

# AUTUMN MENU 2020

Week commencing: 4/5/20

BREAKFAST IS AVAILABLE UPON REQUEST: WEETBIX AND TOAST WITH VARIOUS SPREADS

- Lunch meal written in **BLACK** contains either meat/fish/chicken/pork \* Lunch Meal written in **GREEN** is the **VEGETARIAN** option
- Wholemeal pastas/breads are incorporated into the menu & wholemeal flours/grains in baked items

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Tea</b>	<i>Fruit Platter</i> Wholemeal crackers & cheese	<i>Fruit Platter</i> Rice cakes with Cream cheese	<i>Fruit Platter</i> Wholemeal English Muffins Cheese Melts	<i>Fruit Platter</i> Crumpets with honey/maple syrup & glass of milo milk	<i>Fruit Platter</i> Raisin Toast with canola spread
<b>Lunch</b> Raw vegetables or fruit high in vitamin C served daily with lunch E.g. Citrus fruit Tomato Cauliflower Broccoli Kiwi Fruit Capsicum Rockmelon	Chicken Tika Marsala with coriander, ginger, carrots, peas & Greek yogurt  Green beans, carrots, mixed vegies, kidney beans in a Tika Marsala Sauce  Served with Long Grain Rice	Beef stroganoff with mushroom, corn, carrots & parsley  Mushroom & carrots with corn, cannellini beans in a stroganoff  Served with fettuccine	Lamb vegi curry with celery, carrots, crushed pineapple, potato & peas  Veggie Korma Curry with celery, chickpeas, leeks, sweet potato, crushed pineapple, peas & carrots.  Served with Brown & Basmati Rice	Creamy Ham & Cheese with corn, peas & mint  Creamy Veggie with cauliflower, mushrooms, peas & corn  Served with Shell Pasta  Garden Salad	Spaghetti Bolognese with grated vegies.  Grated veggies with Spaghetti in an eggplant & lentil red sauce
<b>Afternoon Tea</b>	<i>Yogurt</i> Wholemeal sandwiches with cream cheese or vegemite	<i>Yogurt</i> Wholemeal vegetable/fruit homemade muffins	<i>Yogurt</i> Sandwiches with variety of spreads & fillings	<i>Yogurt</i> Wraps with cream cheese, grated zucchini or carrot & hommos dip	<i>Yogurt</i> Carrot, cucumber & red capsicum strips, pineapple slices with tzaziki dip

**LATE AFTERNOON TEA CONSISTS OF FRUIT/VEGIES/CRACKERS**

# AUTUMN MENU 2020

Week commencing: 11/5/20

BREAKFAST IS AVAILABLE UPON REQUEST: WEETBIX AND TOAST WITH VARIOUS SPREADS

- Lunch meal written in **BLACK** contains either meat/fish/chicken/pork \* Lunch Meal written in **GREEN** is the **VEGETARIAN** option
- Wholemeal pastas/breads are incorporated into the menu & wholemeal flours/grains in baked items

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Tea</b>	<i>Fruit Platter</i> Wholemeal toasted melts with pineapple & cheese	<i>Fruit Salad</i> With custard	<i>Fruit Platter</i> Rice cakes with variety of spreads & glass of milk	<i>Fruit Platter</i> Raisin Toast with cream cheese	<i>Fruit Platter</i> Wholemeal Pikelets
<b>Lunch</b>	<p>Cheesy pumpkintuna with wholemeal pasta with side of steamed peas &amp; cauliflower</p> <p>Cheesy pumpkin with wholemeal pasta with baked beans &amp; side of steamed peas &amp; cauliflower</p> <p>Garden Salad</p>	<p>Quick beef Goulash with mixed veggies&amp; mushrooms served with rice</p> <p>Vegetarian Goulash with chickpeas, zucchini, lentils with steamed corn cobs &amp; broccoli</p>	<p>Five Bean stew with Rissoni Pasta, sweet potato, broccoli, cauliflower, mixed veggies sprinkled with parsley &amp; grated cheese</p> <p>Turkish herb bread strips with cucumber slices</p>	<p>Chicken mince &amp; broccoli bake with potato, cauliflower, grated cheese &amp; breadcrumbs with penne pasta</p> <p>Broccoli&amp; cauliflower bake with spinach, potato, cannellini beans with ricotta sauce with penne pasta</p> <p>Garden salad &amp; wholemeal Lebanese bread</p>	<p>Taco mince with Mexican beans mixed veggies&amp; brown rice</p> <p>Mexican taco beans with mixed veggies, tofu chickpeas &amp; sweet potato &amp; served with brown rice</p> <p>Platter of cheese, cucumber &amp; tomato</p>
<b>Afternoon Tea</b>	<i>Yogurt</i> Sandwiches with cheese & vegemite	<i>Yogurt</i> Wraps with cream cheese and grated zucchini, carrots, cucumber & hommos dip	<i>Yogurt</i> Banana and apple muffins	<i>Yogurt</i> Wholemeal sandwiches with variety of spreads	<i>Yogurt</i> Cheese squares Carrots, cucumbers Lebanese bread with cream cheese or vegemite

