

WEEK



NOTE. For those who have a food intolerance or allergy we will have a different meal service.



Food is a learning journey

MONDAY

CEREAL & MILK

CREAM
CAULIFLOWER
CURRY

WATERMELON
& SEASONAL
FRUITS



TUESDAY

FRESH FRUITS
PLATTER WITH
MILK

BEEF
LASAGNE

PLATTER OF
WHOLEMEAL
SANDWICHES
WITH CHEESE



WEDNESDAY

BIRCHER MUESLI

LAMB
SHEPHERD'S PIE

VANILLA
YOGHURT
WITH SEASONAL
FRUITS



THURSDAY

FRESH FRUITS
PLATTER
WITH MILK

CREAMY
CHICKEN PASTA
WITH SPINACH

ZUCCHINI &
CHOCO BITES



FRIDAY

CEREAL & MILK

TUNA
BOLOGNESE

BAKED ENGLISH
MUFFINS



Morning tea

* For cereals we have rice bubbles, corn flakes and weet-bix.

Lunch

*Each lunch meal will include at least 3 types of vegetables.

Afternoon tea

*Seasonal fruits served will be noted on daily charts or written menu.

Reviewed by Bhavnesh Sharma & Carline Moody
Implemented 01/11/2021
next review date: July 2022

WEEK

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MONDAY

CEREAL & MILK

LENTIL BOLOGNESE

MELON HEAD PLATTER

TUESDAY

FRESH FRUITS PLATTER WITH MILK

STIR FRY BEEF NOODLES

FRUIT JELLY

WEDNESDAY

BIRCHER MUESLI

LAMB TOMATO PASTA

CHEESE & FRUITS

THURSDAY

FRESH FRUITS PLATTER WITH MILK

DECONSTRUCTED CHICKEN PASTA & SALAD

CARROT CAKE SLICE

FRIDAY

CEREAL & MILK

FISH CURRY WITH RICE

BANANA BREAD

Morning tea

* For cereals we have rice bubbles, corn flakes and weet-bix.

Lunch

*Each lunch meal will include at least 3 types of vegetables.

Afternoon tea

*Seasonal fruits served will be noted on daily charts or written menu.

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MONDAY

CEREAL & MILK

DECONSTRUCTED BEAN NACHOS

WATERMELON & SEASONAL FRUITS



TUESDAY

FRESH FRUITS PLATTER WITH MILK

BEEF BOLOGNESE

WHOLEMEAL BREAD WITH CHEESE WITH DIP SAUCE



WEDNESDAY

BIRCHER MUESLI

LAMB TOMATO PASTA

FRUIT CRUMBLE



THURSDAY

FRESH FRUITS PLATTER WITH MILK

CREAMY CHICKEN FETTUCCINE ALFREDO WITH MUSHROOM

RAISIN TOAST AND RICOTTA CHEESE



FRIDAY

CEREAL & MILK

TUNA PASTA BAKED

ZUCCHINI & CORN BREAD



Morning tea

* For cereals we have rice bubbles, corn flakes and weet-bix.

Lunch

*Each lunch meal will include at least 3 types of vegetables.

Afternoon tea

*Seasonal fruits served will be noted on daily charts or written menu.

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ADDITIONAL INFORMATION

For who has food intolerance or allergies we will have the different meal to serve.

Each lunch meal will include at least 3 types of fresh vegetables.

For cereal, we have weet-bix, corn flakes or muesli.
