

MENU Week 4

MONDAY

Lunch

*Peas, Lentils,
Chickpeas &
Borlotti Bean
Penne

Afternoon Tea

Panna Cotta

TUESDAY

Lunch

Chicken Teriyaki
Stir Fry w Snow
Peas, Carrot,
Zucchini,
Broccoli, Baby
Corn

Afternoon Tea

Apricot & Muesli
Slice

WEDNESDAY

Lunch

*Jacket Potato w
Chili (Mild)
Con Carne

Afternoon Tea

Vanilla Ice Cream

THURSDAY

Lunch

Beef Lasagna &
Garlic Bread

Afternoon Tea

Fresh Fruit Salad

FRIDAY

Lunch

Fish Bites &
Garden salad

Afternoon Tea

Buttermilk
Pancakes w
Raspberry Sauce



MENU Week 5

MONDAY

Lunch

Spinach & Ricotta
Ravioli

Afternoon Tea

Rice Crackers,
Cucumber, Apple,
Carrot & Hummus

TUESDAY

Lunch

Butter Chicken,
Carrot & Rice

Afternoon Tea

Waffle,
Strawberries &
Cream

WEDNESDAY

Lunch

Sausages , Mash
Potato, Carrot,
Broccoli & Gravy

Afternoon Tea

Wholemeal Pitta
Bread & Cheese,
Capsicum,
Avocado Dip,
Banana

THURSDAY

Lunch

Fried Rice with
Bacon, Egg,
Onion, Celery,
Corn, Peas

Afternoon Tea

Panna Cotta &
Pear

FRIDAY

Lunch

Goyza making
with Toshimi

- Chicken
- Pork

Afternoon Tea

Fruit Salad & Ice
Cream



MENU Week 6

MONDAY

Lunch

Chilli Con Carne
with GF Nachos
& Cheese

Afternoon Tea

Blueberry Bran
Muffins

TUESDAY

Lunch

Lentil Burger with
Lettuce, Cheese
& Tomato

Afternoon Tea

Banana & Greek
Yoghurt

WEDNESDAY

Lunch

Italian Meatballs
& Garden Salad

Afternoon Tea

Cottage Cheese,
Strawberries &
Honey

THURSDAY

Lunch

Tuna & Broccoli,
Cheese Pasta
Bake

Afternoon Tea

Fruit Salad &
Vanilla Custard

FRIDAY

Lunch

Baked Potato
with Ham &
Cheese Topping

Afternoon Tea

Carrot, Sultana &
Pineapple Slice



MENU Week 7

MONDAY

Lunch

Home Made
Chicken Nuggets
& Garden Salad

Afternoon Tea

Apricot & Yoghurt
Muesli Slice

TUESDAY

Lunch

Baked Eggs &
Bread with Ham,
Peas & Cheese

Afternoon Tea

W/M Buttermilk
Pancakes with
Raspberry Sauce

WEDNESDAY

Lunch

Spaghetti
Bolognese with
Spinach & Cheese

Afternoon Tea

Fresh Fruit &
Yoghurt

THURSDAY

Lunch

Chicken Teriyaki
Stir Fry with Snow
Peas, Carrot,
Zucchini, Broccoli,
Baby Corn

Afternoon Tea

Anzac Biscuit &
Blueberries

FRIDAY

Lunch

Minestrone
Soup & Pasta,
Kidney Beans,
Celery, Carrot,
Capsicum

Afternoon Tea

Panna Cotta &
Banana