

# LUNCH MENU / PRE-SCHOOL

## JANUARY 2019

### WEEK 1

		1	2	3	4
		HOLIDAY	WEDNESDAY	THURSDAY	FRIDAY
Main lunch		NEW YEAR DAY			
Dessert					

### WEEK 2

	7	8	9	10	11
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main lunch	Char Siew pork served with rice and Chinese greens	Homemade Cheeseburger and olive oil baked pomme frites with vegie crudites (G,E)	Pepperoni Pizza on a Grainy Crust with sprinkle of red & green pepper/salad (G,D)	V - Macaroni and Cheese with broccoli sprinkles and vegie crudites (G,D)	Homemade fish goujons and olive oil baked pomme frites with vegie sticks and baby tomatoes (G,E)
Dessert	Grapes	Apple	Honeydew	Banana	Watermelon

### WEEK 3

	14	15	16	17	18
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main lunch	Swedish meatballs with pasta twirls & Veg Crudites (G, D-optional cheese)	Home-made chicken nuggets with olive oil baked chips	V- HongKong fried noodle with vegetables and egg (G,E)	Frittata with ham served with mashed potatoes and vegie crudites (E)	Sweet and sour fish served with rice and cucumber sticks (G)
Dessert	Apple	Orange	Banana	Grapes	Banana

### WEEK 4

	21	22	23	24	25
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main lunch	V -Penne With Red Lentil & Tomatoes Sauce & Cheese Sprinkles (G, D-optional)	Pork Bratwurst in wholemeal bun with potato & pea salad with vegie crudite (G,E)	W'meal crumbed Chicken Schnitzel with Peas and Roast Potato (G,E)	Lamb stew with potatoes & carrots served with rice and vegie crudites	Tomatoes and Basil poached Fish Fillet and twirl pasta with vegie crudites and baby tomatoes (G,E)
Dessert	Apple	Pineapple	Honeydew	Orange	Banana

### WEEK 5

	28	29	30	31
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Main lunch	Spaghetti with homemade tomato bolognaise sauce with French bean and carrot sticks (G, D-optional cheese)	Roast chicken with BBQ sauce, served with mashed potatoe & vegetable of the day (G)	V- Foo Yong Egg with brown rice and Asian Greens ( E)	Pork Katsu with Yaki udon and vegie crudites (G,E)
Dessert	Apple	Banana	Grapes	Watermelon

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

 Vegetarian