

LUNCH MENU / PRE-SCHOOL

SEPTEMBER 2020

WEEK 1

| | 1 TUESDAY | 2 WEDNESDAY | 3 THURSDAY | 4 FRIDAY |
|-------------------|--|---|--|---|
| Main lunch | Home-made chicken nuggets with olive oil baked chips and Beetroots (G,E) | V- Hongkong fried noodle with egg, carrot, red capsicum, bean sprout, tofu, mushroom. (G,E) | V - Pesto Pasta with cherry tomatoes (G,T) | Homemade fish goujons olive oil baked pomme frites with green salad and baby tomatoes (G,E) |
| Dessert | Pineapple | Banana | Orange | Watermelon |

WEEK 2

| | 7 MONDAY | 8 TUESDAY | 9 WEDNESDAY | 10 THURSDAY | 11 FRIDAY |
|-------------------|--|--|--|--|--|
| Main lunch | Chicken Cordon Bleu with baked pommes frites and stick carrots (G,D,E) | V - Rigatoni with peas, asparagus and Ricotta cheese (G,D) | Chicken Curry with Potato, Snow Pea and rice (G) | V - Melted Cheese, Beans, carrot and grated courgette quesadillas & baked corn chips with baby tomatoes & vege crudite (G) | Fish Tikka with cucumber, yoghurt and Naan (G,D) |
| Dessert | Apple | Grapes | Orange | Banana | Watermelon |

WEEK 3

| | 14 MONDAY | 15 TUESDAY | 16 WEDNESDAY | 17 THURSDAY | 18 FRIDAY |
|-------------------|--|--|--|---|--|
| Main lunch | V - Fusilli with Zucchini, Tomatoes and Mozzarella (G) | W'meal crumbed Pork Schnitzel with Peas and Roast Potato (G,E) | V - Foo Yong Egg with brown rice and Edamame (E) | Swedish meatballs with pasta twirls & Veg Crudites (G, D-optional cheese) | Teriyaki Fish Fillet and olive oil baked pomme frites with green salad and baby tomatoes (G,E) |
| Dessert | Apple | Watermelon | Banana | Orange | Pineapple |

WEEK 4

| | 21 MONDAY | 22 TUESDAY | 23 WEDNESDAY | 24 THURSDAY | 25 FRIDAY |
|-------------------|-------------------------------------|---------------------------------------|---|---|---|
| Main lunch | Agllo Olio with Italian sausage (G) | V - Lentil Dhal Curry with Naan (G,D) | Pork Bratwurst in wholemeal bun with potato & pea salad with vege crudite (G,E) | V- Baked jacket potato with best beany, grated cheese & carrot sticks | Fish Parmigiana with pasta, salad and baby tomatoes (G,E) |
| Dessert | Orange | Apple | Honeydew | Banana | Apple |

WEEK 5

| | 28 MONDAY | 29 TUESDAY | 30 WEDNESDAY | | |
|-------------------|---|--|--|--|--|
| Main lunch | Hainanese Chicken Rice with cucumber sticks (G) | V -Macaroni Cheese with Broccoli Sprinkle & Carrot Stick (G,D) | Gammon Ham Pizza on a Grainy Crust with sprinkle of red & green pepper/salad (G,D) | | |
| Dessert | Orange | Watermelon | Grapes | | |

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

 Vegetarian