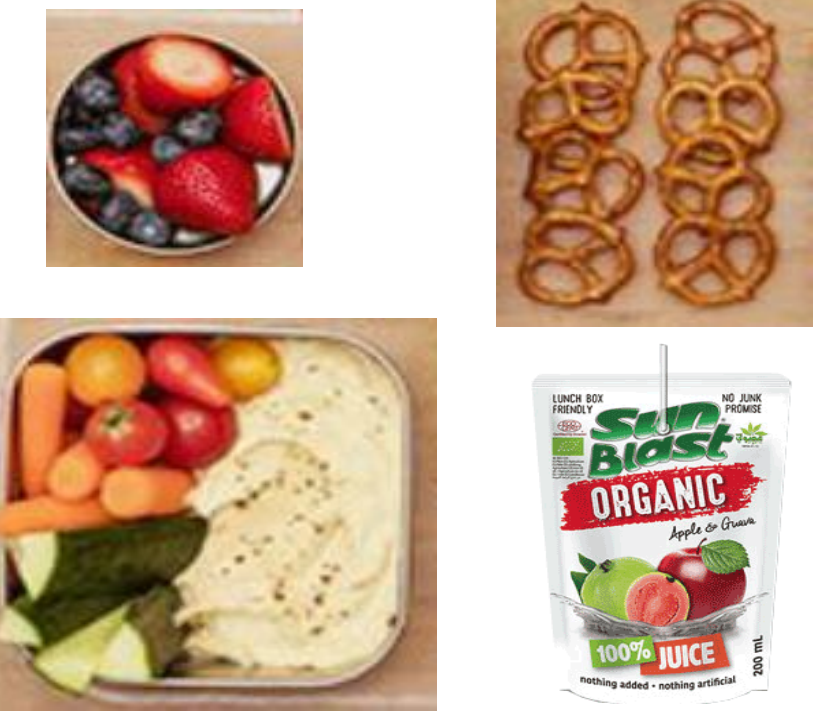






AM SNACK

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
AM SNACK	Vanilla Muffins with Fruit & Milk	Cornflakes with Fruit & Milk	Plain Mini Croissant with Fruit and Milk	Pan cakes with Honey with Fruit & Milk	Cornflakes with fruit & Milk

LUNCH OPTIONS

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Lunch Accompaniments	 <p>Mixed Berries, Pretzels, Veggies with Deep, Organic juice pouch</p>	 <p>Orange, Kiwi, banana, Granola bar, corn cup, Fruit Yogurt.</p>	 <p>Apple & Berry, Cucumber & tomato, Crakes, Fruit Juice</p>	 <p>Mixed veggies, grapes, crakes, organic juice</p>	 <p>Capsicum, carrot rolls, Sliced whole Bread, Apple & banana, Fruit Yogurt</p>

	SUNDAY	INGREDIENTS	MONDAY	INGREDIENTS	TUESDAY	INGREDIENTS	WEDNESDAY	INGREDIENTS	THURSDAY	INGREDIENTS
HOT MEAL	Beef Meatballs in a Fresh Tomato and Basil Sauce, served with white rice	Beef mince, Onion, Garlic, Celery, Shallots, tomato, basil, Salt.	Lasagna Bolognaise	Lean beef mince, Olive oil, garlic, pasta sheets, mozzarella cheese	Chicken Tagine	Boneless Chicken, olives, apricot, preserved lemon, onions, salt, black pepper, saffron,	Chili Chicken (Non Spicy)	Chicken boneless, soy sauce, spring onions, egg, flour, salt, pepper, oil	Bbq Chicken with Roast potato wedges	Chicken Breast, Bbq Sauce, Tomato Ketchup, Onion, Salt, Pepper
VEG MAIN MEAL	Spaghetti with Fresh Tomato sauce	Spaghetti, Onion, Garlic, Celery, Shallots, tomato, basil, Salt.	Vegetable Cottage Pie	Butter, onions, carrot, celery, leeks, herbs, green lentil, stock, tomato puree, potato, cheddar cheese.	Vegetable Lasagna	Traditional Vegetable Lasagna, topped with Mozzarella and Parmesan cheese	Stir fried Vegetable Noodles	egg noodles, garlic, red onions, French beans, carrots, spring onions, peppers, soy sauce, salt, pepper,	Roast Vegetables and bean Casserole	Kidney beans, corvettes, French beans, celeriac, carrot, beetroot, tomatoes, celery, leeks, bread crumbs,
Sandwich Option	Mini Grilled chicken sandwich	Whole bread, chicken, mild flavor, mayo light.	Cucumber & cheese Mini rolls	Sliced bread, cucumber, cheese low fat, yoghurt low fat.	Mini ham & cheese Buns	Whole buns, Ham, Low fat cheese.	Tuna Mini rolls sandwich	sliced whole bread, tuna in water, mayo, lemon juice.	Halloumi cheese wrap & yoghurt	pita bread whole wheat, Halloumi cheese light, lettuce, tomato, cucumber, marrow.

