



JULY MENU 2023



Week 1	03/07/2023	04/07/2023	05/07/2023	06/07/2023	07/07/2023
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	raisin bread(w)	Sultana cake(w)	crispy wholemeal rice thins with a ricotta beetroot spread(d)	Vegetable sticks w/- hommus(sesame)	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(d,v)	mediterranean tuna pasta blended with tomato olives and capers, with a side of garlic bread(w)	BBQ beef sausages(af) with rich brown gravy(w) and sweet potato and pumpkin mash	lamb meatballs on a bed of cous cous with beans and capsicum with a side of cucumber and carrot sticks (w)
VEGETARIAN	chickpea and vegetable fried rice and whole beans	mac & cheese with lentils served with carrot batons, cucumber fingers(d,v)	mediterranean chickpea pasta blended with tomato olives and capers with a side of garlic bread(w,v)	Falafel with sweet potato and pumpkin mash(v, sesame)	cous cous with green beans, capsicum and red kidney beans with a side of cucumber and carrot sticks
ALLERGY LUNCH	Gluten free pasta green vegetables.	Gluten free pasta, tomato capers, olives. Vegetable sticks	Chicken curried rice , mixed vegetables	BBQ beef sausages(af) and sweet potato and pumpkin mash	Lamb, rice, vegetables. Vegetable sticks
AFTERNOON TEA	lebanese triangles with Hommus(sesame)	wholesome choc weetbix slice(d)	Date drop scones(w)	tasty cheese and wholemeal salads(w,d)	Honey oat bars(w,d)
MORNING TEA	creamy peach rice puree	chocolate custard	cinnamon stewed apple yoghurt	vanilla bean custard	greek yoghurt drizzled with berry 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



JULY MENU 2023



Week 2	10/07/2023	11/07/2023	12/07/2023	13/07/2023	14/07/2023
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Raisin bread (w)	Vita wheats (w)and spread (af)	homemade coconut cookies(w,d)	Crumpets with strawberry jam(w)	Cheese and vegemite sandwiches (w,d)
LUNCH	Pumpkin ravioli with tomato sauce and parmesan(w,d)	Beef mince ragu with green peas, eggplant and elbow pasta(w) and artisan sourdough (w)	Chicken, spinach and cheese pasta green beans and carrots and tomato sauce(w,d,)	Beef and vegetable casserole with carrots, sweet potato, beans and cauliflower	Spirali Pasta with flakes of tuna in a white cheese sauce (w,d) with vegetable crudites of broccoli and capsicum (af,v)
VEGETARIAN	Pumpkin ravioli with tomato sauce and parmesan(w,d)	Eggplant, chickpea, green pea tomato elbow pasta. artisan sourdough (w)	Lentil, spinach and cheese pasta green beans and carrots and tomato sauce(w,d,)	Chickpea and vegetable casserole with carrots, sweet potato, beans and cauliflower	Spirali Pasta black beans in a white cheese sauce (w,d) with vegetable crudites of broccoli and capsicum (af,v)
ALLERGY LUNCH	Gluten free pasta with mixed vegetables and tomato sauce	Eggplant, chickpea, green pea tomato elbow pasta(gf). with wholemeal rice thin	Gluten free pasta with mixed vegetables and tomato sauce	Beef and vegetable casserole with carrots, sweet potato, beans and cauliflower	Gluten free pasta, corn, capsicum, spinach.
AFTERNOON TEA	Cheese (d) and wholemeal rice thins(af)	apple cinnamon cake(w)	Herb cheese scones (w,d)	Wholemeal biscuits (w,)	blueberry muffin slice(w)
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



JULY MENU 2023



Week 3	17/07/2023	18/07/2023	19/07/2023	20/07/2023	21/07/2023
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Raisin bread (w)	Wholemeal apricot rock cakes (w,d)	Lemon coconut slice(w,d)	Anzac cookies(w)	Wholemeal rice thins (af) chickpea hommus (d)
LUNCH	Pasta elbows with chicken , tomatoes and olives, served with garlic bread (w,d)	Mediterranean fish with tomatoes, baby spinach and brown rice (v) Vegetable Sticks(v,af)	French chicken chasseur with mushrooms and beans (d) steamed rice	Homemade flaky sausage rolls with tomato relish (w) Vegetable Sticks(v,af)	Beef and elbow pasta with tomato, broccoli, capsicum, cabbage (w,v) Vegetable Sticks(v,af)
VEGETARIAN	Pasta elbows with lentils , tomatoes and olives, served with garlic bread(w,d)	Lentils with tomatoes, baby spinach and brown rice (v) Vegetable Sticks(v,af)	French chickpea chasseur with mushrooms and beans (d) steamed rice	Homemade flaky chickpea and vegetable rolls with tomato relish (w) Vegetable Sticks(v,af)	Elbow pasta with chickpeas, tomato, broccoli, capsicum, cabbage (w,v) Vegetable Sticks(v,af)
ALLERGY LUNCH	Chicken rice and vegetable pilaff.	Gluten 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	Zucchini, carrot and honey muffin slice(w)	Lebanese bread triangles and hommus(sesame)(w)	White bean loaf (w)	Cheese (d) and wholemeal crackers (w)	Coconut apricot slice(w,d)
MORNING TEA	creamy peach rice puree	vanilla bean custard	greek yoghurt drizzled with peach puree	natural youghurt with berry coulis	Vanilla custard with stewed fruit
LUNCH MASH/PUREE	Beef, carrots, brown/red lentils/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,
VEGETARIAN PUREE	carrots, broccoli, brown lentils, 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



JULY MENU 2023



Week 4	24/07/2023	25/07/2023	26/07/2023	27/07/2023	28/07/2023
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Raisin bread (w)	Haloumi cheese scones(w, d)	Oat biscuits (w,)	Cheese and vegemite sandwiches (w,d)	Cheese(d) and sao (w)
LUNCH	Vegetarian shepherds pie with sweet potato mash(v, d)	Beef and vegetable casserole with pasta, green peas and cauliflower	Chicken bolognaise casserole with carrots and green beans (af) with Brown rice	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 shepherds pie with sweet potato mash(v, d)	Black bean and vegetable casserole with pasta, green peas and cauliflower	Lentil and tomato casserole with carrots and green beans (af) with Brown rice	Vegetable chow mien with vegetable sticks. Flat bread (w)	Vegetable patties with mash potato, cauliflower and parsnip(v)
ALLERGY LUNCH	Gluten free beef sausage and vegetable rice bowl.	Gluten free beef pasta and vegetables.	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)	Zucchini, carrot and honey muffin slice(w)
MORNING TEA	creamy apple rice puree	vanilla bean custard	greek yoghurt with mango puree	creamy peach rice puree	chocolate custard
LUNCH MASH/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
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