

Weekly Menu

WEEK STARTING

2nd Dec 2019

MONDAY

MORNING TEA

Cold Oats w/ Blueberries

Key Ingredients:

TUESDAY

Fruit Salad & Yoghurt

Key Ingredients:
Apple, Watermelon, Grapes, Pear

WEDNESDAY

Dairy-Free Muffins

Key Ingredients:
Mixed Berry

THURSDAY

Bliss Balls

Key Ingredients:
Mixed Dried Fruit, Coconut

FRIDAY

Carrot & Cheese Pancakes

Key Ingredients:

LUNCH

Roasted Veg Risoni

Key Ingredients:
Zucchini, Capsicum, Pumpkin, Tomato

Chickpea Burgers

Key Ingredients:
Chickpeas, Zucchini, Carrot, Sweet
Potato

Chicken & Corn Couscous

Key Ingredients:

Cauliflower Fried Rice

Key Ingredients:
Cauliflower, Peas, Corn, Tofu

Broccoli Quesadillas

Key Ingredients:
Broccoli, avocado, Cheese

AFTERNOON TEA

Oranges & Rice Cakes

Key Ingredients:

Rockmelon & Pear Slices

Key Ingredients:
Insert ingredients

House Made Sweet Corn Dip,
Rice Crackers & Cucumber Sticks

Key Ingredients:

Sultana & Oat Cookies

Key Ingredients:

Egg Sandwiches & Apple Slices

Key Ingredients:

