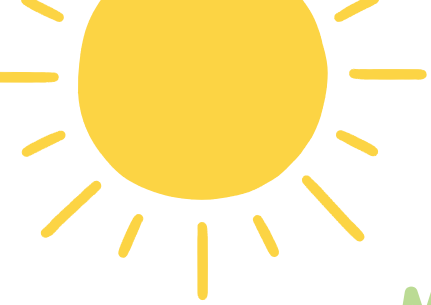




SUMMER Weekly Menu

Menu Rotation:
Week 1

Monday

Tuesday

Wednesday

Thursday

Friday

Morning
Tea

Rainbow Fruit & Yoghurt Cups

Herby Cheese & Tomato Toastie Bites

Mixed Cheese & Fruit Crunch Plate

Mini Sandwich Triangles with Fresh Fruit

Coconut & Blueberry Swirl Yoghurt with Flaxseed Sprinkle

Lunch

Vietnamese Chicken Noodle Bowl

Vegetarian Option:
Tofu & Veggie Noodle Bowl

Key Ingredients:
Chicken, Lemongrass, Carrot, Capsicum & Cucumber

Beef Bolognese

Vegetarian Option:
Lentil & Bean Bolognese

Key Ingredients:
Beef, Lentils, Oregano, Zucchini, Carrot & Wholemeal Pasta

Fun Fried Rice

Vegetarian Option:
Tofu & Veggie Fried Rice

Key Ingredients:
White Fish, Peas, Corn & Pineapple, Brown Rice

Creamy Coconut Beef & Sweet Potato

Vegetarian Option:
Creamy Coconut Lentil & Sweet Potato

Key Ingredients:
Beef, Sweet Potato, Zucchini, Carrot, Brown Rice

Slow Cooked Beef Burritos

Vegetarian Option:
Slow Cooked Bean Burritos

Key Ingredients:
Beef, Wholemeal Wraps, Corn, Kidney Beans, Lettuce

Afternoon
Tea

Apple & Raspberry Oat Slice

Green Power Muffins

Pita Dippers with Beetroot Hummus

Wholemeal Crumpets with Chia Strawberry Jam

Veggie, Fruit & Cheese Platter



Fresh Purees



Breakfast Available



Late Snack Provided



Halal Approved Service

