

Allergy Menu Week 2 - Week Commencing: 04/12/2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 PEAR, HUMMUS & RICE CRACKERS PEAR, LF CHEESE & CRACKERS W/VEGGIE STICKS	 NEW PRODUCT MELON & BLUEBERRY SOY/ COCONUT/ LF YOGHURT W/CHIA & BUCKWHEAT	 NEW PRODUCT SWEET POTATO & SUNFLOWER DIP W/ ORGANIC CRACKERS & STRAWBERRIES	 TROPICAL FRUIT & VEGETABLE PLATTER WITH SOY MILK/ RICE MILK/ LF MILK	 GF BLACK BEAN BROWNIE & BANANA WITH SOY/LF/RICE MILK
LUNCH	 NEW PRODUCT NOMATO CHICKEN NOMATO VEGETABLE W/ RICE & BEANS	 GF DF CHICKEN & VEGETABLE PASTA GF & DF VEGETABLE RISOTTO	 GF & DF BEEF BURGER GF & DF VEGGIE BURGER W/ SPINACH & POTATOES	 GF & LF CAULIFLOWER & CHEESE PASTA GF & DF CAULIFLOWER & PUMPKIN PASTA	 CHEESE & LENTIL VEGGIE BURGER AVOCADO & CUCUMBER SUSHI TERIYAKI BEEF & AVOCADO SUSHI
AFTERNOON TEA	 GF & DF PESTO PINWHEEL W/HONEYDEW	 NEW PRODUCT GF & DF STICKY DATE PUDDING W/ ORANGE WEDGES	 NEW PRODUCT GF & DF COCONUT YOGHURT & APPLE	 GF & DF VEGETABLE EMPANADA GF & DF VEGETABLE SAUSAGE ROLL GF & DF BEEF & KALE SAUSAGE ROLL	 NEW PRODUCT CHEESY BEAN QUESADILLAS GF & DF SWEET POTATO QUESADILLAS DF GUACAMOLE & CHIPS W/CORN COBS

Low in Sodium & Refined Sugars

Nut Free

Locally Sourced Produce