

Franklin School

Lunch Menu Term 3 2021

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

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

Note: Menu adapted for infants, cultural and dietary requirements

RED MEATS; VEGETARIAN, CHICKEN, SEAFOOD/SHELLFISH

	Monday	Tuesday	Wednesday	Thursday	Friday
1 12-16 July	Chicken meatballs with plain rice Vegetarian Option: Soy mince & veggie balls with plain rice	Lamb korma with couscous Vegetarian Option: Tofu & vegetable korma with couscous	Crumbed fish fingers with mash potatoes and vegetables Vegetarian Option: Vegetable cakes with mash potatoes & vegetables	Sausage rolls with corn cobs Vegetarian Option: Potato, soy mince & veg rolls with corn cobs	Creamy chicken veggie pasta. Vegetarian option: Creamy vegetable & tofu pasta
2 19 – 23 July	Cheesy Pizza with basil	Beef stroganoff with plain rice Vegetarian Option; Tofu & vegetables stroganoff with plain rice	Chicken stir-fry noodles Vegetarian option: Tofu stir-fry noodles	Spaghetti Bolognese Vegetarian Option: Tofu & vegetables Bolognese	Chicken meatballs with plain rice Vegetarian Option: Soy mince & veggie balls with plain rice
3 26 – 30 July	Lamb korma with couscous Vegetarian Option: Tofu & vegetable korma with couscous	Crumbed fish fingers with mash potatoes and vegetables Vegetarian Option: Vegetable cakes with mash potatoes & vegetables	Sausage rolls with corn cobs Vegetarian Option: Potato, soy mince & veg rolls with corn cobs	Creamy chicken veggie pasta. Vegetarian option: Creamy vegetable & tofu pasta	Cheesy Pizza with basil
4 2 – 6 Aug	Beef stroganoff with plain rice Vegetarian Option; Tofu & vegetables stroganoff with plain rice	Chicken stir-fry noodles Vegetarian option: Tofu stir-fry noodles	Spaghetti Bolognese Vegetarian Option: Tofu & vegetables Bolognese	Chicken meatballs with plain rice Vegetarian Option: Soy mince & veggie balls with plain rice	Lamb korma with couscous Vegetarian Option: Tofu & vegetable korma with couscous
5 9 – 13 Aug	Crumbed fish fingers with mash potatoes and vegetables Vegetarian Option: Vegetable cakes with mash potatoes & vegetables	Sausage rolls with corn cobs Vegetarian Option: Potato, soy mince & veg rolls with corn cobs	Creamy chicken veggie pasta. Vegetarian option: Creamy vegetable & tofu pasta	Cheesy Pizza with basil	Beef stroganoff with plain rice Vegetarian Option; Tofu & vegetables stroganoff with plain rice
6 16 – 20 Aug	Chicken stir-fry noodles Vegetarian option: Tofu stir-fry noodles	Spaghetti Bolognese Vegetarian Option: Tofu & vegetables Bolognese	Chicken meatballs with plain rice Vegetarian Option: Soy mince & veggie balls with plain rice	Lamb korma with couscous Vegetarian Option: Tofu & vegetable korma with couscous	Crumbed fish fingers with mash potatoes and vegetables Vegetarian Option: Vegetable cakes with mash potatoes & vegetables
7 23 – 27 Aug	Sausage rolls with corn cobs Vegetarian Option: Potato, soy mince & veg rolls with corn cobs	Creamy chicken veggie pasta. Vegetarian option: Creamy vegetable & tofu pasta	Cheesy Pizza with basil	Beef stroganoff with plain rice Vegetarian Option; Tofu & vegetables stroganoff with plain rice	Chicken stir-fry noodles Vegetarian option: Tofu stir-fry noodles
8 30 Aug – 3 Sep	Spaghetti Bolognese Vegetarian Option: Tofu & vegetables Bolognese	Chicken meatballs with plain rice Vegetarian Option: Soy mince & veggie balls with plain rice	Lamb korma with couscous Vegetarian Option: Tofu & vegetable korma with couscous	Crumbed fish fingers with mash potatoes and vegetables Vegetarian Option: Vegetable cakes with mash potatoes & vegetables	Sausage rolls with corn cobs Vegetarian Option: Potato, soy mince & veg rolls with corn cobs
9 6 – 10 Sep	Creamy chicken veggie pasta. Vegetarian option: Creamy vegetable & tofu pasta	Cheesy Pizza with basil	Beef stroganoff with plain rice Vegetarian Option; Tofu & vegetables stroganoff with plain rice	Chicken stir-fry noodles Vegetarian option: Tofu stir-fry noodles	Spaghetti Bolognese Vegetarian Option: Tofu & vegetables Bolognese
10 13 – 17 Sep	Chicken meatballs with plain rice Vegetarian Option: Soy mince & veggie balls with plain rice	Lamb korma with couscous Vegetarian Option: Tofu & vegetable korma with couscous	Crumbed fish fingers with mash potatoes and vegetables Vegetarian Option: Vegetable cakes with mash potatoes & vegetables	Sausage rolls with corn cobs Vegetarian Option: Potato, soy mince & veg rolls with corn cobs	Creamy chicken veggie pasta. Vegetarian option: Creamy vegetable & tofu pasta