

MENU WEEK ENDING 28/05/10 (week 1)

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------|--|--|--|--|--|
| MORNING TEA | Apple, kiwi, pear, banana, orange, milk Cheese | Apple, kiwi, pear, banana, orange, milk Cheese | Apple, kiwi, pear, banana, orange, milk Cheese | Apple, kiwi, pear, banana, orange, milk Cheese | Apple, kiwi, pear, banana, orange, milk Cheese |
| LUNCH | Spaghetti Bolognese Lamb, pasta, mixed herbs, crushed tomatoes, onions, grated carrots, tomato paste | Vegetable Soup with pasta Leek, parsnip, carrot, pumpkin, potatoes, zucchini | Roast Chicken with couscous Chicken drumstick, couscous, carrot, corn, onion | Lamb Casserole with rice Lamb, carrot, peas, potatoes, tomato paste and tomato crushed | Chicken and Vegetable Stir with noodles Carrots, chicken, cabbage, snowpeas, onions, soy sauce |
| Vegetarian Dishes | Spaghetti Bolognese pasta, mixed herbs, crushed tomatoes, onions, grated carrots, tomato paste | AS ABOVE | Couscous with corn and carrots | Vegetable Casserole with rice Potatoes, carrots, peas, tomato paste crushed tomatoes | Vegetable Stir with noodles Carrots, cabbage, snowpeas, onions, soy sauce |
| Salad Paltter | Cucumber and tomato | Lettuce and Tomato | Steam Veggies | | Tomato and cheese |
| DESSERT | Fruits & Yoghurt | Fruits | Fruits & Yoghurt | Fruits | Fruits & Yoghurt |
| AFTERNOON TEA | Banana Bread Banana, SR wholemeal flour, margarine, egg replacement, soy milk Milk | Carrot Cake Apple, carrot, SR wholemeal flour, margarine, egg replacement, soy milk Milk | Cheese Damper Cheese SR wholemeal flour, margarine, milk Milk | Corn Muffins Cream corn, SR wholemeal flour, margarine, soy milk, egg replacement, | Rice Crackers with cream cheese, margarine, vegemite Milk |
| Comments | | | | | |

*Fruits: Grapes, Apples, Pears, Watermelon, Cantaloupe, Kiwi, Strawberries, Oranges and banana