

WEEKLY LUNCH MENU

Term 3, 2022



		PRESCHOOL		PRIMARY SCHOOL	
		NON-VEG	VEG	NON-VEG	VEG
WEEK ONE	MONDAY	Saffron rice with chicken & veg	Saffron rice with mixed vegetables	Tuna mayo & sweetcorn in a bread roll	Paneer fricassé in a bread roll
	TUESDAY	Warm pasta Napolitana with mixed veg & cheese	Warm pasta Napolitana with mixed veg & cheese	Warm pasta Napolitana with mixed veg & cheese	Warm pasta Napolitana with mixed veg & cheese
	WEDNESDAY	Cheese and Salad Sandwich	Cheese and Salad Sandwich	Cheese and Salad Sandwich	Cheese and Salad Sandwich
	THURSDAY	Chicken daube with pumpkin puree served with rice	Potato and veg daube with pumpkin served with rice	Chicken daube with pumpkin served with rice	Potato and veg daube with pumpkin served with rice
	FRIDAY	Stir fried noodles with eggs, carrots, cabbage	Stir fried noodles - carrots, cabbage, spring onions	Boiled noodles with eggs, carrots, cabbage	Boiled noodles with carrots, cabbage
WEEK TWO	MONDAY	Kitchiri with veg & tomato chutney	Kitchiri with veg & tomato chutney	Pesto and Cheese Panini	Pesto and Cheese Panini
	TUESDAY	Chicken Alfredo Spaghetti	Vegetables Alfredo Spaghetti	Chicken Alfredo Spaghetti	Vegetables Alfredo Spaghetti
	WEDNESDAY	Garden vegetables soup	Garden vegetables soup	Egg mayonnaise sandwich	Cheese and lettuce sandwich
	THURSDAY	Rice with lentils, chouchou and fish cooked in red sauce	Rice with lentils, chouchou and rougaille peas	Rice with lentils, chouchou and fish cooked in red sauce	Rice with lentils, chouchou and rougaille peas
	FRIDAY	Bread pizza with vegetables & chicken	Bread pizza with Cheese and Vegetables	Chicken rissole and salad bread roll	Veg rissole and salad bread roll