPREAD</p>	 <p>LF CHEESE & TOMATO PIZZA / GF DF TROPICANA PIZZA POCKET</p>	 <p>GF DF TUNA & TOMATO DIP / BEETROOT HUMMUS / W/ RICE CRACKERS & VEGGIE STICKS</p>	 <p>BANANA, GRAPES & MANDARIN</p>