



Spring / Summer Menu

Week One

Monday – Mince bolognaise with cauliflower and peas

Tuesday – Tuna rice / quiche / red lentil with beetroot and corn

Wednesday – Pizza

Thursday – Chicken and broccoli bake with mixed veges

Friday – Lamb sausage rolls with carrots and corn

Week Two

Monday – Beef stew with cauliflower and corn

Tuesday – Bake beans or spaghetti

Wednesday – Potato topped corn, chicken, broccoli pie with beetroot

Thursday – “Special”

Friday – Sandwiches

Week Three

Monday – Roast potato and pumpkin frittata with beetroot and corn

Tuesday – Pork patties with noodle salad and mixed vege

Wednesday – Lamb kebabs with peas and cauliflower

Thursday – Chicken and mushroom pasta

Friday – Nachos with carrots

Week Four

Monday – Chicken teriyaki with carrots and rice

Tuesday – Sandwiches

Wednesday – Pork and apple roll with carrots and peas

Thursday – “Special”

Friday – Fried rice