

LUNCH MENU / PRE-SCHOOL

FEBRUARY 2019

WEEK 1

					1 FRIDAY
Main lunch					Fish Parmigiana with pasta, salad and baby tomatoes (G,E)
Dessert					Pineapple

WEEK 2

	4	5	6	7	8
	SCHOOL HOLIDAY				
Main lunch	Happy Chinese New Year!				
Dessert					

WEEK 3

	11 MONDAY	12 TUESDAY	13 WEDNESDAY	14 THURSDAY	15 CHINESE NEW YEAR SPECIAL
Main lunch	Paprika Beef & Lentil Goulash with pasta and vegie sticks (G)	Roasted Greek Lemon Chicken with Carrot and Potatoes with Garden Green Salad	V - Yaki udon with vegetables and Edamame (G,E)	Homemade Cheeseburger and olive oil baked pomme frites with vegie crudites and baby tomatoes (G,E,D)	Chinese Steam Fish with leek, Tianjin Cabbage with Fragrance Rice and Cauliflowers
Dessert	Cut up Apple	Orange	Watermelon	Grapes	Shantao Mandarin Orange

WEEK 4

	18 MONDAY	19 TUESDAY	20 WEDNESDAY	21 THURSDAY	22 FRIDAY
Main lunch	V - Rigatoni with peas, Asparagus & Ricotta cheese (G,D)	Teriyaki chicken with broccoli and brown rice (G)	V - Penne with Red lentil & Tomato Sauce (G)	Pork casserole with mashed potatoes broccoli & cauliflower	Tomatoes and Basil poached Salmon with brown rice and vegie crudites
Dessert	Cut up Apple	Pineapple	Banana	Orange	Honeydew

WEEK 5

	25 MONDAY	26 TUESDAY	27 WEDNESDAY	28 THURSDAY	
Main lunch	Hunter stew (pork) with twirl pasta & Veg crudite (G)	Fish Tikka with cucumber, yoghurt and Naan (G,D)	V- Foo Yong Egg with brown rice and Asian Greens and Edamame (E)	Gammon Ham Pizza on a Grainy Crust with sprinkle of red & green pepper and vegie crudites (G,D)	
Dessert	Cut up apple	Watermelon or Honeydew	Banana	Grapes	

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

 Vegetarian