

Lunch Menu Term 3 2020

Where possible wholemeal/wholegrain products are used; No salt is added.

Please note that this menu is on a 9 day rotation.

Note: Menu adapted for infants, cultural and dietary requirements

RED MEATS; VEGETARIAN, CHICKEN, SEAFOOD/SHELLFISH

	Monday	Tuesday	Wednesday	Thursday	Friday
1 20/7- 24/7	Beef burritos with salads and grated cheese Vegetarian Option: Red Lentil and kidney beans burritos with salads	Butter chicken with yellow rice Vegetarian Option: creamy butter paneer with Yellow rice	Cheesy Pizza with basil	Lamb stew with steamed Rice Vegetarian option Vegetable stew with Rice.	Crumbed Fish Fingers with mash potatoes and vegetables Vegetarian Option: Vegetable cakes
2 27/7-31/7	Chicken carbonara Vegetarian option: Tofu and Vegetable carbonara	Sausage rolls with corn cobs Vegetarian Option Potatoes & veg rolls with corn cobs	Cheesy pumpkin risotto	Spaghetti Bolognese Vegetarian Option: Tofu & Vegetables Bolognese	Beef burritos with salads and grated cheese Vegetarian Option: Red Lentil and kidney beans burritos with salads
3 3/8-7/8	Butter chicken with yellow rice Vegetarian Option: creamy butter paneer with Yellow rice	Cheesy Pizza with basil	Lamb stew with steamed Rice Vegetarian option Vegetable stew with Rice.	Crumbed Fish Fingers with mash potatoes and vegetables Vegetarian Option: Vegetable cakes	Chicken carbonara Vegetarian option: Tofu and Vegetable carbonara
4 10/8-14/8	Sausage rolls with corn cobs Vegetarian Option Potatoes & veg rolls with corn cobs	Cheesy pumpkin risotto	Spaghetti Bolognese Vegetarian Option: Tofu & Vegetables Bolognese	Beef burritos with salads and grated cheese Vegetarian Option: Red Lentil and kidney beans burritos with salads	Butter chicken with yellow rice Vegetarian Option: creamy butter paneer with Yellow rice
5 17/8-21/8	Cheesy Pizza with basil	Lamb stew with steamed Rice Vegetarian option Vegetable stew with Rice.	Crumbed Fish Fingers with mash potatoes and vegetables Vegetarian Option: Vegetable cakes	Chicken carbonara Vegetarian option: Tofu and Vegetable carbonara	Sausage rolls with corn cobs Vegetarian Option Potatoes & veg rolls with corn cobs
6 24/8-28/8	Cheesy pumpkin risotto	Spaghetti Bolognese Vegetarian Option: Tofu & Vegetables Bolognese	Beef burritos with salads and grated cheese Vegetarian Option: Red Lentil and kidney beans burritos with salads	Butter chicken with yellow rice Vegetarian Option: creamy butter paneer with Yellow rice	Cheesy Pizza with basil
7 31/8-4/9	Lamb stew with steamed Rice Vegetarian option Vegetable stew with Rice	Crumbed Fish Fingers with mash potatoes and vegetables Vegetarian Option: Vegetable cakes	Chicken carbonara Vegetarian option: Tofu and Vegetable carbonara	Sausage rolls with corn cobs Vegetarian Option Potatoes & veg rolls with corn cobs	Cheesy pumpkin risotto
8 7/9-11/9	Spaghetti Bolognese Vegetarian Option: Tofu & Vegetables Bolognese	Beef burritos with salads and grated cheese Vegetarian Option: Red Lentil and kidney beans burritos with salads	Butter chicken with yellow rice Vegetarian Option: creamy butter paneer with Yellow rice	Cheesy Pizza with basil	Lamb stew with steamed Rice Vegetarian option Vegetable stew with Rice
9 14/9-18/9	Crumbed Fish Fingers with mash potatoes and vegetables Vegetarian Option: Vegetable cakes	Chicken carbonara Vegetarian option: Tofu and Vegetable carbonara	Sausage rolls with corn cobs Vegetarian Option Potatoes & veg rolls with corn cobs	Cheesy pumpkin risotto	Spaghetti Bolognese Vegetarian Option: Tofu & Vegetables Bolognese
10 21/9-25/9	Beef burritos with salads and grated cheese Vegetarian Option: Red Lentil and kidney beans burritos with salads	Butter chicken with yellow rice Vegetarian Option: creamy butter paneer with Yellow rice	Cheesy Pizza with basil	Lamb stew with steamed Rice Vegetarian option Vegetable stew with Rice	Crumbed Fish Fingers with mash potatoes and vegetables Vegetarian Option: Vegetable cakes

