**Week 1** **DF=Dairy Free, GF=Gluten Free, TF=Tomato Free, EF=Egg Free  SF – Soy Free**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|  |  |  |  |  |
| Sandwich Selection(Marmite, Marg) (Jam, Marg) Fruit | Sandwich Selection(Marmite, Marg) (Jam, Marg) Fruit | Sandwich Selection(Marmite, Marg) (Jam, Marg) Fruit |  Sandwich Selection(Marmite, Marg) (Jam, Marg) Fruit | Sandwich Selection(Marmite, Marg) (Jam, Marg) Fruit |
|  |  |  |  |  |
| **Vege R**ice RisottoKumara, carrots, pumpkin, onions, and Rice**EF, DF, GF, TF and Vegan** | **Vege Pumpkin Pasta**Pumpkin, Onions, Carrots, Broccoli, Cauliflower and Pumpkin Sauce**TF EG SF DF and Vegan** | **Butter Chicken and Rice**Chicken, Onion. Tomato, Paprika, Ginger, Chicken Stock, Garam Masala, Cumin, Coconut Cream**DF EF SF** | **Meatballs w/ Mash & Gravy**Mince, Onions, Breadcrumb, Carrots, Pumpkin, Cauliflower, Broccoli, EggsWith Mashed Potatoes and GF Gravy**DF** | **Vege Paste Spiral**Carrot, Pumpkin, Cauliflower, Broccoli, Onions, Garlic, Tomato Puree, Bolognese Sauce, Oil and Spiral Pasta**GF EF SF and Vegan**  |
|  |  |  |  |  |
| Milk or Water | Milk or Water | Milk or Water | Milk or Water | Milk or Water |
|  |  |  |  |  |
| MuffinsFruit | SconesFruit | Crackers & cheeseFruit | Jam DropsFruit | Ginger muffinsFruit |
|  |  |  |  |  |

**Week 2**    **DF=Dairy Free, GF=Gluten Free, TF=Tomato Free, EF=Egg Free**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|  |  |  |  |  |
| Sandwich Selection(Marmite, Marg) (Jam, Marg) Fruit | Sandwich Selection(Marmite, Marg) (Jam, Marg) Fruit | Sandwich Selection(Marmite, Marg) (Jam, Marg) Fruit | Sandwich Selection(Marmite, Marg) (Jam, Marg) Fruit | Sandwich Selection(Marmite, Marg) (Jam, Marg) Fruit |
|  |  |  |  |  |
| **Mac & Cheese**Milk, macaroni, cauli, butter, flour, cheese and cauli water **EF, TF** | **Chicken Strogonoff & Rice**Chicken, Tomato puree, Chicken Stock, Cream, Ketchup, Onion, Oil, Garlic and Rice**SF, GF, EF** | **Potato Bake**Sliced Potato, Milk, Cheese, Butter, Cornflour, Vege Stock**GF, TF, EF** |  **Pasta Roma**Onions, marg., tomato, herbs, pumpkin and cheese**EF**  | **Cottage Pie**GF Gravy, Potato, Carrot, Onions, Spinach, Herbs, Garlic, Beef Stock, Tomato Puree and Lentils**GF DF EF** |
|  |  |  |  |  |
| Milk or Water | Milk or Water | Milk or Water | Milk or Water | Milk or Water |
|  |  |  |  |  |
| Crackers & cheeseFruit | Ginger muffinsFruit | SconesFruit | MuffinsFruit | Choc chip biscuits Fruit |
|  |  |  |  |  |