**LATE AFTERNOON TEA CONSISTS OF FRUIT/VEGIES/CRACKERS**

# AUTUMN MENU 2020

Week commencing: 18/5/20

BREAKFAST IS AVAILABLE UPON REQUEST: WEETBIX AND TOAST WITH VARIOUS SPREADS

- Lunch meal written in **BLACK** contains either meat/fish/chicken/pork \* Lunch Meal written in **GREEN** is the **VEGETARIAN** option
- Wholemeal pastas/breads are incorporated into the menu & wholemeal flours/grains in baked items

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Tea</b>	<i>Fruit Platter</i> Raisin Toast with canola spread	<i>Fruit Platter</i> Wholemeal crackers & cheese	<i>Fruit Platter</i> Rice cakes with Cream cheese	<i>Fruit Platter</i> Wholemeal English Muffins Cheese Melts	<i>Fruit Platter</i> Crumpets with honey/maple syrup & glass of milo milk
<b>Lunch</b> Raw vegetables or fruit high in vitamin C served daily with lunch E.g. Citrus fruit Tomato Cauliflower Broccoli Kiwi Fruit Capsicum Rockmelon	Spaghetti Bolognese with grated vegies.  <i>Grated veggies with Spaghetti in an eggplant &amp; lentil red sauce</i>	Chicken Tika Marsala with coriander, ginger, carrots, peas & Greek yogurt  <i>Green beans, carrots, mixed vegies, kidney beans in a Tika Marsala Sauce</i>  Served with Long Grain Rice	Beef stroganoff with mushroom, corn, carrots & parsley  <i>Mushroom &amp; carrots with corn, cannellini beans in a stroganoff</i>  Served with fettuccine	Lamb vego curry with celery, carrots, crushed pineapple, potato & peas  <i>Veggie Korma Curry with celery, chickpeas, leaks, sweet potato, crushed pineapple, peas &amp; carrots.</i>  Served with Brown & Basmati Rice	Creamy Ham & Cheese with corn, peas & mint  <i>Creamy Veggie with cauliflower, mushrooms, peas &amp; corn</i>  Served with Shell Pasta  Garden Salad
<b>Afternoon Tea</b>	<i>Yogurt</i> Carrot, cucumber & red capsicum strips, pineapple slices with tzatziki dip	<i>Yogurt</i> Wholemeal sandwiches with cream cheese or vegemite	<i>Yogurt</i> Wholemeal vegetable/fruit homemade muffins	<i>Yogurt</i> Sandwiches with variety of spreads & fillings	<i>Yogurt</i> Wraps with cream cheese, grated zucchini or carrot & hommos dip

**LATE AFTERNOON TEA CONSISTS OF FRUIT/VEGIES/CRACKERS**

# AUTUMN MENU 2020

Week commencing: 25/5/20

BREAKFAST IS AVAILABLE UPON REQUEST: WEETBIX AND TOAST WITH VARIOUS SPREADS

- Lunch meal written in **BLACK** contains either meat/fish/chicken/pork \* Lunch Meal written in **GREEN** is the **VEGETARIAN** option
- Wholemeal pastas/breads are incorporated into the menu & wholemeal flours/grains in baked items

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Tea</b>	<i>Fruit Platter</i> <b>Wholemeal Pikelets</b>	<i>Fruit Platter</i> <b>Wholemeal toasted melts with pineapple &amp; cheese</b>	<i>Fruit Salad</i> <b>With custard</b>	<i>Fruit Platter</i> <b>Rice cakes with variety of spreads &amp; glass of milk</b>	<i>Fruit Platter</i> <b>Raisin Toast with cream cheese</b>
<b>Lunch</b>	<p>Taco mince with Mexican beans mixed veggies&amp; brown rice</p> <p><i>Mexican taco beans with mixed veggies, tofu chickpeas &amp; sweet potato &amp; served with brown rice</i></p> <p>Platter of cheese, cucumber &amp; tomato</p>	<p>Cheesy pumpkin tuna with wholemeal pasta with side of steamed peas &amp; cauliflower</p> <p><i>Cheesy pumpkin with wholemeal pasta with baked beans &amp; side of steamed peas &amp; cauliflower</i></p> <p>Garden Salad</p>	<p>Quick beef Goulash with mixed veggies&amp; mushrooms served with rice</p> <p><i>Vegetarian Goulash with chickpeas, zucchini, lentils with steamed corn cobs &amp; broccoli</i></p>	<p>Five Bean stew with Rissoni Pasta, sweet potato, broccoli, cauliflower, mixed veggies sprinkled with parsley &amp; grated cheese</p> <p><i>Turkish herb bread strips with cucumber slices</i></p>	<p>Chicken &amp; broccoli bake with potato, cauliflower, grated cheese &amp; breadcrumbs with penne pasta</p> <p><i>Broccoli&amp; cauliflower bake with spinach, potato, cannellini beans with ricotta sauce with penne pasta</i></p> <p>Garden salad &amp; wholemeal Lebanese bread</p>
<b>Afternoon Tea</b>	<i>Yogurt</i> Cheese squares Carrots, cucumbers Lebanese bread with cream cheese or vegemite	<i>Yogurt</i> <i>Sandwiches with cheese &amp; vegemite</i>	<i>Yogurt</i> Wraps with cream cheese and grated zucchini, carrots, cucumber & hommos dip	<i>Yogurt</i> Banana and apple muffins	<i>Yogurt</i> Wholemeal sandwiches with variety of spreads

**LATE AFTERNOON TEA CONSISTS OF FRUIT/VEGIES/CRACKERS**