Low Fat Dairy products Are used in the food preparation.

Lean Meat is used in food preparation.

Nut Free Food.

AM SNACK

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
AM SNACK	Vanilla Muffins with Fruit & Milk	Cornflakes with Fruit & Milk	Plain Mini Croissant with Fruit and Milk	Pan cakes with Honey with Fruit & Milk	Cornflakes with fruit & Milk

LUNCH OPTIONS

	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
	SUNDAY	INGREDIENTS	MONDAY	INGREDIENTS	TUESDAY	INGREDIENTS	WEDNESDAY	INGREDIENTS	THURSDAY	INGREDIENTS
Lunch Accompaniments		Mixed Berries, Pretzels, Veggies with Deep, Organic juice pouch		Orange, Kiwi, banana, Granola bar, corn cup, Fruit Yogurt.		Apple & Berry, Cucumber & tomato, Crakes, Fruit Juice		Mixed veggies, grapes, crakes, organic juice		Capsicum, carrot rolls, Sliced whole Bread, Apple & banana, Fruit Yogurt
HOT MEAL	Lamb Kebab with Boiled Harra Potatoes	Lamb leg boneless, olive oil, onion, parsley, Arabic spices salt and black pepper, potatoes	Sweet Chicken	Beef Minced, Onion, Garlic, Basil, Tomato Sauce, Cheddar Cheese, Olive Oil	Chicken meatballs in brown sauce and Mashed potatoes	Chicken mince, Onion, Garlic, Celery, Shallots, demi glace, Salt. Potatoes, cream, butter, salt and pepper	Breaded Baked Fish fillet with potatoes	White Fish Fillet, Olive Oil, Fresh Basil, Tomato Sauce, Salt, Pepper	BBQ Oven baked Chicken drumsticks	boneless Chicken Breast, BBQ sauce, demi glaze for basting
VEG MAIN MEAL	Baked Penne, Cheese Sauce	Whole Wheat Penne Pasta, cheddar and mozzarella cheese, milk, butter, flour, cracked black pepper, sea salt	Vegetable Enchilada	Tortilla, Black Beans, red & green peppers, corn, Onion, Garlic, Cilantro, Cumin, Coriander Powder, Oregano, Cooking Cream, Cheese, Tomato Sauce With Cayenne Pepper	Penne Arabiatta	Potatoes, olive oil, garlic, spinach, onion, fresh basil, salt, egg beaten, black pepper, baked	Paneer Butter	Indian Cottage Cheese, Onion, Garlic, Red Chili Powder, Whole Spices, Cooking Cream, Coriander, Butter, Salt	Roast Vegetables and bean Casserole	Traditional Vegetable Lasagna, topped with Mozzarella and Parmesan cheese
Sandwich Option	Mini Grilled chicken sandwich	Whole bread, chicken, mild flavor, mayo light.	Cucumber & cheese Mini rolls	Sliced bread, cucumber, cheese low fat, yoghurt low fat.	Mini ham & cheese Buns	Whole buns, Ham, Low fat cheese.	Tuna Mini rolls sandwich	sliced whole bread, tuna in water, mayo, lemon juice.	Halloumi cheese wrap & yoghurt	pita bread whole wheat, Halloumi cheese light, lettuce, tomato, cucumber, marrow.

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Nut Free Food.

AM SNACK

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
AM SNACK	Vanilla Muffins with Fruit & Milk	Cornflakes with Fruit & Milk	Plain Mini Croissant with Fruit and Milk	Pan cakes with Honey with Fruit & Milk	Cornflakes with fruit & Milk

LUNCH OPTIONS

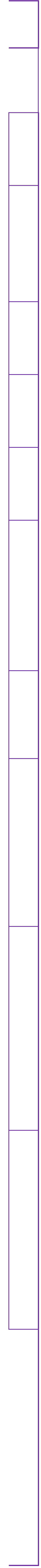
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Lunch Accompaniments					

