



Autumn / Winter Menu

Week One

Monday – Chicken Kai Si Ming with noodles and broccoli

Tuesday – Beef Stew with potatoes, mixed veges and cauliflower

Wednesday – Baked beans/Spaghetti on toast

Thursday – Lamb Shepherd's Pie with potato mash, peas and carrots

Friday – Vege Fettuccine with broccoli

Week Two

Monday – Tuna Rice Bake with broccoli and corn

Tuesday – Meatloaf, potatoes, cauliflower and peas

Wednesday – Chicken Casserole with rice, corn and carrots

Thursday – Sandwiches

Friday – Pork Stir Fry with mixed veges and broccoli

Week Three

Monday – Savoury Mince with peas, cauliflower and potatoes

Tuesday – Cheesy Tuna bake with broccoli

Wednesday – Beef Stew with rice, peas and carrots

Thursday – Vege Quiche with beetroot and corn

Friday – Chicken and Diced Potato Curry with mixed veges and broccoli

Week Four

Monday – Red Lentil Loaf with broccoli, corn and beetroot

Tuesday – Meatballs with noodles, cauliflower and peas

Wednesday – Sandwiches

Thursday – Lamb Casserole with mashed potatoes, mixed veges and broccoli

Friday – Chicken Teriyaki with rice and carrots