

LUNCH MENU / PRE-SCHOOL

SEPTEMBER 2019

WEEK 1

	2 MONDAY	3 TUESDAY	4 WEDNESDAY	5 THURSDAY	6 FRIDAY
Main lunch	V -Pumpkin Alfredo Pasta and vegie crudites (G)	Home-made chicken nuggets with olive oil baked chips (G,E)	V- Hongkong fried noodle with egg, carrot, red capsicum, bean sprout, tofu, mushroom. (G,E)	Beef Shepherd's pie with potato crust & broccoli (D)	Homemade fish goujons olive oil baked pomme frites with green salad and baby tomatoes (G,E)
Dessert	Grapes	Pineapple	Banana	Orange	Watermelon

WEEK 2

	9 MONDAY	10 TUESDAY	11 WEDNESDAY	12 THURSDAY	13 FRIDAY
Main lunch	Chicken Cordon Bleu with mashed potatoes and stick cucumbers (G,D,E)	V - Rigatoni with peas, asparagus and Ricotta cheese (G,D)	Chicken Curry with Potato, Snow Pea and Pratha (G)	V - Melted Cheese, Beans, carrot and grated courgette quesadillas & baked corn chips with baby tomatoes & vege crudite (G)	Fish Tikka with cucumber, yoghurt and Naan (G,D)
Dessert	Apple	Grapes	Orange	Banana	Watermelon

WEEK 3

	16 MONDAY	17 TUESDAY	18 WEDNESDAY	19 THURSDAY	20 FRIDAY
Main lunch	V - Fusilli with Zucchini, Tomatoes and Mozzarella (G)	W'meal crumbed Pork Schnitzel with Peas and Roast Potato (G,E)	V - Foo Yong Egg with brown rice and Edamame (E)	Swedish meatballs with pasta twirls & Veg Crudites (G, D-optional cheese)	Teriyaki Fish Fillet and olive oil baked pomme frites with green salad and baby tomatoes (G,E)
Dessert	Apple	Watermelon	Banana	Orange	Pineapple

WEEK 4

	23 MONDAY	24 TUESDAY	25 WEDNESDAY	26 THURSDAY	27 FRIDAY
Main lunch	Agljo Olio with Italian sausage (G)	V - Lentil Dhal Curry with Naan (G,D)	Pork Bratwurst in wholemeal bun with potato & pea salad with vege crudite (G,E)	V -Bake Veggies, Beans & Cheese Casserole served with mashed potatoes (D,G)	Fish Parmigiana with pasta, salad and baby tomatoes (G,E)
Dessert	Orange	Apple	Honeydew	Banana	Apple

WEEK 5

	30 MONDAY				
Main lunch	Hainanese Chicken Rice with cucumber sticks (G)				
Dessert	Orange				

*Contains Egg -E, Dairy -D, Gluten -G, Peanut -P or Treenut -T

 Vegetarian