

# Weekly Menu

WEEK STARTING

11<sup>th</sup> Nov 2019

## MONDAY

### MORNING TEA

Melon Salad & Yoghurt

**Key Ingredients:**

Watermelon, Honeydew, Rockmelon

## TUESDAY

Dairy-free Muffins

**Key Ingredients:**

Banana

## WEDNESDAY

Chia Pudding

**Key Ingredients:**

Blueberries

## THURSDAY

Dairy-free Muffins

**Key Ingredients:**

Apple & Raspberry

## FRIDAY

Applesauce Pancakes

**Key Ingredients:**

House Made Apple Puree Flavoured Pancakes

### LUNCH

Turkey & Lentil Patties

**Key Ingredients:**

Turkey Mince, Lentils, Carrot, Zucchini, Potato

Veg Quesadillas

**Key Ingredients:**

Sweet Potato, Butter Beans,

Five Veg Couscous

**Key Ingredients:**

Broccoli, Zucchini, Carrot, Peas, Corn

Fruity Chicken with Rice & Veg

**Key Ingredients:**

Chicken, Apricots, Mixed Stir-fry Veg

House made Fish Bites & Salad

**Key Ingredients:**

Carrot, Cucumber, Capsicum Fingers

### AFTERNOON TEA

Rice Cakes w/ Cheese & Fruit

**Key Ingredients:**

Veg Sticks & Dip

**Key Ingredients:**

House Made Hummus, Celery & Carrot Sticks

Oatmeal Cookies & Fruit

**Key Ingredients:**

House Made Trail Mix & sliced Fruit

**Key Ingredients:**

Cheerio's, Dried Banana Chips, Chex & Sliced Apple

Fruit Salad

**Key Ingredients:**

Apple, Watermelon, Strawberries, Grapes

