



MAY MENU 2023



Week 1	01/05/2023	02/05/2023	03/05/2023	04/05/2023	05/05/2023
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	raisin bread(w)	orange & poppyseed cake	crispy wholemeal rice thins with a ricotta beetroot spread	Vegetable sticks w/- hommus	tasty cheese sandwiches(w, d)
LUNCH	honey soy chicken with vegetable fried rice and whole beans	mac & cheese with lentils served with carrot batons, cucumber fingers	mediterranean tuna pasta blended with tomato olives and capers, with a side of garlic bread(w,v)	Greek pastitsio (lasagne) and sweet potato and pumpkin mash	lamb meatballs on a bed of cous cous with beans and capsicum with a side of cucumber and tomato wedges
VEGETARIAN	chickpea and vegetable fried rice and whole beans	mac & cheese with lentils served with carrot batons, cucumber fingers	mediterranean chickpea pasta blended with tomato olives and capers with a side of garlic bread(w,v)	Falafel with sweet potato and pumpkin mash	cous cous with green beans, capsicum and red kidney beans with a side of cucumber and tomato wedges
ALLERGY LUNCH	Gluten free pasta green vegetables.	Gluten free pasta, tomato capers, olives. Vegetable sticks	Chicken curried rice , mixed vegetables	Gluten free pasta greek pastitsio (lasagne) and sweet potato and pumpkin mash	Lamb, rice, vegetables. Vegetable sticks
AFTERNOON TEA	lebanese triangles with Hommus	wholesome choc weetbix slice	Date drop scones	tasty cheese and wholemeal saladas	honey cornflake slice
MORNING TEA	creamy peach rice puree	chocolate custard	cinnamon stewed apple yoghurt	vanilla bean custard	greek yoghurt drizzled with manuka honey
LUNCH MASH/PUREE	Beef, carrot, zucchini, red lentil rice.	Chicken, carrot, sweet potato, yellow pea, rice	Beef, pumpkin, carrots, green split peas, rice	Chicken, yellow peas, carrots, zucchini, rice	Beef, carrots, broccoli, brown lentils, rice,
VEGETARIAN PUREE	carrot, zucchini, red lentil rice.	carrot, sweet potato, yellow pea, rice	pumpkin, carrots, green split peas, rice	yellow peas, carrots, zucchini, rice	carrots, broccoli, brown lentils, rice,
AFTERNOON TEA	apple puree	apricot puree	apple puree	peach puree	Apple puree



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Week 2	08/05/2023	09/05/2023	10/05/2023	11/05/2023	12/05/2023
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Raisin bread (w)	Vita wheats (w)and spread (af)	homemade coconut cookies	Corn bread(w)	Sandwiches (w,d)
LUNCH	Pumpkin ravioli with tomato sauce and parmesan	Lamb mince ragu with green peas, eggplant and elbow pasta(w) and artisan sourdough (w)	Beef stroganoff served with fragrant rice and greek yoghurt	Spinach and cheese filo pastries green beans and carrots	Spirali Pasta with flakes of tuna in a tefteli sauce (w,d) with vegetable crudites of broccoli and capsicum (af,y)
VEGETARIAN	Pumpkin ravioli with tomato sauce and parmesan	Eggplant, green pea tomato elbow pasta. artisan sourdough (w)	Lentil stroganoff served with fragrant rice and greek yoghurt	Spinach and cheese filo pastries green beans and carrots	Pasta, black beans, corn, capsicum , spinach.. Vegetable sticks.
ALLERGY LUNCH	Gluten free pasta with mixed vegetables and tomato sauce	Eggplant, green pea tomato elbow pasta(gf). with wholemeal rice thin	Beef stroganoff served with fragrant rice	Gluten free pasta with mixed vegetables and tomato sauce	Gluten free pasta, corn, capsicum, spinach.
AFTERNOON TEA	Cheese (d) and wholemeal rice thins(af)	apple cinnamon cake	Herb cheese scones (w,d)	Wholemeal biscuits (w,)	blueberry muffin slice
MORNING TEA	natural youghurt with berry coulis	Vanilla custard with stewed fruit	creamy apple rice puree	vanilla bean custard	greek yoghurt with mango puree
LUNCH MASH/PUREE	Beef, carrot, zucchini, red lentil rice.	Chicken, carrot, sweet potato, yellow pea, rice	Beef, pumpkin, carrots, green split peas, rice	Chicken, yellow peas, carrots, zucchini, rice	Beef, carrots, broccoli, brown lentils, rice,
VEGETARIAN PUREE	carrot, zucchini, red lentil rice.	carrot, sweet potato, yellow pea, rice	pumpkin, carrots, green split peas, rice	yellow peas, carrots, zucchini, rice	carrots, broccoli, brown lentils, rice,
AFTERNOON TEA	Apple puree.	Apricot puree	Apple puree	Peach puree	Apple puree