	SUNDAY	INGREDIENTS	MONDAY	INGREDIENTS	TUESDAY	INGREDIENTS	WEDNESDAY	INGREDIENTS	THURSDAY	INGREDIENTS
HOT MEAL	Slow Cooked Beef Steak and potato pie, short crust top	Beef, Onion, Garlic, Green Pepper, Mushroom, Demi Glace, potato,, Salt, Pepper	Chicken Casserole	Boneless chicken , Onion, Garlic, Celery, Leeks, Tomato Paste, Demi Glace, Potato,	Stir Fried Sliced Chicken, soy sauce	Chicken Breast, Tomato Sauce, Garlic, soy sauce, spring onions, flour, chili, salt and cracked black pepper	Cajun Chicken Thighs, brown gravy, mashed potato	Chicken boneless, ginger, garlic, black pepper, soy sauce, teriyaki sauce, corn starch	BBQ chicken wings with Gravy and Diced Potato	Chicken, Green Bell Pepper, Broccoli, Carrot, Snap Peas, Soy Sauce, Corn Starch, Salt And Pepper.
VEG MAIN MEAL	Zucchini, marrow and ricotta Lasagna	Traditional Lasagna, topped with Mozzarella and Parmesan cheese	Mushroom and Potato Pie	Button mushrooms, spinach, onion, garlic, thyme, bay leaves, flour, butter, cream, mozzarella and parmesan cheese	Vegetable Lasagna	Traditional Vegetable Lasagna, topped with Mozzarella and Parmesan cheese	Lasagna Bolognaise	Lean beef mince, Olive oil, garlic, pasta sheets, mozzarella cheese	Vegetable Quesadillas	Shredded onion, garlic, mushroom, bell pepper, peppers, sweetcorn, broccoli, cheddar cheese and refined red beans
Sandwich Option	Mini Grilled chicken sandwich	Whole bread, chicken, mild flavor, mayo light.	Cucumber & cheese Mini rolls	Sliced bread, cucumber, cheese low fat, yoghurt low fat.	Mini ham & cheese Buns	Whole buns, Ham, Low fat cheese.	Tuna Mini rolls sandwich	sliced whole bread, tuna in water, mayo, lemon juice.	Roast Vegetables and bean Casserole	pita bread whole wheat, Halloumi cheese light, lettuce, tomato, cucumber, marrow.

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Lean Meat is used in food preparation.

Nut Free Food.



AM SNACK

	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
AM SNACK	Vanilla Muffins with Fruit & Milk		Cornflakes with Fruit & Milk		Plain Mini Croissant with Fruit and Milk		Pan cakes with Honey with Fruit & Milk		Cornflakes with Fruit & Milk	
										
	Mixed Berries, Pretzels, Veggies with Deep, Organic juice pouch		Orange, Kiwi, banana, Granola bar, corn cup, Fruit Yogurt.		Apple & Berry, Cucumber & tomato, Crakes, Fruit Juice		Mixed veggies, grapes, crakes, organic juice		Capsicum, carrot rolls, Sliced whole Bread, Apple & banana, Fruit Yogurt	
	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
HOT MEAL	Roast Turkey breast with Roast Potatoes & Gravy	Turkey breast, Oil, Rosemary, Black pepper	Lamb meat balls with gravy, Mashed potatoes	Beef fillet, garlic, thyme, bay leaves, flour, French beans, turnips, baby carrots, stock,	Chili Con Carne	Lean beef mince, t salt, black pepper, oregano, corn, paprika, cumin, brown sauce, tomato paste, tortilla bread	Slow cooked Mexican Lamb Stew with Steamed rice	lamb leg boneless, onion, celery, garlic, oregano, paprika, cumin, black bean, tomato paste, beef stock	Roast Beef Wellington, gravy, Mashed potatoes	beef fillet, olive oil, mushroom, butter, thyme, eggs, flour, puff pastry
VEG MAIN MEAL	Five Bean Fajita served with Tortilla,	Tortilla, Black Beans, red & green peppers, corn, Onion, Garlic, Cilantro, Cumin, Coriander Powder, Oregano, Cooking Cream, Cheese, Tomato Sauce With Cayenne Pepper	Fresh Tomato and Basil Penne Pasta	Whole wheat Pasta, tomato cheese	Greek Style Vegetable Moussaka	eggplant, olive oil, garlic, carrots, celery, leeks, egg, milk, parmesan cheese, tomato, cinnamon, mushrooms	Cottage Pie	Butter, onions, carrot, celery, leeks, herbs, green lentil, stock, tomato puree, potato, cheddar cheese.	Creamy Spinach Pasta Bake	spinach, onion, garlic, thyme, bay leaves, flour, butter, cream, pasta, mozzarella cheese
Sandwich Option	Mini Grilled chicken sandwich	Whole bread, chicken, mild flavor, mayo light.	Cucumber & cheese Mini rolls	Sliced bread, cucumber, cheese low fat, yoghurt low fat.	Mini ham & cheese Buns	Whole buns, Ham, Low fat cheese.	Tuna Mini rolls sandwich	sliced whole bread, tuna in water, mayo, lemon juice.	Halloumi cheese wrap & yoghurt	pita bread whole wheat, Halloumi cheese light, lettuce, tomato, cucumber, marrow.

Roast Vegetables and bean Casserole

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Lean Meat is used in food preparation.

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