

# Weekly Menu

WEEK STARTING

9<sup>th</sup> Dec 2019

## MONDAY

### MORNING TEA

Raisin Toast & Mandarins

**Key Ingredients:**

## TUESDAY

Banana, Blueberries & Yoghurt

**Key Ingredients:**

## WEDNESDAY

Pumpkin Muffins

**Key Ingredients:**  
Peas, Leek, Cheese

## THURSDAY

House Made Bircher Muesli

**Key Ingredients:**  
Apple, Sultanas, Peach

## FRIDAY

Crumpets

**Key Ingredients:**  
Honey, Jam

### LUNCH

House Made Sausage Rolls,  
Mashed Potato & Beans

**Key Ingredients:**

Beetroot Gnocchi

**Key Ingredients:**

Cauliflower & Lentil Curry

**Key Ingredients:**  
Coconut Milk, Rice, Beans

Fruity Couscous

**Key Ingredients:**  
Mandarin, Sultanas

Fish Bites w/ Mashed Potato

**Key Ingredients:**

### AFTERNOON TEA

Fruit Salad

**Key Ingredients:**  
Honeydew Melon, Orange, Kiwi

House Made Hummus w/ rice  
crackers & Apple Slices

**Key Ingredients:**

Cheese & Vegemite Sandwiches  
w/ Carrot Sticks

**Key Ingredients:**

Coconut & Mango Loaf

**Key Ingredients:**

Sliced Fruit & Cheese w/ rice  
Cakes

**Key Ingredients:**  
Apple, Pear

