
















Allergy Menu Week 4 - Week Commencing: 10.03.25

*Low in Sodium & Refined Sugars

*Nut Aware

*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 <p>PEACH & PEAR / BLUEBERRY CRUMBLE W/ COCONUT YOGHURT/LF YOGHURT</p>	 <p>BANANA & APPLE W/ LF/ RICE/ SOY MILK</p>	 <p>GRAPES, HUMMUS, CORN THINS /GRAPES, LF CHEESE, CRACKERS W/ VEGGIE STICKS</p>	 <p>MELON & BLUEBERRY COCONUT YOGHURT CRUNCH / OATS</p>	 <p>COCONUT YOGHURT W/ BANANA & RASPBERRY CHIA</p>
LUNCH	 <p>SWEET & SOUR CHICKEN / CHICKEN & PINEAPPLE CURRY / SWEET & SOUR VEGETABLES W/ BROWN RICE & PEAS & CARROT</p>	 <p>AUSSIE BEEF BURGER W/ BEETROOT GF DF BEEF BURGER PATTIES GF DF VEGGIE BURGER PATTIES</p>	 <p>MACARONI & CHEESE DF PUMPKIN PASTA GF DF PUMPKIN PASTA W/ PEAS & CORN</p>	 <p>BEEF BOLOGNAISE PASTA GF DF BEEF BOLOGNAISE PASTA CHEESY VEGETABLE PASTA W/ GARDEN SALAD</p>	 <p>AVOCADO & CUCUMBER SUSHI TERIYAKI CHICKEN & AVOCADO SUSHI</p>
AFTERNOON TEA	 <p>GF DF TUNA & TOMATO DIP/ PUMPKIN HUMMUS W/ BROWN RICE CRACKERS</p>	 <p>LF CHEESE & TOMATO PIZZA GF DF TOMATO PINWHEEL GF DF TROPICANA PIZZA POCKET</p>	 <p>DF FOCACCIA / GF DF PESTO PINWHEEL W/ PEAR</p>	 <p>MEXICAN BEEF BURRITO CHEESY BEAN QUESADILLA GF DF BEAN QUESADILLA</p>	 <p>COCONUT TZATZIKI & CRUDITES W/ WHOLEMEAL FLAT BREAD/BROWN RICE CRACKERS</p>