

Allergy Menu Week 1 - Week Commencing: 27/11/2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 MELON W/ CHIA & BUCKWHEAT WITH RASPBERRY SOY YOGHURT/ COCONUT YOGHURT/ LF YOGHURT	 NEW PRODUCT DF SEMOLINA PUDDING CHIA SEED PUDDING WITH APPLE & APRICOT	 TROPICAL FRUIT & VEGETABLE PLATTER WITH SOY MILK/ RICE MILK/ LF MILK	 CUCUMBER BEAN BOAT W/ ORANGE, CAPSICUM & ORGANIC CRACKERS	 GF BLACK BEAN BROWNIE & BANANA WITH: SOY MILK/ LF MILK/ RICE MILK
LUNCH	 GF & DF BEAN BURRITO BOWL GF & DF VEGETABLE RISOTTO	 GF DF BEEF BOLOGNAISE PASTA GF LF BEEF BOLOGNAISE PASTA & CHEESE GF & DF VEGETABLE PASTA CHEESY VEGETABLE PASTA W/ GARDEN SALAD	 NEW PRODUCT GF & DF VEGGIE PATTIES	 GF & DF VEGETABLE CURRY W/ BROWN RICE & VEGETABLES	 GF & DF CHICKEN BURGER GF & DF VEGGIE BURGER W/ SWEET POTATO CHIPS AVOCADO & CUCUMBER SUSHI TERIYAKI CHICKEN SUSHI
AFTERNOON TEA	 GF & LF SPINACH & CHEESE NAAN GF & DF SPINACH & BEAN NAAN W/ CARROT STICKS & BROCCOLI	 GF & LF CHEDDAR CHEESE & CRUDITES BEETROOT HUMMUS & CRUDITES W/ BROWN RICE CRACKERS	 GF & LF CHEESE FILLED ROLL GF & DF PESTO FILLED ROLL GF & DF PESTO PINWHEEL W/ PEAR WEDGES	 GF & DF BLUEBERRY DANISH WITH: SOY YOGHURT/ LF YOGHURT/ COCONUT YOGHURT	 LF TROPICANA PIZZA GF & DF TROPICANA PINWHEEL GF & DF TROPICANA PIZZA POCKET W/ APPLE WEDGES

Low in Sodium & Refined Sugars

Nut Free

Locally Sourced Produce