
















Allergy Menu Week 2 - Week Commencing: 20/05/2024

*Low in Sodium & Refined Sugars

*Nut Free

*Locally Sourced Produce

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------|--|--|---|--|---|
| MORNING TEA |  <p>PEAR, RICE CRACKERS & VEGGIE STICKS W/ HUMMUS/ LF CHEESE</p> |  <p>MELON & BLUEBERRY COCONUT YOGHURT & OATS MELON & BLUEBERRY COCONUT YOGHURT CRUNCH</p> |  <p>LF CHEDDAR CHEESE & VITA WEATS SPINACH & LENTIL DIP W/ BROWN RICE CRACKERS</p> |  <p>TROPICAL FRUIT PLATTER W/ SOY/RICE/LF MILK</p> |  <p>BANANA & GRAPES W/ LF/SOY/RICE MILK</p> |
| LUNCH |  <p>CHICKEN & PINEAPPLE CURRY GF DF VEGETABLE CURRY SWEET & SOUR VEGETABLES W/ BROWN RICE & GREEN BEANS</p> |  <p>GF DF CHICKEN & PUMPKIN RISOTTO GF DF VEGETABLE RISOTTO W/ BROCCOLI</p> |  <p>MEATBALL SUB W/ SPINACH & ROAST POTATOES GF DF BEEF MEATBALLS/ GF DF VEGGIE BALLS & SWEET POTATO MASH</p> |  <p>DF PUMPKIN & PEA PASTA GF DF PUMPKIN & PEA PASTA W/ CARROT BATONS</p> |  <p>AVOCADO & CUCUMBER SUSHI TERIYAKI CHICKEN SUSHI TERIYAKI BEEF SUSHI</p> |
| AFTERNOON TEA |  <p>GF DF PESTO PINWHEEL W/ HONEYDEW</p> |  <p>NEW PRODUCT CHEESY BEAN QUESADILLAS GF DF SWEET POTATO QUESADILLAS</p> |  <p>GF DF STICKY DATE PUDDING W/ ORANGE WEDGES</p> |  <p>GF DF VEGGIE EMPANADA GF DF VEGETABLE SAUSAGE ROLL GF DF BEEF & KALE SAUSAGE ROLL</p> |  <p>GF LF CHEDDAR CHEESE / WHITE BEAN DIP W/ BROWN RICE CRACKERS WHITE BEAN DIP & VITA WEATS W/ TOMATO</p> |