**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 Risotto  Kumara, 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, Eggs  With 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 |
|  |  |  |  |  |
| Muffins  Fruit | Scones  Fruit | Crackers & cheese  Fruit | Jam Drops  Fruit | Ginger muffins  Fruit |
|  |  |  |  |  |

**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 & cheese  Fruit | Ginger muffins  Fruit | Scones  Fruit | Muffins  Fruit | Choc chip biscuits  Fruit |
|  |  |  |  |  |