

02/06/2020

Week 1	Morning Snack	Vegetarian Lunch	Afternoon Snack
Monday		(V) Wholemeal Fusilli Spinach & Pesto sauce	
	Cereal, milk and fresh	with Chickpea, cherry tomato and assorted salad	Biscuit, fresh fruit and beverage
	fruit	Serve with parmesan cheese	Develage
	Oats Cookie, milk and	Stir fry sweet and sour Tofu	Butter Bread, fresh fruit and beverage
Tuesday	fresh fruit	Sauté Cauliflower, Sugarpea, carrot & capsicum	
	in con in aire	Serve with Mixed Brown rice and Assorted salad	und severage
Wednesday	Raisin Bread, milk and fresh fruit	Veggie noodle soup with tofu, Carrots, celery,	Corn on the cob, edamame and beverage
		Sweet onions	
		Assorted Salad	
	Yoghurt, milk and fresh fruit	Fried Brown rice with tofu cubes	Cake, fresh fruit
Thursday		Saute French beans, mushrooms, corn & carrot and	and beverage
		Assorted Salad	
Friday	Muesli, milk and fresh fruit	Kunyit Tofu with corn brown rice mixed	Cheese and Vegetable Stick
		Cucumber & Carrots	fresh fruit and beverage
		Assorted salad	
Week 2	Morning Snack	Vegetarian Lunch	Afternoon Snack
Monday	Cereal, milk and fresh	Wholemeal Spaghetti with Vegetables & beans bolognese	Biscuit, fresh fruit and
,	fruit	Assorted Salad	beverage
	Oats Cookie, milk and	Tofu, Carrot & capsicum with Teriyaki sauce with Japanese	Butter Bread, fresh fruit
Tuesday	fresh fruit	cucumber	and beverage
	in con in uit	Mixed Brown rice and Assorted Salad	
	Raisin Bread, milk and	(V) Stir Fry Wholemeal noodles with Beijing & purple cabbage,	
Wednesday		capsicum, Edamame beans,	Corn on the cob, edamame
	fresh fruit	Carrot, mushrooms & spring onion	and beverage
		Assorted Salad	L
	Yoghurt, milk and fresh fruit	Tandoori eggplant Tikka with Aloo Gobi	Cake, fresh fruit
Thursday		Served with Mixed Brown Rice	and beverage
		Assorted Salad	
	Muesli, milk and fresh fruit	Stir fry Tofu with potato, carrot, capsicum, celery	Cheese and Vegetable Stick
Friday		Serve with Mixed brown rice	fresh fruit and beverage
		Assorted salad	
Week 3	Morning Snack	Vegetarian Lunch	Afternoon Snack
Monday	Cereal, milk and fresh	Stir Fry Fusilli with mixed bean tomato with green peas and corn	Biscuit, fresh fruit and
Wonday	fruit	Assorted Salad	beverage
	Oats Cookie, milk and fresh fruit	Soya sauce Steamed Tofu with Black fungus, carrot &	Butter Bread, fresh fruit
Tuesday		capsicum	and beverage
	nesinnuit	Mixed brown rice and Assorted salad	
	Raisin Bread, milk and fresh fruit	Stir fry ginger & spring onion Tofu	
Wednesday		Sauté Cabbage, Capsicum Carrot & black fungus	Corn on the cob, edamame and beverage
weathesday		Serve with mixed brown rice	
			and beverage
		Assorted salad	and beverage
	Voghurt milk and frach	Tomato Fried Brown rice with Tofu	
Thursday	Yoghurt, milk and fresh		Cake, fresh fruit
Thursday	Yoghurt, milk and fresh fruit	Tomato Fried Brown rice with Tofu Saute French beans, mushrooms, corn & carrot Assorted Salad	
Thursday	fruit	Tomato Fried Brown rice with Tofu Saute French beans, mushrooms, corn & carrot Assorted Salad Mexican style Black bean & corn, eggplant	Cake, fresh fruit and beverage
Thursday Friday	fruit Muesli, milk and fresh	Tomato Fried Brown rice with Tofu Saute French beans, mushrooms, corn & carrot Assorted Salad Mexican style Black bean & corn, eggplant Hot Dog Bun	Cake, fresh fruit and beverage Cheese and Vegetable Stick
