

# AUTUMN MENU 2018

WEEK COMMENCING : 1/6/4/18

- Lunch meal written in **BLACK** contains either meat/fish/chicken/pork \* Lunch Meal written in **GREEN** is the **VEGETARIAN** option
- Wholemeal pastas/breads are incorporated into the menu & wholemeal flours/grains in baked items

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Tea</b>	Fruit Platter Wholemeal English Muffin Melts	Fruit Platter Wholemeal Blueberry Oat slice	Fruit Platter Wholemeal crackers & tasty cheese slices	Fruit Platter Wholemeal Crumpets with Ricotta & honey	Fruit Platter Raisin Toast
<b>Lunch</b> Row vegetables or fruit high in vitamin C served daily with lunch example Citrus fruit Tomato Cauliflower Broccoli Kiwi Fruit Capsicum Rockmelon	Meat Balls with peas in a zucchini & lentil red sauce  Green bean, sweet potato in zucchini & lentil red sauce  Served with Spiral Pasta	Chicken creamy Fungi with cauliflower & mushrooms  Cannellini Bean & Chickpea creamy fungi with cauliflower & mushrooms  Served with Fettuccine	Plum beef stir-fry with broccoli, capsicum & carrots  Mixed Vegetable & Tofu Plum Stir Fry  Served with Noodles	White fish portions  Rissoni Pasta Salad with  Corn, butter beans, capsicum, celery, carrot  With a sweet lemon sauce	Lamb Curry Hot Pot with celery, carrots, crushed pineapple, potato & peas  Bean Curry Hot Pot with celery, carrots, crushed pineapple, potato & peas  Served with Basmati Rice
<b>Afternoon Tea</b>	Yogurt Cheese, crackers, cucumber, carrots with Dip	Yogurt Lebanese bread with cream cheese, carrots & cucumbers	Yogurt Wholemeal Sandwiches with spreads & fruit box	Yogurt Rice corn cakes with variety of spreads. Sultanas, dried apricots & cheese cubes	Yogurt Wholemeal Oat & Raisin Rock Biscuits

LATE AFTERNOON TEA CONSISTS OF FRUIT/VEGIES/CRACKERS

# AUTUMN MENU 2018

WEEK COMMENCING : 23/4/18

- Lunch meal written in **BLACK** contains either meat/fish/chicken/pork \* Lunch Meal written in **GREEN** is the **VEGETARIAN** option
- Wholemeal pastas/breads are incorporated into the menu & wholemeal flours/grains in baked items

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Tea</b>	Fruit Platter Raisin Toast	Fruit Platter Crackers & Cheese	Fruit Platter Milo Milk & Wholemeal crumpets with honey	Fruit Platter Custard	Fruit Platter Toast with spreads
<b>Lunch</b> Raw vegetables or fruit high in vitamin C served daily with lunch example Citrus fruit Tomato Cauliflower Broccoli Kiwi Fruit Capsicum Rockmelon	Creamy Ham, pea & mushroom risotto  Cauliflower, Chickpea, mushroom & pea risotto  Served with Herb & Garlic Turkish Bread	Beef Stroganoff  Mushroom & Potato, butter bean stroganoff  Served with Fettuccini	Butter Chicken With mixed vegetables  Sweet potato & vegetables with 'butter, no chicken' sauce  Served with brown Rice	Spaghetti Bolognaise in rich red zucchini, basil & eggplant sauce  Grated Sweet potato & zucchini in a rich red tomato basil & eggplant sauce	Moroccan Lamb Stew with mixed vegetables  Moroccan Chickpea & vegetable stew  Served with Cous Cous
<b>Afternoon Tea</b>	Yogurt Wholemeal wraps with cream cheese, dip, veggie & orange slices	Yogurt Cheese slices, wholemeal crackers, veggie sticks	Yogurt Wholemeal Sandwiches with a variety of spreads	Yogurt Cheese & tomato finger puffs, With carrots, cucumber & dip	Yogurt Rice corn cakes Cheese cubes & celery Sultanas & dried apricots

LATE AFTERNOON TEA CONSISTS OF FRUIT/VEGIES/CRACKERS