



SUMMER MENU 2020/21 - WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Weet bix, rice bubbles, toast with assorted spreads.				
MORNING TEA	A SELECETION OF FRESH SEASONAL FRUITS AND VEGETABLES WITH MILK				
LUNCH	Vegetable & Tofu Fried Rice <u>Ingredients:</u> Onion, garlic, tofu, carrot, beans, broccoli, cauliflower, ginger, rice, olive oil.	Soft Beef Taco <u>Ingredients:</u> Beef Mince, taco seasoning, taco sauce, tortilla, tomato lettuce, tasty cheese, olive oil.	Butter Chicken with Rice <u>Ingredients:</u> Chicken, onion, garlic, carrot, zucchini, butter chicken sauce, rice.	Lamb Mac & Cheese Bake <u>Ingredients:</u> Lamb, cream, parmesan cheese, peas, corn, carrot, tasty cheese, passata sauce, dried italian herbs, macaroni pasta.	Mixed Sandwiches and wraps <u>Ingredients:</u> Ham, chicken, cheese, lettuce, tomato, cucumber, carrot.
Meat alternative		Lentils	Tofu	Mixed beans	
AFTERNOON TEA	Cruskits with Cream Cheese and Tomato.	Savoury Platter <u>Ingredients:</u> Rice crackers, spring onion dip, banana chips, sultanas, dried apricots.	Vanilla Yoghurt	Cheese and Taco sauce Roll Ups <u>Ingredients:</u> Tortilla, tasty cheese, taco sauce.	Pizza Scrolls <u>Ingredients:</u> Puff pastry, tomato paste, tasy cheese, mixed herbs.
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.