

# LUNCH MENU / PRE-SCHOOL

## DECEMBER 2020

### WEEK 1

	1	2	3	4	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main lunch</b>		V - Mixed omelette with tomatoes, cheese and mushroom served with brown rice and Edamame (E,D)	Grilled Meatloaf, roast potatoes and cream spinach (D)	V - Pasta twirls with mushroom and zucchini sauce & Veg Crudites (G, D-optional cheese)	Sweet and sour fish served with rice and Chinese Green (G)
<b>Dessert</b>		Honeydew	Cut up Apples	Pineapple	Orange

### WEEK 2

	7	8	9	10	11
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main lunch</b>	V - Chickpeas and Tofu Curry with Naan and vegie crudites (G)	Homemade Cheeseburger and olive oil baked pomme frites with green salad and baby tomatoes (G,D)	V - Butternut Squash Macaroni w/ Parmesan (G,D)	Hainanese Chicken Rice with cucumber sticks (G)	Baked Salmon with Basil and Tomatoes with roast potatoes and baby tomatoes
<b>Dessert</b>	Watermelon	Cut up Apples	Honeydew	Orange	Banana

### WEEK 3

	14	15	16	17	18
	MONDAY	TUESDAY	CHRISTMAS SPECIAL	THURSDAY	FRIDAY
<b>Main lunch</b>	Grilled Pesto Chicken and baked pomme frites with baby corn sticks (T)	V - Fusilli with Zucchini, Tomatoes and Mozzarella (G,D)	Christmas Roast Turkey served with roasted potatoes and mixed peas (G-gravy)	Howe Catering wishes you a Merry Christmas and Happy New Year!	School Holiday
<b>Dessert</b>	Banana	Apple	Christmas star gingerbread and red grapes (G,E,D)	School Break-up	18 Dec - 8 Jan 2020

### WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main lunch</b>					
<b>Dessert</b>					

### WEEK 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main lunch</b>					
<b>Dessert</b>					

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

 Vegetarian