

LUNCH MENU / PRE-SCHOOL

DECEMBER 2018

WEEK 1

	3 MONDAY	4 TUESDAY	5 WEDNESDAY	6 THURSDAY	7 FRIDAY
Main lunch	V- HongKong fried noodle with vegetables (G,E)	BBQ Chicken Drumsticks with Brown Rice Carrot & snow pea	Pork Bratwurst in wholemeal bun with potato & pea salad with vege crudite (G,E)	V - Napolitana Pasta with vegie crudites (G)	Fish Tikka with cucumber, yoghurt and Naan (G,D)
Dessert	Banana	Honeydew	Grapes	Honeydew	Orange

WEEK 2

	10 MONDAY	11 TUESDAY	12 CHRISTMAS SPECIAL	13 THURSDAY	14 HOLIDAYS
Main lunch	V - Pasta twirls with mushroom and zuchinni sauce & Veg Crudites (G, D-optional cheese)	Teriyaki chicken and brown rice with green salad and baby tomatoes (G,E)	Christmas Roast Turkey served with mashed potatoes and French beans (G-gravy)	School Break-up	SCHOOL HOLIDAYS 14 DEC - 7 JAN
Dessert	Watermelon	Cut up Apples	Christmas star gingerbread and red grapes (G,E,D)	Howe Catering wishes you a Merry Christmas and Happy New Year!	