

WEEKLY LUNCH MENU

Term 3, 2023



		PRESCHOOL		PRIMARY SCHOOL	
		NON-VEG	VEG	NON-VEG	VEG
WEEK ONE	MONDAY	Saffran rice with chicken & veg	Saffran rice with mixed vegetables	Chicken fricassé & onions in a baguette	Paneer fricassé in a baguette
	TUESDAY	Pasta salad with eggs, mayonnaise & mixed veg	Warm pasta Napolitana with mixed veg & cheese	Pasta salad with eggs, mayonnaise & mixed veg	Warm pasta Napolitana with mixed veg & cheese
	WEDNESDAY	Saute with veggies & sausages served in bread	Saute veggies served in bread	Saute sausage, mushroom and veg in baguette	Saute veg sausage and veggies in baguette
	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	Tuna melt panini	Cheese melt panini
WEEK TWO	MONDAY	Kitchiri with veg & tomato chutney	Kitchiri with veg & tomato chutney	Grilled Chicken and salad panini with mayo	Gently fried Teokon with onions and salad panini
	TUESDAY	Chicken and Spinach Alfredo Spaghetti	Spinach Alfredo Spaghetti	Chicken Alfredo Spaghetti	Spinach Alfredo Spaghetti
	WEDNESDAY	Garden vegetables soup	Garden vegetables soup	Egg mayonnaise and lettuce sandwich	Veg Crispy 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 lettuce in bread	Veg Rissole and lettuce in bread