
















## Allergy Menu Week 4 - Week Commencing: 20/11/2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Fresh Fruits & Vegetable Platter Served with Rice Milk, Soy Milk, Lactose Free Milk & Yoghurt				
					
LUNCH					
	Vegetable Fried Rice GF DF Vegetable Risotto	Vegetable Macaroni GF & DF Vegetable Pasta DF Vegetable & Sweet Potato Pie	GF & DF Beef Burger GF & DF Veggie Burger Cheese & Lentil Veggie Burger GF & DF Lentil Veggie Burger GF & DF Veggie Patties	GF & DF Spaghetti Bolognese Tomato & Vegetable Spaghetti Vegetable Stroganoff & Rice	Avocado & Cucumber Sushi Teriyaki Chicken & Avocado Sushi GF & DF Chicken & Pumpkin Roll
AFTERNOON TEA					
	LF Cheddar Cheese & Multigrain Vita Weats Hummus & Brown Rice Crackers	LF Italian Focaccia GF & DF Garlic Bread GF & DF Pesto Pinwheel	Mexican Bean Dip & Corn Chips	GF Spinach & Fetta Rolls GF & DF Vegetable Sausage Roll GF & DF Vegetable Empanada	GF & LF Yoghurt & Blueberries GF & DF Coconut Yoghurt & Blueberries GF & DF Blueberry Muffin

Low in Sodium & Refined Sugars

Nut Free

Dairy Free

Gluten Free

Locally sourced produce

[www.healthycookingco.com.au](http://www.healthycookingco.com.au)