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Week 3	15/05/2023	16/05/2023	17/05/2023	18/05/2023	19/05/2023
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Cheese (d) and water crackers (w)	Wholemeal apricot rock cakes (w)	Lemon coconut slice	Muesli biscuits (w,)	Wholemeal rice thins (af) chickpea hommus (d)
LUNCH	Cottage pie with carrots and green beans and topped with sweet potato mash	Mediterranean fish with tomatoes, baby spinach and brown rice (v) Vegetable Sticks(v,af)	Mexican style chicken fried rice with sweet potato and broccoli (af) fajita wrap Vegetable Sticks(v,af)	Homemade flaky sausage rolls with tomato relish (w) Vegetable Sticks(v,af)	Singapore rice noodles with chickpeas, broccoli, capsicum, cabbage (w,v) Vegetable Sticks(v,af)
VEGETARIAN	Lentil cottage pie with carrots and green beans and topped with sweet potato mash	Lentils with tomatoes, baby spinach and brown rice (v) Vegetable Sticks(v,af)	Mexican style black bean rice with sweet potato and broccoli (af) fajita wrap Vegetable Sticks(v,af)	Homemade flaky vegetable rolls with tomato relish (w) Vegetable Sticks(v,af)	Singapore rice noodles with chickpeas, broccoli, capsicum, cabbage (w,v) Vegetable Sticks(v,af)
ALLERGY LUNCH	Cottage pie with carrots and green beans and topped with sweet potato mash	Allergy free pasta with tomato sauce. Vegetable sticks.	Chicken fillets, rice. Mixed salad leaves.	Lamb rice pilaff with vegetables.	Gluten free pasta with broccoli, capsicum, cabbage.
AFTERNOON TEA	Raisin bread (w)	Lebanese bread triangles and spreads(w,d)	White bean loaf (w)	Cheese (d) and wholemeal crackers (w)	Coconut apricot slice
MORNING TEA	cinnamon stewed apple yoghurt	vanilla bean custard	greek yoghurt drizzled with manuka honey	natural yoghurt with berry coulis	Vanilla custard with stewed fruit
LUNCH MASH/PUREE	Carrots, zucchini, rice	Sweet Potato, carrots, rice	Carrots, zucchini rice	Pumpkin, zucchini, rice	Carrots, zucchini, rice
VEGETARIAN PUREE	Beef, carrot, red/brown lentil/green split peas, rice.	Chicken, carrot, yellow pea, rice	Beef, carrots, brown/red/green split peas, rice	Chicken, yellow peas, carrots, rice	Beef, carrots, brown/red lentils/green split peas, rice,
AFTERNOON TEA	Apple puree.	Apricot puree	Apple puree	Peach puree	Apple puree



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Week 4	22/05/2023	23/05/2023	24/05/2023	25/05/2023	26/05/2023
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Raisin bread (w)	Haloumi cheese scones(w, d)	Oat biscuits (w,)	Sandwiches (w,d)	Cheese(d) and sao (w)
LUNCH	Vegetarian frittata with beans, carrots and zucchini with a side of cucumber and tomato wedges	Spinach and cottage cheese pasta (w,d,v) Vegetable sticks(af,v)	Indian butter chicken casserole with carrots and green beans (af) and basmati Rice(af,v)	Beef chow mien with peas, carrots, broccoli, (w) Vegetable sticks(af,v)	Oven baked fish fillets (w) Mash potato, cauliflower, parsnip (d,v)
VEGETARIAN	Vegetarian frittata with beans, carrots and zucchini with a side of cucumber and tomato wedges	Spinach and cottage cheese pasta (w,d,v) Vegetable sticks(af,v)	Indian style dahl casserole with carrots and green beans (af) and basmati Rice(af,v)	Vegetable chow mien with vegetable sticks. Flat bread	Vegetable patties with mash potato, cauliflower and parsnip
ALLERGY LUNCH	Gluten free beef sausage and vegetable rice bowl.	Gluten free pasta and spinach toss. Vegetable sticks	Chicken, rice, and vegetable toss. Vegetable sticks.	Gluten free beef pasta and vegetables.	Chicken rice and vegetable pilaff.
AFTERNOON TEA	Cheese(d) wholegrain rice thins (af)	Lemon semolina bread (w)	Mint raita dip(d) and flat bread (w)	Pineapple slice (w)	Weet bix bars (w) and spread (af)
MORNING TEA	creamy apple rice puree	vanilla bean custard	greek yoghurt with mango puree	creamy peach rice puree	chocolate custard
LUNCH MASH/PUREE	Carrots, zucchini, rice	Sweet Potato, carrots, rice	Carrots, zucchini rice	Pumpkin, zucchini, rice	Carrots, zucchini, rice
VEGETARIAN PUREE	Beef, carrot, red/brown lentil/green split peas, rice.	Chicken, carrot, yellow pea, rice	Beef, carrots, brown/red/green split peas, rice	Chicken, yellow peas, carrots, rice	Beef, carrots, brown/red lentils/green split peas, rice,
AFTERNOON TEA	Apple puree.	Apricot puree	Apple puree	Peach puree	Apple puree