



YEAR 2-13 MENU: 02.12.2019 - 13.12.2019

V= VEGETARIAN

| DATE | LUNCH | | | |
|---------------------------------------|--|--|---------------------|---|
| | MAIN COURSE | SIDE DISHES | NOODLE SOUP | SALAD & FRESH FRUIT <i>(Changes Daily)</i> |
| MONDAY 02/12/2019 | Seafood Tempura Mediterranean Chicken Stew Stir Fried Tofu & Vegetables V | Steamed Rice Mashed Potatoes Glazed Carrots | Beef & Vegetable | Assorted Salad & Fresh Fruit |
| TUESDAY 03/12/2019 | Fried Fish with Breadcrumbs Roast Beef with Gravy Tofu Green Curry V | Steamed Rice Roasted Pumpkin Mixed Vegetables | Chicken & Vegetable | Assorted Salad & Fresh Fruit |
| WEDNESDAY 04/12/2019 | Stir Fried Seafood with Vegetables Penne with Sausage in Tomato Sauce Sesame Tofu V | Steamed Rice Vegetables with Oyster Sauce Green Beans | Fish & Vegetable | Assorted Salad & Fresh Fruit |
| THURSDAY 05/12/2019 | Thai BBQ Chicken Fish Nuggets Spaghetti with Mushroom Sauce V | Steamed Rice Hand Cut Chips Corn, Peas & Carrots | Seafood & Vegetable | Assorted Salad & Fresh Fruit |
| FRIDAY 06/12/2019 | Vietnamese Beef Stew Fish Pie Pasta with Pesto Sauce V | Steamed Rice Buttered Carrots Stir Fried Broccoli | Chicken & Vegetable | Assorted Salad & Fresh Fruit |



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| MONDAY 09/12/2019 | Stir Fried Calamari with Vegetables Cocktail Sausages in BBQ Sauce Vegetable Pasta Bake V | Steamed Rice Sautéed Potatoes Grilled Corn | Fish & Vegetable | Assorted Salad & Fresh Fruit |
| TUESDAY 10/12/2019 | Southern Beef Noodles Fish Fingers Tofu Fried with Garlic and Fish Sauce V | Steamed Rice Baked Beans Mixed Vegetables | Chicken & Vegetable | Assorted Salad & Fresh Fruit |
| WEDNESDAY 11/12/2019 | Shepherds Pie Fried Chicken with Kaffir Lime Leaf Vegetable Chilli V | Steamed Rice Steamed Cauliflower Buttered Peas & Carrots | Beef & Vegetable | Assorted Salad & Fresh Fruit |
| THURSDAY 12/12/2019 | Sweet & Sour Fish Roast Chicken Pasta with Vegetable Cream Sauce V | Steamed Rice Mashed Potato Ratatouille | Fish & Vegetable | Assorted Salad & Fresh Fruit |
| FRIDAY 13/12/2019 | Thai Penang Beef Curry Assorted Pizza Sweet & Sour Tofu V | Steamed Rice Potato Wedges Braised Red Cabbage with Sesame Seeds | Chicken & Vegetable | Assorted Salad & Fresh Fruit |