
















Allergy Menu Week 1 - Week Commencing: 17.03.2025

*Low in Sodium & Refined Sugars

*Nut Aware

*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 <p>CHEESY WHOLEMEAL MUFFIN GF & LF CHEESY MUFFIN GF DF CHEESY MINI MUFFIN</p>	 <p>PEAR & APPLE W/ LF/RICE/SOY MILK</p>	 <p>CUCUMBER, PUMPKIN HUMMUS, ORANGE, CAPSICUM & CRACKERS</p>	 <p>TROPICAL FRUIT PLATTER W/ SOY/RICE/LF MILK</p>	 <p>BANANA & APPLE W/ LF/SOY/RICE MILK</p>
LUNCH	 <p>GF DF CHICKEN & VEGETABLE NOODLES/ VEGETABLE NOODLES</p>	 <p>NOT SO CHILLI CON CARNEW/ RICE / CHEESY VEGETABLE LASAGNE/ W/ BROCCOLI</p>	 <p>ROAST BEEF, TOMATO & PEPITA PESTO SANDWICH / TERIYAKI BEEF & AVOCADO SUSHI / AVOCADO CUCUMBER SUSHI</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/ TOMATO SAUCE & SALAD</p>
AFTERNOON TEA	 <p>PINEAPPLE, MELON & GRAPES</p>	 <p>GF DF GARLIC BREAD / GF LF GARLIC BREAD W/ ORANGE WEDGES</p>	 <p>DF APPLE MUFFIN / GF DF APPLE STRUDEL / GF DF APPLE MUFFIN W/ COCONUT YOGHURT</p>	 <p>GF DF TUNA & TOMATO DIP / BEETROOT HUMMUS W/ RICE CRACKERS & VEGGIE STICKS</p>	 <p>DF BLUEBERRY MUFFIN / GF DF BLUEBERRY MUFFIN W/ WATERMELON</p>