
















## Allergy Menu Week 2 - Week Commencing: 15.07.24

\*Low in Sodium & Refined Sugars

\*Nut Free

\*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 <p>PEAR, RICE CRACKERS &amp; VEGGIE STICKS W/ HUMMUS/ LF CHEESE</p>	 <p><b>NEW PRODUCT</b> BANANA &amp; BLUEBERRY COCONUT YOGHURT W/ CRUNCH/OATS</p>	 <p>LF CHEDDAR CHEESE &amp; VITA WEATS SPINACH &amp; LENTIL DIP W/ BROWN RICE CRACKERS</p>	 <p>TROPICAL FRUIT PLATTER W/ SOY/RICE/LF MILK</p>	 <p><b>NEW PRODUCT</b> KIWI, PEAR &amp; MANDARIN W/ LF/RICE/SOY MILK</p>
LUNCH	 <p>VEGETABLE NOODLE STIR FRY</p>	 <p>GF DF CHICKEN &amp; PUMPKIN RISOTTO GF DF VEGETABLE RISOTTO W/ CARROT &amp; BROCCOLI</p>	 <p>MEATBALL SUB W/ SPINACH &amp; ROAST POTATOES GF DF BEEF MEATBALLS/ GF DF VEGGIE BALLS &amp; SWEET POTATO MASH</p>	 <p>DF PUMPKIN &amp; PEA PASTA GF DF PUMPKIN &amp; PEA PASTA W/ CARROT BATONS</p>	 <p><b>NEW PRODUCT</b> VEGETABLE BARLEY SOUP W/ WHOLEMEAL BREAD GF DF CHICKEN &amp; SWEET CORN SOUP</p>
AFTERNOON TEA	 <p>GF DF PESTO PINWHEEL W/ HONEYDEW</p>	 <p>DF GUACAMOLE &amp; CORN CHIPS CHEESY BEAN QUESADILLA GF DF BEAN QUESADILLA</p>	 <p>GF DF STICKY DATE PUDDING W/ ORANGE WEDGES</p>	 <p>GF DF VEGETABLE EMPANADA VEGETABLE SAUSAGE ROLL GF DF BEEF &amp; KALE SAUSAGE ROLL</p>	 <p>GF LF CHEDDAR CHEESE / WHITE BEAN DIP W/ BROWN RICE CRACKERS WHITE BEAN DIP &amp; VITA WEATS W/ TOMATO</p>