

Weekly Menu

WEEK STARTING

16th Dec 2019

MONDAY

MORNING TEA

Banana, Strawberries & Yoghurt

Key Ingredients:

TUESDAY

Savoury Breakfast Muffins

Key Ingredients:
Insert ingredients

WEDNESDAY

Raisin Toast & Mandarin

Key Ingredients:

THURSDAY

Oats w/ Mixed Berry Compote

Key Ingredients:

FRIDAY

Fruity Pancakes

Key Ingredients:

LUNCH

Honey Chicken

Key Ingredients:
Rice, Beans,

Stroganoff Penne

Key Ingredients:
Mushrooms, Peas

Turkey & Cranberry Wraps

Key Ingredients:

Rissoles & Gravy w/ Stir Fry Veg

Key Ingredients:
Lamb Mince

Coconut Poached Fish w/ Vege
Loaded Rice

Key Ingredients:

AFTERNOON TEA

Apple Scrolls

Key Ingredients:
Spiced Poached Apple, Pastry

Banana Pudding

Key Ingredients:

Zucchini Slice & Carrot Sticks

Key Ingredients:

House Made Trail Mix &
Watermelon

Key Ingredients:

Cruskits, Honey, Jam, Banana,
Apple

Key Ingredients:

