

LUNCH MENU / PRE-SCHOOL

MARCH 2020

WEEK 1

	2 MONDAY	3 TUESDAY	4 WEDNESDAY	5 THURSDAY	6 FRIDAY
Main lunch	V - Fusilli with Zucchini, Tomatoes and Mozzarella (G,D)	Pork Casserole with mashed potatoes, Broccoli & Cauliflower	Parent-Teacher Conference	Sweet and sour chicken with brown rice and Chinese greens (G)	Baked fish with herbs and olive oil baked pomme frites with celery & cucumber sticks (G,E)
Dessert	Apple	Banana		Honeydew	Orange

WEEK 2

	9 MONDAY	10 TUESDAY	11 WEDNESDAY	12 THURSDAY	13 FRIDAY
Main lunch	V - Macaroni with Pumpkin, pea & Cheese (G, D)	Home-made chicken nuggets with olive oil baked chips and vegie crudites (G,D,E)	V -Vegetarian Burger (chickpeas) on a grainy homemade bun and vegie crudites (G, E)	Slow Cooker Pork Loin Roast with mashed potatoes and green beans (G-Gravy)	Fish Tikka with cucumber, yoghurt and Naan (G,D)
Dessert	Watermelon	Cut-up apples	Grapes	Banana	Pineapple

WEEK 3

	16 MONDAY	17 TUESDAY	18 WEDNESDAY	19 THURSDAY	20 FRIDAY
Main lunch	Pork Katsu with Yaki Udon and vegie crudites (G,E)	V - Mixed Omelette with tomatoes, cheese and mushroom served with brown rice and Edamame (E)	Pork Bratwurst in wholemeal bun with potatoe & pea salad with vegie crudites (G,E)	V - Ratatouille Pasta Bake (G,D)	Homemade fish goujons and olive oil baked pomme frites with steamed vege and broccoli. (G,E)
Dessert	Cut up apple	Honeydew	Watermelon	Banana	Orange

WEEK 4

	23 MONDAY	24 TUESDAY	25 WEDNESDAY	26 THURSDAY	27 FRIDAY
Main lunch	V - Butternut Squash Risotto with Parmesan (G,D)	Chili Con Carne with homemade bread rolls & Vege Crudite (G,Beef)	V- Hongkong fried noodle with egg, carrot, red capsicum, bean sprout, tofu, mushroom. (G,E)	Basil Roast Chicken with green beans and baby jacket potatoes	Teo Chew style steam fish served with brown rice and French beans
Dessert	Cut up Apple	Orange	Watermelon	Grapes	Honeydew

WEEK 5

	30 MONDAY	31 TUESDAY			
Main lunch	Beef Moussaka, sweet-potato based with eggplants (G,D,E)	V - Baked Veggies, Beans & Cheese Casserole served with butter corns and rice (G,D)			
Dessert	Cut up Apple	Pineapple			

*Contains Egg -E, Dairy -D, Gluten -G, Peanut -P or Treenut -T

 Vegetarian