

Autumn/Winter Menu

Week: 1 of 4

Weekly Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea Water/Milk	Wholemeal Toast (Vegemite & Cheese) & Fresh Fruit Platter Apple, Pear, Orange & Banana	Wholemeal Toast (Vegemite & Cheese) & Fresh Fruit Platter Apple, Pear, Orange & Banana	Wholemeal Toast (Vegemite & Cheese) & Fresh Fruit Platter Apple, Pear, Orange & Banana	Wholemeal Toast (Vegemite & Cheese) & Fresh Fruit Platter Apple, Pear, Orange & Banana	Wholemeal Toast (Vegemite & Cheese) & Fresh Fruit Platter Apple, Pear, Orange & Banana
Lunch (Main) Water	Minestrone Soup with Wholemeal Bread Main Ingredients: Carrots, celery, potato, vegetable stock, kidney beans, tomatoes, pasta & onion	Shepherd's Pie Main Ingredients: Lamb mince, potato and carrot	Spaghetti Bolognese Main Ingredients: Beef Mince, spaghetti tinned, mushrooms, tomato, tomato paste & cheese	Chicken and Sweet Corn Soup with Wholemeal bread Main Ingredients: Chicken, corn, carrots, rice sticks, stock, vegetable stock & wholemeal bread	Beef Casserole and Rice Main Ingredients: Beef, potato, carrots, beans, tomato paste & tomato sauce
Lunch (2nds) Water	Watermelon	Tinned Fruit	Watermelon	Cheese Cubes, Carrot & Cucumber Sticks	Banana Smoothies
Afternoon Tea Water	Wholemeal Pita Pizzas - Ham & Cheese - Cheese & Sauce	Rice Cakes with Cream Cheese Spread	Scones With Cream Cheese	Spinach & Cheese Muffins Served with Apple Wedges	Savoury Platter Carrot & Cucumber Sticks, Cheese Cubes, Tzatziki Dip & Plain Rice Crackers