	fruit Muesli, milk and fresh fruit	Tomato Fried Brown rice with Tofu Saute French beans, mushrooms, corn & carrot Assorted Salad Mexican style Black bean & corn, eggplant Hot Dog Bun Serve with Assorted Salad	Cake, fresh fruit and beverage Cheese and Vegetable Stick fresh fruit and beverage
Friday	fruit Muesli, milk and fresh	Tomato Fried Brown rice with Tofu Saute French beans, mushrooms, corn & carrot Assorted Salad Mexican style Black bean & corn, eggplant Hot Dog Bun Serve with Assorted Salad Vegetarian Lunch	Cake, fresh fruit and beverage Cheese and Vegetable Stick
	fruit Muesli, milk and fresh fruit Morning Snack	Tomato Fried Brown rice with Tofu Saute French beans, mushrooms, corn & carrot Assorted Salad Mexican style Black bean & corn, eggplant Hot Dog Bun Serve with Assorted Salad Vegetarian Lunch (V) Wholemeal Linguine with Pomodoro sauce and spinach,	Cake, fresh fruit and beverage Cheese and Vegetable Stick fresh fruit and beverage
Friday Week 4	fruit Muesli, milk and fresh fruit	Tomato Fried Brown rice with Tofu Saute French beans, mushrooms, corn & carrot Assorted Salad Mexican style Black bean & corn, eggplant Hot Dog Bun Serve with Assorted Salad Vegetarian Lunch (V) Wholemeal Linguine with Pomodoro sauce and spinach, Olive & kidney beans	Cake, fresh fruit and beverage Cheese and Vegetable Stick fresh fruit and beverage Afternoon Snack Biscuit, fresh fruit and
Friday	fruit Muesli, milk and fresh fruit Morning Snack	Tomato Fried Brown rice with Tofu Saute French beans, mushrooms, corn & carrot Assorted Salad Mexican style Black bean & corn, eggplant Hot Dog Bun Serve with Assorted Salad Vegetarian Lunch (V) Wholemeal Linguine with Pomodoro sauce and spinach,	Cake, fresh fruit and beverage Cheese and Vegetable Stick fresh fruit and beverage Afternoon Snack
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Friday Week 4 Monday Tuesday Wednesday Thursday	fruit Muesli, milk and fresh fruit Morning Snack Cereal, milk and fresh fruit Oats Cookie, milk and fresh fruit Raisin Bread, milk and fresh fruit Yoghurt, milk and fresh fruit	Tomato Fried Brown rice with Tofu Saute French beans, mushrooms, corn & carrot Assorted Salad Mexican style Black bean & corn, eggplant Hot Dog Bun Serve with Assorted Salad Vegetarian Lunch (V) Wholemeal Linguine with Pomodoro sauce and spinach, Olive & kidney beans Parmesan cheese Assorted salad Fried brown rice with Tofu Saute Mixed veg & mushroom Assorted Salad Steam tofu & Capsicum with Ginger Soya sauce Cabbage with bean curd skin & carrot slice Mixed brown rice & Assorted salad Lentil with potato, carrot & Brinjal Mixed brown rice Assorted salad Baked beans with corn, eggplant with	Cake, fresh fruit and beverage Cheese and Vegetable Sticks fresh fruit and beverage Afternoon Snack Biscuit, fresh fruit and beverage Butter Bread, fresh fruit and beverage Corn on the cob, edamame and beverage Cake, fresh fruit



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Week 1	Morning Snack	Non Vegetarian Lunch	Afternoon Snack
Monday	Cereal, milk and fresh fruit	(V) Wholemeal Fusilli Spinach & Pesto sauce with Chickpea, Cherry tomato and assorted salad Serve with parmesan cheese	Biscuit, fresh fruit and beverage
