

# Weekly Menu

WEEK STARTING

25<sup>th</sup> Nov 2019

## MONDAY

### MORNING TEA

French Toast Soldiers

**Key Ingredients:**

## TUESDAY

Bircher Muesli

**Key Ingredients:**  
Dried Apricot, dates, sultanas, Oats

## WEDNESDAY

Fruit & Cheese Platter

**Key Ingredients:**

## THURSDAY

Blueberry Muffins

**Key Ingredients:**

## FRIDAY

Pikelets w/ House Made Compote

**Key Ingredients:**

### LUNCH

Sushi

**Key Ingredients:**  
Tuna, Carrot, Cucumber

Honey, Soy Chicken

**Key Ingredients:**  
Rice, Beans,

Singapore Noodles

**Key Ingredients:**  
Bean Sprouts, Capsicum, Bok Choy

Salad Wraps

**Key Ingredients:**  
Leafy Greens, tomato, Cucumber

Vege Loaded Mac'n'Cheese

**Key Ingredients:**  
Broccoli, Celery, Tomato

### AFTERNOON TEA

Carrot & Ginger Cookies

**Key Ingredients:**

Corn Thins, Cheese & Apple

**Key Ingredients:**

Rice Crackers & Rockmelon

**Key Ingredients:**

Zucchini Slice & Cucumber Sticks

**Key Ingredients:**

House Made Tzatziki w/Rice Crackers & Celery Sticks

**Key Ingredients:**

