

MENU - WEEK ONE

Day	Morning Tea	Lunch	Alert Allergy	Afternoon tea	Alert Allergy	Bread & Cereals RNS 2/4	Dairy RNS 1.5/3	Meat/ALT RNS 1/2	Fruit & Veg RNS 2/4
Monday	Assorted Fruits and Water	Assorted Turkey and Salad Sandwiches V-Egg and salads sandwiches	Turkey Gluten Dairy Egg	Chocolate and Coconut Slice	Gluten Egg Dairy	2	1.5	1	2
Tuesday	Assorted Fruits and Water	Roasted Spring Vegetables and White beans Pesto Pasta	Gluten Dairy	Avocado dip with Kruskits and vegetable sticks	Gluten Dairy	2	1.5	1	3
Wednesday	Assorted Fruits and Water	Beef Burrito Bowl V-Sweet potato and black bean burrito bowl	Beef Dairy	Herb Ricotta and Cucumber Bruschetta	Dairy Gluten	2	1.5	1	3
Thursday	Assorted Fruits and Water	Assorted Chicken and Salads Sandwiches V- Cheese and salads sandwiches	Dairy Chicken Gluten	Pumpkin and Cheese scones with roasted Capsicum dip	Gluten Dairy	2	1.5	1	3
Friday	Assorted Fruits and Water	Lamb Rissoles with Mashed Potatoes and Mixed Vegetables V- Chickpea Patties with Mashed Potatoes and Mixed Vegetables	Lamb	Vegetables Pizza	Gluten Dairy	2	1.5	1	4

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Day	Morning Tea	Lunch	Alert Allergy	Afternoon tea	Alert Allergy	Bread & Cereals RNS 2/4	Dairy RNS 1.5/3	Meat/ ALT RNS 1/2	Fruit & Veg RNS 2/4
Monday	Assorted Fruits and Water	Chicken and Vegetables Singapore Noodles V- Tofu and Vegetables Singapore Noodles	Chicken	Hummus Dip with Vegetable sticks, Cheese, and Crackers	Dairy Gluten	2	1.5	1.5	3.5
Tuesday	Assorted Fruits and Water	Assorted Beef and Salads Sandwiches V-Avocado, Cheese and salads sandwiches	Corned beef Dairy Gluten	Orange and Poppysseed Muffins	Gluten Dairy Egg	3	1.5	1	3
Wednesday	Assorted Fruits and Water	Crumbed Fish, Baked beans, and mixed Vegetables V- Vegetables patties	Gluten Dairy	Fruits and Yogurt	Gluten Dairy	2	1.5	1	4
Thursday	Assorted Fruits and Water	Mongolian Lamb with Jasmine Rice V- Mixed beans and Vegetables in Mongolian Sauce	Lamb Dairy	Date, Oats and Cocoa Balls	Gluten	2	1.5	1	3
Friday	Assorted Fruits and Water	Assorted Ham and Salads Sandwiches V- Eggs and salads sandwiches	Gluten Dairy Ham Egg	Hummingbird cake	Gluten Egg	2	1.5	1	3

***Gluten Free, Dairy Free and Vegetarian (V) and other alternatives are available *Milk and Water is offered at lunch time**

Fruits offered this season: Apple, Pear, Oranges, Strawberries, Watermelon, Bananas, Grapes, Grapefruit, Blueberries, Honeydew Melons, Kiwifruit, Passionfruit, Pineapple, Rockmelon, Papaya, Mangoes, Peaches, Plums.