

LUNCH MENU / PRE-SCHOOL

APRIL 2019

WEEK 1

	1 MONDAY	2 TUESDAY	3 WEDNESDAY	4 THURSDAY	5 FRIDAY
Main lunch	V - Rigatoni with peas, asparagus and Ricotta cheese (G,D)	Thai Basil Minced Pork with brown rice and vegie crudites (G)	V - Lentil Dhal Curry with Naan (G,D)	Beef Shepherd's pie with potato crust & broccoli (D)	Fish Parmigiana with pasta, salad and baby tomatoes (G,E)
Dessert	Watermelon	Banana	Grapes	Cut-up apple	Pineapple

WEEK 2

	8 MONDAY	9 TUESDAY	10 WEDNESDAY	11 THURSDAY	12 FRIDAY
Main lunch	Easter Break Happy Holiday				
Dessert					

WEEK 3

	15 MONDAY	16 TUESDAY	17 WEDNESDAY	18 THURSDAY	19 FRIDAY
Main lunch	Easter Break Happy Holiday				
Dessert					

WEEK 4

	22 MONDAY	23 TUESDAY	24 WEDNESDAY	25 THURSDAY	26 FRIDAY
Main lunch	Swedish Meatballs with homemade tomatoes sauce and Pasta Twirls, vegie crudites (G,D)	V - Palak Paneer with Naan (G,D)	Paprika Beef & Lentil Goulash with penne pasta & Salad (G)	V - Bean Taco with rice and Edamame /vegie crudites (G,D)	Tomatoes and Basil poached Fish Fillet and roast potatoes with vegie crudites and baby tomatoes (G,E)
Dessert	Cut up Apple	Orange	Watermelon	Grapes	Honeydew

WEEK 5

	29 MONDAY	30 TUESDAY			
Main lunch	V- Foo Yong Egg with brown rice and Edamame (E)	Ham and mushroom pizza with red & green pepper sprinkles on a grainy crust with salad & vege crudite (G,D)			
Dessert	Cut up Apple	Pineapple			

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

 Vegetarian