

Allergy Menu Week 4 - Week Commencing: 29.07.24

*Low in Sodium & Refined Sugars

*Nut Free

*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 NEW PRODUCT HUMMUS & CORN THINS/ LF CHEESE & CRACKERS W/ MANDARIN & VEGGIE STICKS	 TROPICAL FRUIT PLATTER W/ SOY/ RICE/ LF MILK	 COCONUT TZATZIKI & CRUDITES W/ WHOLEMEAL FLAT BREAD/BROWN RICE CRACKERS	 NEW PRODUCT BLUEBERRY COCONUT YOGHURT CRUNCH/ BLUEBERRY COCONUT YOGHURT W/ OATS, WATERMELON & BANANA	 NEW PRODUCT PEACH, PEAR & APPLE W/ LF/SOY/RICE
LUNCH	 MACARONI & CHEESE DF PUMPKIN PASTA GF DF PUMPKIN PASTA W/ PEAS & CARROT	 BEEF BOLOGNAISE PASTA GF DF BEEF BOLOGNAISE PASTA CHEESY VEGETABLE PASTA W/ GARDEN SALAD	 CAJUN CHICKEN SLIDER GF DF CHICKEN BURGER PATTIE GF DF VEGGIE BURGER PATTIE W/ PINEAPPLE	 GF DF BEAN BURRITO BOWL NOT SO CHILLI CON CARNE W/ BROCCOLI	 DF MINSTRONE SOUP GF DF MINSTRONE SOUP W/ WHOLEMEAL BREAD/ GF DINNER ROLL
AFTERNOON TEA	 DF FOCACCIA / GF DF PESTO PINWHEEL W/ PEAR	 NEW PRODUCT MEXICAN BEEF BURRITO CHEESY BEAN QUESADILLA GF DF BEAN QUESADILLA	 GF SPINACH & FETTA ROLLS / SWEET POTATO SPINACH ROLLS/ GF DF SPINACH & CORN MUFFIN W/ GRAPES	 GF LF CHEDDAR CHEESE / WHITE BEAN DIP W/ BROWN RICE CRACKERS/ WHITE BEAN DIP & VITA WEATS W/ TOMATO	 GF DF PUMPKIN SCONE DF PUMPKIN SCONE W/ PEPITA PESTO & ORANGE WEDGES