



## JUNE MENU 2023



Week 1	29/05/2023	30/05/2023	31/05/2023	01/06/2023	02/06/2023
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b>	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)
<b>LUNCH</b>	chicken with vegetable casserole with a cheese dumpling crust(w,d)	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)	Greek pastitsio (lasagne) and sweet potato and pumpkin mash(w,d)	lamb meatballs on a bed of cous cous with beans and capsicum with a side of cucumber and tomato wedges(w)
<b>VEGETARIAN</b>	chickpea with vegetable casserole with a cheese dumpling crust(w,d)	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 tomato wedges
<b>ALLERGY LUNCH</b>	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
<b>AFTERNOON TEA</b>	lebanese triangles with Hommus(sesame)	wholesome choc weetbix slice(d)	Date drop scones(w)	tasty cheese and wholemeal saladas(w,d)	Honey oat bars(w,d)
<b>MORNING TEA</b>	creamy peach rice puree	chocolate custard	cinnamon stewed apple yoghurt	vanilla bean custard	greek yoghurt drizzled with berry puree
<b>LUNCH MASH/PUREE</b>	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,
<b>VEGETARIAN PUREE</b>	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,
<b>AFTERNOON TEA</b>	apple puree	apricot puree	apple puree	peach puree	Apple puree



## JUNE MENU 2023



Week 2	05/06/2023	06/06/2023	07/06/2023	08/06/2023	09/06/2023
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b>	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)
<b>LUNCH</b>	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 tefteli sauce (w,d) with vegetable crudites of broccoli and capsicum (af,v)
<b>VEGETARIAN</b>	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	Pasta, black beans, corn, capsicum , spinach.. Vegetable sticks.(w)
<b>ALLERGY LUNCH</b>	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.
<b>AFTERNOON TEA</b>	Cheese (d) and wholemeal rice thins(af)	apple cinnamon cake(w)	Herb cheese scones (w,d)	Wholemeal biscuits (w,)	blueberry muffin slice(w)
<b>MORNING TEA</b>	natural youghurt with berry coulis	Vanilla custard with stewed fruit	creamy apple rice puree	vanilla bean custard	greek yoghurt with mango puree
<b>LUNCH MASH/PUREE</b>	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,
<b>VEGETARIAN PUREE</b>	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,
<b>AFTERNOON TEA</b>	Apple puree.	Apricot puree	Apple puree	Peach puree	Apple puree



## JUNE MENU 2023



Week 3	12/06/2023	13/06/2023	14/06/2023	15/06/2023	16/06/2023
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b>	Raisin bread (w)	Wholemeal apricot rock cakes (w,d)	Lemon coconut slice(w,d)	Anzac cookies(w)	Wholemeal rice thins (af) chickpea hommus (d)
<b>LUNCH</b>	Pasta elbows with tuna , tomatoes and olives, served with garlic bread (w,d)	Mediterranean fish with tomatoes, baby spinach and brown rice (v)  Vegetable Sticks(v,af)	Morrocan chicken tagine with sweet potato and broccoli (af) cous cous(w) 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)
<b>VEGETARIAN</b>	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)	Morrocan chickpea tagine with sweet potato and broccoli (af) cous cous Vegetable Sticks(v,af)	Homemade flaky chickpea and vegetable rolls with tomato relish (w) Vegetable Sticks(v,af)	Singapore rice noodles with chickpeas, broccoli, capsicum, cabbage (w,v) Vegetable Sticks(v,af)
<b>ALLERGY LUNCH</b>	Chicken rice and vegetable pilaff.	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.
<b>AFTERNOON TEA</b>	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)
<b>MORNING TEA</b>	creamy peach rice puree	vanilla bean custard	greek yoghurt drizzled with peach puree	natural youghurt with berry coulis	Vanilla custard with stewed fruit
<b>LUNCH MASH/PUREE</b>	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,
<b>VEGETARIAN PUREE</b>	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,
<b>AFTERNOON TEA</b>	Apple puree	Apricot puree	Apple puree	Peach puree	Apple puree



## JUNE MENU 2023



Week 4	19/06/2023	20/06/2023	21/06/2023	22/06/2023	23/06/2023
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b>	Raisin bread (w)	Haloumi cheese scones(w, d)	Oat biscuits (w,)	Cheese and vegemite sandwiches (w,d)	Cheese(d) and sao (w)
<b>LUNCH</b>	Vegetarian slice with beans, carrots and zucchini with a side of cucumber and tomato wedges(v,d)	Beef and vegetable cottage pie with sweet potato mash (d)	Chicken bolognaise pasta bake (w,d)  Vegetable sticks.	Beef chow mien with peas, carrots, broccoli, (w)  Vegetable sticks(af,v)	Oven baked fish fillets (w)  Mash potato, cauliflower, parsnip (d,v)
<b>VEGETARIAN</b>	Vegetarian slice with beans, carrots and zucchini with a side of cucumber and tomato wedges(v,d)	Black bean and vegetable cottage pie with sweet potato mash(d)	Brown rice with kidney beans, carrots, zucchini and green beans and feta(d)	Vegetable chow mien with vegetable sticks. Flat bread (w)	Vegetable patties with mash potato, cauliflower and parsnip(v)
<b>ALLERGY LUNCH</b>	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.
<b>AFTERNOON TEA</b>	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)
<b>MORNING TEA</b>	creamy apple rice puree	vanilla bean custard	greek yoghurt with mango puree	creamy peach rice puree	chocolate custard
<b>LUNCH MASH/PUREE</b>	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
<b>VEGETARIAN PUREE</b>	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,
<b>AFTERNOON TEA</b>	Apple puree.	Apricot puree	Apple puree	Peach puree	Apple puree