

# Allergy Menu Week 3 - Week Commencing: 03.02.25

\*Low in Sodium & Refined Sugars

\*Nut Aware

\*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 <p>GRAPES &amp; ROCKMELON W/ RICE /LF/ SOY MILK</p>	 <p>LF CHEESE / GF DF SWEET POTATO HUMMUS W/ BROWN RICE CRACKERS &amp; VEGGIE STICKS</p>	 <p>TROPICAL FRUIT PLATTER W/ SOY/LF/RICE MILK</p>	 <p>PEACH &amp; PEAR / BLUEBERRY CRUMBLE W/ COCONUT YOGHURT/LF YOGHURT</p>	 <p>BANANA &amp; MANGO W/ LF/ RICE/ SOY MILK</p>
LUNCH	 <p>SPAGHETTI BOLOGNAISE (NO CHEESE) TOMATO &amp; VEGETABLE SPAGHETTI GF DF SPAGHETTI BOLOGNAISE GF DF VEGETABLE SPAGHETTI</p>	 <p>LF CHEESY TOMATO &amp; SPINACH RISONI GF DF CHICKEN &amp; PUMPKIN RISOTTO</p>	 <p>ROAST BEEF, TOMATO &amp; PEPITAS PESTO SANDWICH TERIYAKI CHICKEN SUSHI TERIYAKI BEEF &amp; AVOCADO AVOCADO &amp; CUCUMBER SUSHI</p>	 <p>SWEET &amp; SOUR CHICKEN / CHICKEN &amp; PINEAPPLE CURRY / SWEET &amp; SOUR VEGETABLES W/ BROWN RICE &amp; PEAS &amp; CARROT</p>	 <p>AUSSIE BEEF BURGER W/ BEETROOT GF DF BEEF BURGER PATTIES GF DF VEGGIE BURGER PATTIES</p>
AFTERNOON TEA	 <p>GF LF GARLIC BREAD GF DF GARLIC BREAD W/ ORANGE WEDGES</p>	 <p>GF DF BANANA SCONE &amp; BERRY SPREAD DF BANANA SCONE &amp; BERRY SPREAD</p>	 <p>LF CHEDDAR CHEESE &amp; MULTIGRAIN VITA WEATS HUMMUS &amp; BROWN RICE CRACKERS</p>	 <p>LF CHEESE &amp; TOMATO PIZZA GF DF TOMATO PINWHEEL GF DF TROPICANA PIZZA POCKET</p>	 <p>GF DF TUNA &amp; TOMATO DIP/ PUMPKIN HUMMUS W/ BROWN RICE CRACKERS</p>