

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Preschool Entree/ Salad	Garlic Dip	Diced Tomato	Crudit�	Egg Canap�	Avocado Dip
Main Course	Braised veal in a spicy tomato Sauce	Quiches	Chicken Chasseur	Hoki Fillet with prawn Sauce	Layered Beef Enchiladas
Variety of Salads	Mixed Leaves	Iceberg Lettuce	Coleslaw salad	Green Beans with Mustard Vinaigrette	Tomato & Cucumber Salsa
Bread	Baguette	Short Crust Pastry	Lebanese Bread	Wholemeal Bread	Tortilla
Carbohydrate	Couscous	Golden corn kernel	Penne Pasta	Rice Pilaff	Black eyed Beans
Vegetables	Ratatouille	Peas	Green & Gold Beans	Carrot Vichy	Vegetable Medley
Dairy + Milk Option	Milk	Mango Yoghurt	Vanilla Dairy Custard	Milk	Edgemont Cheese
Dessert	Fresh Fruit	Fresh Fruit	Chocolate Dipped Profiteroles	Fresh Fruit	Fresh Fruit

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Preschool Entree/ Salad	Pumpkin Dip	Carrot Stick	Crudit�	21 Minutes Egg	
Main Course	Corned Beef	Omelette au Fromage	Chicken Brochette rosemary Jus	Poached Hoki Fillet With Mushroom Sauce	
Variety of Salads	Shredded Carrot	Cucumber	Tomato Salad	Baby Spinach With Sunflower Seeds	School Closed
Bread	Baguette	Assorted Rolls	Lebanese Bread	Wholemeal Bread	
Carbohydrate	Steamed Potatoes	Macaroni pasta	Roasted Potatoes	Basmati Rice	
Vegetables	Broccoli	Tomato & Capsicum Etuvee	Zucchini & Red Peppers	Vegetable Medley	
Dairy + Milk Option	Milk	Cheddar	Milk	Vanilla Yoghurt	
Dessert	Fresh Fruit	Fresh Fruit	Chocolate Gateaux	Fresh Fruit	Fresh Fruit

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Preschool Entree/ Salad	Tomato Wedges	Apple & Celery	Cucumber Wheel	Hard Boiled Eggs	Hummus
Main Course	Diced Braised Beef Wholegrain Mustard Sauce	Pasta Al Forno	Mild Chicken Curry	Hoki Fillet Sauce with dill	100% Pure Beef Burger
Variety of Salads	Mesclun	Garden Salad	Shoots, Sprouts & Coriander With Pineapple Salsa	3 Colours Quinoa	Iceberg Lettuce & Tomato
Bread	Baguette	Assorted Roll	Flat Bread	Wholemeal Bread	Sesame Free Bun
Carbohydrate	Steamed Potatoes	Penne	Pakistani Rice	Tubular Pasta	Corn On The Cob
Vegetables	creamed Spinach	Eggplant & Tomatoes	Cauliflower & Pumpkin Seed	Diced Carrots Parsley	Onion & Beetroot
Dairy + Milk Option	Milk	Mozzarella & Parmesan	Milk	Yoghurt	Mild Cheddar
Dessert	Fresh Fruit	Fresh Fruit	Caramel Mud Cake	Fresh Fruit	Fresh Fruit

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Preschool Entree/ Salad	Avocado & Carrots	Cucumber Batons	Celery & Apple	Egg Canapé	Tomato Wedges
Main Course	lamb Chanfana	scrambled eggs flavoured with bacon	Chicken Stroganoff	Hoki With Apple Cider Sauce	Pizza Margarita
Variety of Salads	Beetroot Salad	Mixed Leaves	Coleslaw	Bean Salad	Rocket & Sundried Tomato
Bread	Baguette	Wholemeal Roll	Lebanese Bread	Wholemeal	Focaccia
Carbohydrate	Long Grain Rice	Hash Brown	Mashed Potato	White Rice	Golden Corn Kernels
Vegetables	Zucchini	Tomato & Mushroom	Peas & Pumpkin	Assorted Vegetables	Soya Beans & Capsicum
Dairy + Milk Option	Milk	Vanilla Yoghurt	Milk	Blueberry Yoghurt	Cheese Trio
Dessert	Fresh Fruit	Fresh Fruit	Apple crumble	Fresh Fruit	Fresh Fruit

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Preschool Entree/ Salad		sweet potato dip	Raw Vegetables	Baby Gherkins	Chickpea Dip
Main Course	Queen Birthday School Closed	Veal stew	Chicken Paella	Veal Sausage With German Mustard	Tuna Pasta Bake
Variety of Salads		Mesclun	Lettuce With Black Olives	Celery & Parsley	Rocket & Capsicum
Bread		Baguette	Flat Bread	Black Bread	Assorted Rolls
Carbohydrate		Mash potatoes	Rice	Steamed Potato	Macaroni
Vegetables		Cauliflower	Green Beans & capsicum	Sauerkraut	Broccoli
Dairy + Milk Option		cheese	Vanilla Ice Cream	Schwarzwald cake	Cheddar
Dessert		Fresh Fruit	Poire Belle Helene	Fresh Fruit	Fresh Fruit

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
Preschool Entree/ Salad	Beetroot Dip	Vegetarian Spring Roll	Raw Vegetables	Sliced Eggs On Rice Crackers	Chickpea Dip
Main Course	Pot au feu	Fried Rice with Tofu & Egg	Chicken Sauce Vignerone	Tempura Fish Morsels	Spirally Bolognese
Variety of Salads	Salad Arlequin	Chinese Cabbage	Autumn salad	beansprouts	Tomato, Lettuce & Capers
Bread	Baguette	Wholemeal	Flat Bread	Baker's Selection	baguette
Carbohydrate	potatoes in stock	Long Grain Rice	Couscous	Rice Noodles	Pasta
Vegetables	baby carrots	Soya Beans & Carrots	Broccoli & Mushroom	Asian Vegetables	Zucchini & Thyme
Dairy + Milk Option	Milk	Brie	Milk	Yoghurt	Parmesan
Dessert	Fresh Fruit	Fresh Fruit	Black Forest Cake	Fresh Fruit	Fresh Fruit