

Winter Menu

Lunch order menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1, 5 & 9	Cheesy Potato <u>w</u> flatbread and green veggies	Tandoori Chicken Curry <u>w</u> rice & vegetables	Roasted Pumpkin & Capsicum soup <u>w</u> bread roll	Lamb Fajitas <u>w</u> vegetables	Beef stir-fry <u>w</u> noodles & salad
Dietary option	DF/Vegan cheese	Vegetable curry	DF/Vegan	Lentil black bean Fajitas	Tofu & vegetable stir-fry
Week 2, 6 & 10	Potato & Leek soup <u>w</u> bread	Chicken & vegetable stir-fry <u>w</u> rice	Beef Bolognese <u>w</u> pasta & vegetables	Roast chicken <u>w</u> Pita bread	Lamb tacos <u>w</u> roasted vegetables
Dietary option	DF/Vegan	Vegetable & mushroom stir-fry	Vegan Bolognese	DF/Vegan	Beans & Tofu taco
Week 3 & 7	Homemade pizza <u>w</u> salad	Chicken & mushroom risotto <u>w</u> vegetables	Beef meatballs <u>w</u> spaghetti & steamed vegetables	Red lentil curry soup <u>w</u> bread roll	Apricot chicken <u>w</u> rice & roast broccoli
Dietary option	Cheesy vegan pizza	Mushroom & pumpkin risotto	Vegan Meatballs	DF/Vegan	Vegan nuggets
Week 4 & 8	Chicken & vegetable Singapore noodles	Broccoli & leek soup <u>w</u> wholemeal bread	Chilli con carne <u>w</u> rice	Mac & Cheese <u>w</u> Vegetables	Chicken & mushroom pasta
Dietary option	Vegetable stir-fry <u>w</u> noodles	DF/Vegan	Vegan mince	DF/Vegan cheese	Vegetable & mushroom pasta