

## Gluten / Dairy / Egg / Sesame Free Menu – Week 3

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Vegetable Soup (VE)	Vegetable and Rice Soup (VE)	Vegetable Soup (VE)	Tangy Tomato Soup	Vegetable Soup (VE)
<b>Option 1</b>	Allergy-Friendly Beef Spaghetti Bolognese (VE) (Carrot, Mexican-Style Corn Salad)	Allergy-Friendly Meatball Sub Melt (Rainbow Salad, Coleslaw (VE))	Allergy-Friendly BBQ Pepper & Beans Fajita (VE) (Baked Beans, Spinach Salad)	Allergy-Friendly Bubble Fish and Chips (Rainbow Salad, Coleslaw (VE)) (serve with condiment)	Chicken Biryani (Broccoli, Mexican-Style Corn Salad)
<b>Option 2</b>		Allergy-Friendly Sandwich: Cheese (VE), Tuna Mayo, or Turkey (Rainbow Salad, Coleslaw (VE))	Allergy-Friendly Veg Sausages with Potato Wedges (VE) (Baked Beans, Spinach Salad) (serve with condiment)	Selection of Jacket Potato: Cheese (VE), or Beans (VE) (Rainbow Salad, Coleslaw (VE))	Allergy-Friendly Hawaiian Pizza / Margherita Pizza (VE) (Broccoli, Mexican-Style Corn Salad)
<b>Dessert</b>	Fruity Iced Smoothie (VE)	Fruity Iced Smoothie (VE)	Vanilla Dessert (VE)	Fruit Salad (VE)	Orange Jelly (VE)

(V) – Vegetarian

(VE) – Vegan