



SUMMER MENU 2019/20 - WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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MORNING TEA	A SELECETION OF FRESH SEASONAL FRUITS AND VEGETABLES WITH MILK				
LUNCH	Mexican Bean & Rice <u>Ingredients:</u> Mexican beans, peas, corn, capsicum, basmati rice, crushed tomato, cumin, paprika, coriander,	Creamy Spinach and Mushroom Pasta <u>Ingredients:</u> Chicken, mushroom, pasta, cream, spinach, parmesan, vegetable stock, powder, pasta.	Fish Cakes with Mixed Vegetables and wholemeal Bread <u>Ingredients:</u> Fish cake, carrot, cauliflower, broccoli, carrot, green beans, wholemeal bread, margarine.	Lentil & Vegetable Curry with rice <u>Ingredients:</u> Red lentils, crushed tomato, peas, corn, carrot, potato, beans, curry powder, basmati rice.	Minced Beef Stroganoff <u>Ingredients:</u> Beef mince, peas, corn carrot, green beans, mushroom, tomato puree, gravy powder, pasta, cream, beef stock, olive oil.
Meat alternative	Tofu		Canellini Beans		Lentils
AFTERNOON TEA	Savoury Platter <u>Ingredients:</u> Banana chips, dried apricots, sultanas, rice crackers, spring onion dip.	Raisin Bread with Margarine	Rice Cakes with Margarine Vegemite & Cheese	Date and Sultana Scones <u>Ingredients:</u> Self raising flour, margarine, milk, dates, sultanas.	Vanilla Yoghurt
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.