

## Allergy Menu Week 3 - Week Commencing: 11/12/2023

\*Low in Sodium & Refined Sugars

\*Nut Free

\*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 <p>MELON &amp; RASPBERRY W/ OATS &amp; CHIA SEEDS W/ SOY/COCONUT/LF YOGHURT</p>	 <p>PEAR, CRACKERS</p>	 <p>TROPICAL FRUIT &amp; VEGETABLE PLATTER W/ ORGANIC MILK</p>	 <p>CUCUMBER CHEESE BOATS W/ ORANGE, CAPSICUM &amp; ORGANIC CRACKERS</p>	 <p>ORGANIC MILK, BANANA &amp; MANGO</p>
LUNCH	 <p>GF DF SPAGHETTI BOLOGNAISE DF SPAGHETTI BOLOGNAISE NOMATO VEGETABLE SPAGHETTI GF DF VEGETABLE SPAGHETTI</p>	 <p>LF CHEESY TOMATO &amp; SPINACH RISONI GF DF CHICKEN &amp; PUMPKIN RISOTTO GF DF CAULIFLOWER &amp; PUMPKIN PASTA</p>	 <p>GF DF BEF BURGER GF DF VEGGIE BURGER  W/ BEETROOT</p>	 <p>TERIYAKI CHICKEN FRIED RICE &amp; VEGETABLES</p>	 <p>CHEESE &amp; LENTIL VEGGIE BURGER AVOCADO &amp; CUCUMBER SUSHI TERIYAKI CHICKEN SUSHI</p>
AFTERNOON TEA	 <p>CRACKERS W/ SWEET POTATO DIP &amp; APPLE</p>	 <p>GF DF BANANA SCONE &amp; BERRY SPREAD</p>	 <p>GF DF APPLE STRUDEL GF DF APPLE MUFFIN  W/ SOY/COCONUT/ LF YOGHURT</p>	 <p>LF CHEESE &amp; TOMATO PIZZA GF DF TOMATO PINWHEEL GF DF TROPICANA PIZZA POCKET W/ ROCKMELON</p>	 <p>GF DF TUNA &amp; TOMATO DIP PUMPKIN HUMMUS W/ BROWN RICE CRACKERS</p>