

LUNCH MENU / PRE-SCHOOL

MAY 2019

WEEK 1

		1 WEDNESDAY	2 THURSDAY	3 FRIDAY
Main lunch		Labour Day	PD Day	Baked fish with herbs and olive oil baked pomme frites with celery & cucumber sticks (G,E)
Dessert		Public Holiday	No School	Pineapple

WEEK 2

	6 MONDAY	7 TUESDAY	8 WEDNESDAY	9 THURSDAY	10 FRIDAY
Main lunch	Lamb stew with mashed potatoes and carrots (G)	V - Butternut Squash Risotto with Parmesan (G, D)	Indian Butter Chicken with Naan, Cauliflower & Pickle Veg (G, D)	V - Mixed omelette with tomatoes, cheese and mushroom served with homemade grainy buns (E,G)	Sweet and sour fish served with rice and Chinese greens
Dessert	Cut up apple	Honeydew	Watermelon	Banana	Orange

WEEK 3

	13 MONDAY	14 TUESDAY	15 WEDNESDAY	16 THURSDAY	17 FRIDAY
Main lunch	V - Macaroni with Pumpkin, pea & Cheese (G, D)	Chili Con Carne with Homemade Bread roll & Vege Crudite (G,Beef)	V- Egg and tofu Fried Rice with Asian green and Edamame (E)	Sausage Gumbo twirl pasta with fresh tomatoes and vegie sticks (G)	Fish Tikka with cucumber, yoghurt and Naan (G,D)
Dessert	Cut up Apple	Orange	Banana	Grapes	Honeydew

WEEK 4

	20 MONDAY	21 TUESDAY	22 WEDNESDAY	23 THURSDAY	24 FRIDAY
Main lunch	Vesak Day	V- Baked jacket potato with best beany, grated cheese & carrot sticks	W'meal crumbed Chicken Schnitzel with Peas and Roast Potato (G,E)	V -Vegetarian Burger (chickpeas) on a grainy homemade bun and vegie crudites (G, E)	Teow Chew style steam fish served with brown rice, Edamame and vegi crudites
Dessert	Public Holliday	Cut-up apples	Grapes	Banana	Pineapple

WEEK 5

	27 MONDAY	28 TUESDAY	29 WEDNESDAY	30 THURSDAY	31 FRIDAY
Main lunch	Moroccan Chicken with couscous (G,D)	V - Aloo Gobi Tikki with Naan (G,D)	Irish Beef Stew served on brown rice and vegie crudites (G)	V -Bake Beans, Veggies & Cheese Casserole (D,G)	Baked salmon with Mediterranean sauce with twirl pasta and vegie crudites (G)
Dessert	Cut up apple	Pineapple	Watermelon	Banana	Orange

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

 Vegetarian