

Allergy Menu Week 1 - Week Commencing: 30/09/2024

*Low in Sodium & Refined Sugars

*Nut Free

*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 BANANA, KIWI & RASPBERRY CHIA W/ COCONUT YOGHURT	 GF DF SMASHED AVOCADO ON BREAD W/ MELON	 TROPICAL FRUIT PLATTER W/ SOY/RICE/LF MILK	 CUCUMBER, PUMPKIN HUMMUS, ORANGE, CAPSICUM & CRACKERS	 BANANA, MANDARIN & APPLE W/ LF/SOY/RICE MILK
LUNCH	 BEAN BURRITO BOWL W/ CORN CHIPS & RICE/ GF DF VEGETABLE RISOTTO	 GF DF BEEF BOLOGNAISE/ MACARONI BOLOGNAISE/ CHEESY VEGETABLE LASAGNE/ GF DF NOMATO VEGETABLE SPAGHETTI W/ GARDEN SALAD	 ROAST BEEF, TOMATO & PEPITA PESTO SANDWICH / TERIYAKI BEEF & AVOCADO SUSHI / TERIYAKI CHICKEN SUSHI / AVOCADO CUCUMBER SUSHI	 GF DF CHICKEN & VEGETABLE NOODLES/ VEGETABLE NOODLES	 WHOLEMEAL BEEF BURGER / GF DF BEEF BURGER PATTIES / GF DF CHICKEN BURGER PATTIES / GF DF VEGGIE BURGER PATTIES W/ TOMATO SAUCE & SALAD
AFTERNOON TEA	 GF DF TUNA & TOMATO DIP / PUMPKIN HUMMUS W/ RICE CRACKERS & VEGGIE STICKS	 GF DF APPLE STRUDEL / GF DF APPLE MUFFIN W/ COCONUT YOGHURT	 LF TROPICANA PIZZA / DF TROPICANA PINWHEEL / GF DF TROPICANA PIZZA POCKET	 GF LF CHEDDAR CHEESE & BROWN RICE CRACKERS / BEETROOT HUMMUS & CRACKERS W/ PEAR	 DF BLUEBERRY MUFFIN / GF DF BLUEBERRY MUFFIN W/ WATERMELON