



SUMMER MENU 2018 - WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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MORNING TEA	A SELECETION OF FRESH SEASONAL FRUITS AND MILK				
LUNCH	<p>Curried sausages with rice</p> <p>INGREDIENTS: Beef sausages, olive oil, corn, carrot, beans, onion, zucchini, basmati rice, chicken tonight curry sauce, water, tomato paste.</p>	<p>Creamy spinach and mushroom pasta</p> <p>INGREDIENTS: Spiral pasta, cream, mushroom, spinach, onion, garlic, vegetable stock, parmesan cheese, olive oil.</p>	<p>Lamb wraps</p> <p>INGREDIENTS: Lamb mince, BBQ sauce, olive oil, lettuce, tasty cheese, wraps.</p>	<p>Chicken fried rice</p> <p>INGREDIENTS: Chicken, onion, garlic, soy sauce, olive oil, peas, corn, zucchini, carrot, rice, chicken stock powder .</p>	<p>Salmon mornay</p> <p>INGREDIENTS: Shell pasta, margarine, plain flour, milk, pink salmon, onion, tasty cheese, bread crumbs</p>
Meat alternative	Chickpeas		Lentils	Tofu	Mixed Beans
AFTERNOON TEA	<p>Zebra bites</p> <p>INGREDIENTS: Tortilla, vegemite, tasty cheese.</p>	<p>Pizza muffins</p> <p>INGREDIENTS: English muffins, tomato paste, tasty cheese, italian herbs.</p>	<p>Savoury platter</p> <p>INGREDIENTS: Tasty cheese, rice crackers, french onion dip, sultanas</p>	<p>Toasted cheese sandwich</p> <p>INGREDIENTS: Wholemeal bread, cheese slices, margarine.</p>	<p>Fruit Salad</p> <p>INGREDIENTS: watermelon, pineapple, apple, strawberry, banana, grapes.</p>
LATE SNACK	RICE CRACKERS WITH CHEESE <u>OR</u> RICE CAKES WITH VEGEMITE				

All meals are modified to suit dietary requirements as needed.
Menu subject to change without notice.



SUMMER MENU 2018 - WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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MORNING TEA	A SELECTION OF FRESH SEASONAL FRUITS AND MILK				
LUNCH	Tuna pilau INGREDIENTS: olive oil, onion, curry powder, basmati rice, water, vegetable stock powder, zucchini, peas, corn, carrot, tuna.	Hamburgers INGREDIENTS: Beef mince, onion powder, garlic powder, mixed herbs, beef stock powder, lettuce, cheese, tomato, tomato sauce, bread roll.	Vegetable risotto INGREDIENTS: Onion, garlic, vegetable broth, peas, corn, carrot, zucchini, beans, arborio rice.	Lamb mac & cheese lasagne INGREDIENTS: Lamb Mince, passata sauce, onion, garlic, bechamel sauce, macaroni.	Butter chicken with rice INGREDIENTS: Chicken, garlic, onion, olive oil, butter chicken sauce, rice.
Meat alternative	3 beans	Chickpeas		Lentils	Tofu
AFTERNOON TEA	Raisin bread with margarine	Apple muffins INGREDIENTS: Self raising flour, milk, brown sugar, olive oil, eggs, vanilla essence, apple.	Fruit salad & vanilla yoghurt INGREDIENTS: Watermelon, cantaloupe, strawberry, grape, apple, pear, banana.	Savoury platter INGREDIENTS: Sultanas, apricots, rice crackers, cheese.	Scones with jam and cream INGREDIENTS: Margarine, milk, self raising flour, raspberry jam, cream.
LATE SNACK	RICE CRACKERS WITH CHEESE <u>OR</u> RICE CAKES WITH VEGEMITE				

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SUMMER MENU 2018 - WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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MORNING TEA	A SELECTION OF FRESH SEASONAL FRUITS AND MILK				
LUNCH	Crumbed Chicken with alfredo pasta INGREDIENTS: Chicken, bread crumbs, spiral pasta, cream, parsley, thyme, onion, olive oil, parmesan cheese.	Fish curry with rice INGREDIENTS: Basa, potato, carrot, corn, peas, beans, korma curry paste, onion, water.	Beef taco INGREDIENTS: Beef mince, taco seasoning, lettuce, tomato, tasty cheese, taco sauce, soft tortilla.	Mixed bean and vegetable pasta INGREDIENTS: Mixed beans, zucchini, sweet potato, celery, onion, garlic, mixed herbs, passata sauce, shell pasta.	Porcupine smash INGREDIENTS: Lamb mince, rice, peas, corn, carrot, beans, tomato soup.
Meat alternative	Tofu	Chickpeas	Lentils		Lentils
AFTERNOON TEA	Vegetable pasties INGREDIENTS: Potato, carrot, peas corn.	Zebra Bites INGREDIENTS: Tortilla, vegemite, tasty cheese.	Rice cakes with margarine, vegemite & cheese	Banana & honey pinwheels INGREDIENTS: banana, honey, puff pastry.	Savoury platter INGREDIENTS: Avocado dip, cheese, cucumber.
LATE SNACK	RICE CRACKERS WITH CHEESE <u>OR</u> RICE CAKES WITH VEGEMITE				

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SUMMER MENU 2018 - WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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MORNING TEA	A SELECETION OF FRESH SEASONAL FRUITS AND MILK				
LUNCH	Greek lamb & macaroni bake INGREDIENTS: Lamb mince, gravy powder, mint, rosemary, macaroni, carrot, zucchini, sweet potato.	Chicken burrito INGREDIENTS: Chicken, black beans, cumin, garlic, coriander, oregano, rice, salsa, tortilla.	Tuna pasta bake INGREDIENTS: Spiral pasta, tuna, onion, garlic, vegetable stock powder, cream, parmesan cheese, tasty cheese, olive oil.	Beef bolognaise INGREDIENTS: Beef mince, garlic, onion, crushed tomato, tomato paste, water, beef stock powder, italian herbs, spiral pasta.	Vegetable & bean curry with couscous INGREDIENTS: Mixed beans, potato, carrot, corn, peas, zucchini, beans.
Meat alternative	Lentils	Beans	Chickpeas	Mixed beans	
AFTERNOON TEA	Savoury platter INGREDIENTS: Cheese, cucumber, carrot, rice crackers, tzatziki dip.	Mixed sandwiches INGREDIENTS: Wholmeal bread, margarine, cheese, vegemite, raspberrry jam.	Raisin bread with margarine	Blueberry muffins Ingredients: Self raising flour, milk, brown sugar, olive oil, eggs, vanilla essence, blueberry.	Yoghurt with granola INGREDIENTS: Vanilla yoghurt, fruit meusli, honey.
LATE SNACK	RICE CRACKERS WITH CHEESE <u>OR</u> RICE CAKES WITH VEGEMITE				

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