



SUMMER MENU 2020/21 - WEEK 3

	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	<p>Mixed Sandwiches and Wraps</p> <p><u>Ingredients:</u> Ham, chicken, cheese, lettuce, tomato, cucumber, carrot.</p>	<p>Salmon Mornay</p> <p><u>Ingredients:</u> Pink salmon, spiral pasta, brown onion, tasty cheese, breadcrumbs, condensed chicken soup, olive oil.</p>	<p>Vegetable Lentil Bolognaised</p> <p><u>Ingredients:</u> onion, garlic, italian herbs, zucchini, carrot, pasta sauce, shell pasta.</p>	<p>Curried Sausages</p> <p><u>Ingredients:</u> Beef sausage, peas, corn, carrot, beans, potato, indian curry simmer sauce, basmati rice.</p>	<p>Chicken Parmigiana Bake</p> <p><u>Ingredients:</u> Chicken, zucchini, carrot, passata, spinach, tasty cheese, croutons,</p>
Meat alternative		Tofu		Veggie delights	Mixed Beans
AFTERNOON TEA	<p>Spinach & Ricotta Triangles</p> <p><u>Ingredients:</u> Puff pastry, ricotta, spinach, onion powder.</p>	<p>Assorted Raw Vegetables with Avocado Dip</p> <p><u>Ingredients:</u> Cherry tomato, cucumber, carrot, avocado dip.</p>	<p>Fruit Salad and Custard</p>	<p>Mixed Sandwiches</p> <p><u>Ingredients:</u> Wholemeal bread, margarine, cheese, vegemite, honey.</p>	<p>Raisin Bread with Margarine</p>
Meat alternative	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.