



SUMMER MENU 2020/21 - WEEK 2

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------|--|--|--|---|---|
| BREAKFAST | RICE BUBBLES, WEET-BIX, TOAST WITH ASSORTED SPREADS | | | | |
| MORNING TEA | A SELECETION OF FRESH SEASONAL FRUITS AND VEGETABLES WITH MILK | | | | |
| LUNCH | Honey Mustard Chicken <u>Ingredients:</u> Honey mustard simmer sauce, mixed vegetables, chicken, rice | Black Bean Burrito Bowl <u>Ingredients:</u> Black beans, rice, onion, capsicum, salsa, tomato soup, paprika, cumin, coriander, guacamole, tasty cheese. | Mixed Sandwiches and Wraps <u>Ingredients:</u> Ham, chicken, cheese, lettuce, tomato, cucumber, carrot. | Fish Cakes with Asian Slaw <u>Ingredients:</u> Fish cakes, carrot, savoy cabbage, fried noodles, mayonnaise. | Lentil Korma with Rice <u>Ingredients:</u> Lamb mince, korma curry paste, olive oil, potato, peas corn, beans, carrot, rice. |
| Meat alternative | Tofu | | | Veggie Patty | |
| AFTERNOON TEA | Pita Chips, Cheese & Spring Onion Dip | Raisin Bread with Margarine | Turkish Bread with Assorted Dips <u>Ingredients:</u> Hummus, tzatziki, beetroot dip, turkish bread. | Rice Cakes with Cream Cheese | Garlic Bread <u>Ingredients:</u> Baguette, garlic, margarine, parsley. |
| 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.