
















Allergy Menu Week 4 - Week Commencing: 09.03.26

*Low in Sodium & Refined Sugars

*Nut Aware

*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 <p>MELON, KIWI & BLUEBERRY COCONUT YOGHURT W/ CRUNCH / OATS</p>	 <p>GRAPES, HUMMUS, CORN THINS /GRAPES, LF CHEESE, CRACKERS W/ VEGGIE STICKS</p>	 <p>COCONUT TZATZIKI & CRUDITES W/ WHOLEMEAL FLAT BREAD/BROWN RICE CRACKERS</p>	 <p>TROPICAL FRUIT PLATTER W/ SOY/LF/RICE MILK</p>	 <p>COCONUT YOGHURT W/ BANANA & RASPBERRY CHIA</p>
LUNCH	 <p>DF PUMPKIN PASTA/ GF DF PUMPKIN PASTA W/ PEAS & CARROTS</p>	 <p>BEEF BOLOGNAISE PASTA GF DF BEEF BOLOGNAISE PASTA CHEESY VEGETABLE PASTA BEEF CHOW MEIN</p>	 <p>CAJUN CHICKEN SLIDER / GF & DF CHICKEN BURGER PATTIE / GF & DF VEGGIE BURGER PATTIE W/ PINEAPPLE</p>	 <p>NOT SO CHILLI CON CARNE/ GF DF BEAN BURRITO BOWL W/ RICE & CORN COBS</p>	 <p>SUSHI: AVOCADO & CUCUMBER / CHICKEN, CUCUMBER & AVOCADO SANDWICH: ROAST CHICKEN, PUMPKIN HUMMUS & SPINACH</p>
AFTERNOON TEA	 <p>MEXICAN BEEF BURRITO / CHEESY BEAN QUESADILLA/ GF DF BEAN QUESADILLAS</p>	 <p>DF FOCACCIA / GF DF FOCACCIA W/ PEAR WEDGES</p>	 <p>GF SPINACH & FETTA ROLLS / SWEET POTATO SPINACH ROLLS/ GF DF SPINACH & CORN MUFFIN W/ ORANGE WEDGES</p>	 <p>GF LF CHEDDAR CHEESE / WHITE BEAN DIP W/ BROWN RICE CRACKERS WHITE BEAN DIP & VITA WEATS W/ TOMATO</p>	 <p>LF TROPICANA PIZZA / DF TROPICANA CHICKEN PINWHEEL / GF & DF TROPICANA CHICKEN PIZZA POCKET W/ ROCKMELON</p>