Tuesday	Oats Cookie, milk and fresh fruit	Bake sweet and sour Fish Sauté Cauliflower, Sugarpea, carrot & capsicum Serve with Mixed Brown rice Assorted salad	Butter Bread, fresh fruit and beverage
Wednesday	Raisin Bread,milk and fresh fruit	Minced chicken with Cabbage & Bake beans Served with Mixed Brown Rice Assorted Salad	Corn on the cob, edamame and beverage
Thursday	Yoghurt,milk and fresh fruit	Salmon with egg fried Brown rice Saute French beans, mushrooms, corn & carrot Assorted Salad	Cake, fresh fruit and beverage
Friday	Muesli, milk and fresh fruit	Kunyit Chicken with corn brown rice mixed Cucumber & Carrots Assorted salad	Cheese and Vegetable Sticks fresh fruit and beverage
Week 2	Morning Snack	Non Vegetarian Lunch	Afternoon Snack
Monday	Cereal, milk and fresh fruit	Wholemeal Spaghetti with Chicken bolognaise Assorted Salad	Biscuit, fresh fruit and beverage
Tuesday	Oats Cookie, milk and fresh fruit	Bake Teriyaki Chicken with Japanese cucumber Mixed Brown rice Assorted Salad	Butter Bread, fresh fruit and beverage
Wednesday	Raisin Bread, milk and fresh fruit	(V) Stir Fry wholemeal noodles with Beijing & purple cabbage, capsicum, Edamame beans, Carrot, mushrooms & spring onion Assorted Salad	Corn on the cob, edamame and beverage
Thursday	Yoghurt, milk and fresh fruit	Tandoori Fish Tikka with Aloo Gobi Served with Mixed Brown Rice Assorted Salad	Cake, fresh fruit and beverage
Friday	Muesli, milk and fresh fruit	Stir Fry Ginger chicken with Carrot & Corn Mixed brown rice Assorted salad	Cheese and Vegetable Sticks fresh fruit and beverage
Week 3	Morning Snack	Non Vegetarian Lunch	Afternoon Snack
Monday	Cereal,milk and fresh fruit	Stir Fry Fusilli with mixed bean tomato with green peas and corn Assorted Salad	Biscuit, fresh fruit and beverage
Tuesday	Oats Cookie,milk and fresh fruit	EtonHouse Hainanese chicken mixed brown rice with Japanese cucumber and assorted salad	Butter Bread, fresh fruit and beverage
Wednesday	Raisin Bread,milk and fresh fruit	Stir-fry ginger & spring onion Chicken Sauté Cabbage, Capsicum Carrot & black fungus Serve with mixed brown rice Assorted salad	Corn on the cob, edamame and beverage
Thursday	Yoghurt, milk and fresh fruit	Tuna with Tomato egg fried Brown rice Saute French beans, mushrooms, corn & carrot Assorted Salad	Cake, fresh fruit and beverage
Friday	Muesli, milk and fresh fruit	Mexican chicken with corn & black beans in hot dog bun Serve with Assorted Salad	Cheese and Vegetable Sticks fresh fruit and beverage
Week 4	Morning Snack	Non Vegetarian Lunch	Afternoon Snack
Monday	Cereal, milk and fresh fruit	(V) Wholemeal Linguine with Pomodoro sauce and spinach, Olive & kidney beans Parmesan cheese Assorted salad	Biscuit, fresh fruit and beverage
Tuesday	Oats Cookie, milk and fresh fruit	Chicken bits with egg fried brown rice Saute Mixed veg & mushroom Assorted Salad	Butter Bread, fresh fruit and beverage
Wednesday	Raisin Bread,milk and fresh fruit	Steamed fish with Ginger Soya sauce Cabbage with bean curd skin & carrot slice Mixed brown rice Assorted salad	Corn on the cob, edamame and beverage
Thursday	Yoghurt, milk and fresh fruit	Baked Briyani Chicken with Yoghurt sauce Mixed brown rice Japanese cucumber Assorted salad	Cake, fresh fruit and beverage
		Easy Bake fish & bake Italian Cauliflower	