

ALLERGEN MENU 2019

MORNING TEA OPTION x 1	LUNCH OPTIONS x 1	LUNCH STARCH OPTIONS x 1	LUNCH VEGETABLE OPTIONS x 1	AFTERNOON TEA OPTIONS x 1
<p>Coconut Rice Pudding - rice, coconut milk, coconut cream, water, lemongrass, cinnamon, sugar, vanilla Dairy, gluten & soy free 100g Serve cold</p> <p>HH Vanilla Allergen Muffin - nuttelex, sugar, golden syrup, gf self-raisin flour, vanilla, coconut milk Dairy, gluten & soy free 1 Serve warm/room temperature</p> <p>Apple & Tapioca Pudding - apple, tapioca, brown sugar, lemon juice, water Dairy, gluten & soy free 100g Serve cold</p>	<p>Beef Rissoles - beef mince, maize cornflour Dairy, gluten & soy free 2 Serve above 75°</p> <p>Poached Chicken - chicken Dairy, gluten & soy free 80g Serve above 75°</p> <p>Steamed Fish - basa Dairy, gluten & soy free 80g Serve above 75°</p> <p>Vegetable Rosti - pumpkin, carrot, sweet potato, potato Dairy, gluten & soy free 1 Serve above 75°</p> <p>Tomato Passata - tomato, salt, pepper Dairy, gluten & soy free 80g Serve above 75°</p>	<p>Gluten Free Pasta - maize cornflour, rice flour Dairy, gluten & soy free 100g Serve above 75°</p> <p>Rice - rice Dairy, gluten & soy free 100g Serve above 75°</p> <p>Mash Potato - potato Dairy, gluten & soy free 100g Serve above 75°</p> <p>Pumpkin Mash - pumpkin Dairy, gluten & soy free 100g Serve above 75°</p>	<p>Peas - peas Dairy, gluten & soy free 40g Serve above 75°</p> <p>Zucchini - zucchini Dairy, gluten & soy free 40g Serve above 75°</p> <p>Broccoli - broccoli Dairy, gluten & soy free 40g Serve above 75°</p> <p>Beans - beans Dairy, gluten & soy free 40g Serve above 75°</p> <p>Carrot - carrot Dairy, gluten & soy free 40g Serve above 75°</p> <p>Corn - corn Dairy, gluten & soy free 40g Serve above 75°</p>	<p>Hummus Dip - chickpeas, lemon juice, garlic, oil, vegetta Dairy, gluten & soy free 25g Serve cold</p> <p>Carrot Dip - carrot Dairy, gluten & soy free 25g Serve cold</p> <p>Sweet Potato Dip - sweet potato Dairy, gluten & soy free 25g Serve cold</p> <p>Pumpkin Dip - pumpkin Dairy, gluten & soy free 25g Serve cold</p>

Allergen meals are individually packed, labeled and delivered daily. Morning and afternoon tea options are served with fresh fruit, crisp vegetable cuts and rice cakes