



		PRESCHOOL		PRIMARY SCHOOL	
		NON-VEG	VEG	NON-VEG	VEG
WEEK ONE	MONDAY	Fish fillet salad with carrots, cabbages, tomatoes, onion and cucumber in a wrap	Vegetables salad and red beans in a wrap	Tuna salad melt Panini	Cheese salad melt Panini
	TUESDAY	Cantonese rice with eggs and mixed vegetables	Cantonese rice with mixed vegetables and teokon	Cantonese rice with eggs and mixed vegetables	Cantonese rice with mixed vegetables and teokon
	WEDNESDAY	Vegetable and chicken soup with vermicelli	Vegetable soup with vermicelli and bean sprouts	Chicken burger, cheese, salad in bread	Veg burger, cheese, salad in bread
	THURSDAY	Spaghetti Bolognese (lamb)	Spaghetti Napolitana with cheese	Spaghetti Bolognese (lamb)	Spaghetti Napolitana with cheese
	FRIDAY	Club sandwich with Cheese, lettuce or cucumber	Club sandwich with Cheese, lettuce or cucumber	Club sandwich with Cheese, lettuce and cucumber	Club sandwich with Cheese, lettuce / cucumber
WEEK TWO	MONDAY	Fish in red sauce with green lentils rice and carrot salad	Rougaille soya with green lentils and rice	Pizza Panini (Chicken + vegetable)	Pizza Panini (mushroom + vegetable)
	TUESDAY	Warm creamy mushroom pasta and sausages	Warm creamy mushroom pasta	Warm creamy mushroom pasta and sausages	Warm creamy mushroom pasta
	WEDNESDAY	Chicken and sweet corn soup served with bread	Steamed chouchou, sweet corn served with bread	Chicken and sweet corn rissole with salad in a roll	Vegetable and sweet corn rissole with salad in a roll
	THURSDAY	Scrambled eggs in red sauce, red lentils with rice	Steamed pumpkin, red lentils and rice	Scrambled eggs in red sauce, red lentils and rice	Steamed pumpkin, red lentils and rice
	FRIDAY	Lightly stir-fried noodles with chicken and vegetables	Lightly stir-fried Noodles with vegetables & teokon	Grilled Chicken salad wrap with mayonnaise	Gently fried teokon and salad wrap