

Weekly Menu

WEEK STARTING

18th Nov 2019

MONDAY

MORNING TEA

House Made Museli & Yoghurt

Key Ingredients:

Oats, Shaved Coconut, Dried Fruit,
Sunflower Seeds

TUESDAY

Raisin Toast

Key Ingredients:

Fruit Bread,

WEDNESDAY

Fruit Salad

Key Ingredients:

Pear, Apple, Kiwi, Grapes

THURSDAY

Cold Oats & Fruit

Key Ingredients:

Oats, Milk, Blueberries

FRIDAY

Savoury Breakfast Muffins

Key Ingredients:

Tomato, Mushroom, Spinach

LUNCH

Vege Burgers

Key Ingredients:

Chickpeas, Zucchini, Carrots

Chilli Con Carne

Key Ingredients:

Turkey Mince, Kidney Beans, Capsicum,
Corn,

Roast Pumpkin & Tomato Pasta

Key Ingredients:

Broccoli, Chicken & Potato
Patties

Key Ingredients:

Pizza Triangles

Key Ingredients:

Puff Pastry, Capsicum, Cheese, Ham

AFTERNOON TEA

Rice Cakes Sandwiches

Key Ingredients:

Cheese, Vegemite, Honey, Jam

Banana Bread

Key Ingredients:

Veg Sticks & Dip

Key Ingredients:

House Made Gauc, Celery & Carrot
Sticks

Corn Cakes, Cheese Slices &
Sultanas

Key Ingredients:

Fruit Platter

Key Ingredients:

Pear, Apple, Watermelon, Kiwi

