



# October 2021

## Primary School



Please note that your child can choose between the vegetarian or the non-vegetarian option. Brown bread sandwiches with ham, salami, cheese, egg and tuna can be served instead of hot lunch.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Hotdog ( Chicken ) or Vega Hotdog (v) Potato wedges Peas and Carrots Yoghurt/Fresh Fruit
4	5	6	7	8
Beef with Tomato Sauce with Basil (H) or Cheese Sauce (v) Whole Grain Pasta Green Salad Yoghurt/Fresh Fruit	Roasted Turkey Slices with gravy or Omelet (v) Mashed Potatoes Green Beans Yoghurt/Fresh Fruit	Cordon Bleu /chicken with gravy or Vega Balls (v) Cooked potatoes Mixed Vegetables Yoghurt/Fresh Fruit	Chicken Drumsticks with gravy or Vega Roll (v) Brown Rice Broccoli Yoghurt/Fresh Fruit	Chicken burger  Vega Burger (v) Baked Potato slices Sweet Corn Yoghurt/Fresh Fruit
11	12	13	14	15
Beef with Bolognese Sauce (H) or Cheese Sauce (v) Whole Grain Pasta Mixed Salad Yoghurt/Fresh Fruit	Chicken Schnitzel with gravy or Vega Sausage (v) Brown Rice Peas and Carrots Yoghurt/Fresh Fruit	Fish Schnitzel Fish sauce or Vega Slice (v) Mashed Potatoes Broccoli Yoghurt/Fresh Fruit	Chicken Teriyaki  or Vega Teriyaki Noodles Green Beans Yoghurt/Fresh Fruit	Chicken nuggets  or Vega Nuggets (v) Potato wedges Sweet Corn Yoghurt/Fresh Fruit
18	19	20	21	22
VACATION	VACATION	VACATION	VACATION	VACATION
25	26	27	28	29
TEACHER WORK DAY	Beef with Napoli sauce or Cheese Sauce (v) Whole Grain Pasta Mixed Salad Yoghurt/Fresh Fruit	Beef in Tex Mex Taco or Tex Mex vega Tex mex Rice Corn Yoghurt/Fresh Fruit	Beef Meatballs Meat Sauce  Cheese Omelet (v) Mashed Potatoes Green Beans Yoghurt/Fresh Fruit	Cheese Pizza (v)  or Cheese Pizza (v)  Mixed Salad Yoghurt/Fresh Fruit

All meals are served with a drink; water or milk

(H): halal option; (V) vegetarian option; Pasta: whole wheat