

Winter Weekly Menu



Monday

Morning Tea

Cinnamon Pear & Creamy Yoghurt with Crunchy Bran
Pears, brown sugar, cinnamon, plain natural yoghurt, bran sticks

Lunch

Vietnamese Beef & Bean Stew



Vegetarian Option:
Vietnamese Tofu & Bean Stew
Key Ingredients:
Beef, white rice, cannellini beans, white potatoes, carrots, tomatoes, green beans, peas, spring onion, tomato paste, vegetable stock, soy sauce, sugar, Chinese five spice, cinnamon, lemongrass paste, garlic


Afternoon Tea

The Happy Snacker's Platter
Brown rice crackers, cream cheese spread, dried apricots, dates, fresh carrots, tasty cheese

Tuesday

Vegemite Crumpets with Cheese Slices & Fruit
Wholemeal crumpets, vegemite, butter, tasty cheese, apples, peach slices

Mexican Cheesy Beef & Rice Casserole




Vegetarian Option:
Mexican Cheesy Bean & Rice Casserole
Key Ingredients:
Beef, brown onion, Rice, carrots, capsicum, peas, corn, Mexican style 3-bean mix, tasty cheese, tomato paste, vegetable stock, garlic, coriander, paprika, cumin

Easy Oaty Slice with Crunchy Veggies
Wholemeal flour, rolled oats, chia seeds, butter, brown sugar, vanilla essence, raisins, carrots, cucumbers

Wednesday

Beans & Toast with Fruit Salad
Salt reduced baked beans, wholemeal bread, tasty cheese, cumin, coriander, bananas, apples, peach slices

Minestrone Soup with Bread Soldiers



Vegetarian Option:
Minestrone Soup with Bread Soldiers
Key Ingredients:
Passata sauce, tomato paste, Cannellini Beans, celery, carrots, kidney beans, peas, brown onion, garlic, risoni pasta, vegetable stock, oregano, fennel, wholemeal bread

Zippy Hummus with Veggie Sticks, Fruit & Crackers
Organic chickpeas, olive oil, garlic, lemon juice, paprika, cumin, carrots, tasty cheese, brown rice crackers, oranges, watermelon

Thursday

Toasted Wholemeal Cheese Triangles with Fruit
Salt reduced baked beans, wholemeal bread, tasty cheese, cumin, coriander, bananas, apples, peach slices

Garlic Chicken Veggie Stir Fry with Rice




Vegetarian Option:
Garlic Tofu & Veggie Stir-Fry with Rice
Key Ingredients:
Chicken breast, Brown Rice, Green Beans, Capsicum, Baby Corn, olive oil, hoisin sauce, sweet chilli sauce

Rice Cakes with Avocado Dip & Crunchy Apple
Brown rice crackers, avocado, plain yoghurt/ricotta, lemon juice, apples

Friday

Festival of Fruit, Veggies, Cheese & Crackers
Brown rice crackers, carrots, apples, oranges, tasty cheese

Italian Pork Mince & Veggie Pasta Bake



Vegetarian Option:
Italian Lentil & Veggie Pasta Bake
Key Ingredients:
Pork mince, lentils, carrot, zucchini, macaroni pasta, cheese, vegetable stock, tomato paste, passata sauce, paprika, thyme, olive oil

Cinnamon Fruit Loaf with Cucumber Sticks
Wholemeal self-raising flour, bananas, full cream milk, olive oil, vanilla essence, apples, egg replacer, brown sugar, baking powder, cinnamon, cucumbers



Fresh Puree Options



Breakfast Options



Late Snack Options



Please advise if Halal menu is required.