
















Allergy Menu Week 1 - Week Commencing: 05/08/2024

*Low in Sodium & Refined Sugars

*Nut Free

*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 <p>BANANA, KIWI & RASPBERRY CHIA W/ COCONUT YOGHURT</p>	 <p>GF DF SMASHED AVOCADO ON BREAD W/ MELON</p>	 <p>TROPICAL FRUIT PLATTER W/ SOY/RICE/LF MILK</p>	 <p>CUCUMBER, PUMPKIN HUMMUS, ORANGE, CAPSICUM & CRACKERS</p>	 <p>BANANA, MANDARIN & APPLE W/ LF/SOY/RICE MILK</p>
LUNCH	 <p>BEAN BURRITO BOWL W/ CORN CHIPS & RICE/ GF DF VEGETABLE RISOTTO</p>	 <p>GF DF BEEF BOLOGNAISE/ MACARONI BOLOGNAISE/ CHEESY VEGETABLE LASAGNE/ GF DF TOMATO VEGETABLE SPAGHETTI W/ SALAD</p>	 <p>GF DF CHICKEN & VEGETABLE NOODLES/ VEGETABLE NOODLES</p>	 <p>GF DF VEGETABLE CURRY/ CHICKEN PINEAPPLE CURRY & BROWN RICE W/ VEGETABLES</p>	 <p>GF DF BEEF PATTIE/ GF DF CHICKEN PATTIE/ GF DF VEGGIE PATTIE/ WHOLEMEAL BEEF BURGER W/ SWEET POTATO CHIPS</p>
AFTERNOON TEA	 <p>PUMPKIN BEAN NAAN GF DF PUMPKIN BEAN NAAN</p>	 <p>GF LF CHEDDAR CHEESE W/ BROWN RICE CRACKERS / BEETROOT HUMMUS & CORN THINS W/ PEAR</p>	 <p>TROPICANA PIZZA/ LF TROPICANA PIZZA / DF TROPICANA PINWHEEL / GF DF TROPICANA PIZZA POCKET</p>	 <p>GF DF BLUEBERRY DANISH GF DF BLUEBERRY MUFFIN W/ COCONUT YOGHURT</p>	 <p>LF CHEDDAR CHEESE & MULTIGRAIN VITA WEATS HUMMUS & BROWN RICE CRACKERS</p>