
















Allergy Menu Week 1 - Week Commencing: 08/07/2024

*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, 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 NOODLE SOUP VEGETABLE NOODLE SOUP W/ WHOLEMEAL DINNER ROLL/ GF DINNER ROLL</p> |  <p>GF DF VEGETABLE CURRY/ CHICKEN PINEAPPLE CURRY & BROWN RICE W/ BROCC, CARROT ZUCCHINI</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>GF DF SPINACH & BEAN NAAN W/ CARROT STICKS & BROCCOLI</p> |  <p>GF LF CHEDDAR CHEESE/ BEETROOT HUMMUS W/ BROWN RICE CRACKER BEETROOT HUMMUS & CORN THINS W/ PEAR</p> |  <p>LF TROPICANA PIZZA GF DF TROPICANA PINWHEEL GF DF TROPICANA PIZZA POCKET W/ APPLE</p> |  <p>GF DF BLUEBERRY DANISH GF DF BLUEBERRY MUFFIN</p> |  <p>LF CHEDDAR CHEESE & MULTIGRAIN VITA WEATS HUMMUS & BROWN RICE CRACKERS</p> |