

WEEKLY LUNCH MENU

Term 2, 2024



PRESCHOOL

PRIMARY SCHOOL

NON-VEG

VEG

NON-VEG

VEG

MONDAY

Thick watercress and vegetable soup with croutons

Thick watercress and vegetable soup with croutons

Stuffed bread with grilled chicken and salad

Stuffed bread with grilled tofu, mushrooms and salad

TUESDAY

Cantonese rice with eggs and mixed vegetables

Cantonese rice with mixed vegetables and soya

Cantonese rice with eggs and mixed vegetables

Cantonese rice with mixed vegetables and soya

WEDNESDAY

Tuna melt panini / toasted bread, with cabbage and carrot salad

Cheese melt panini/toasted bread, with cabbage and carrot salad

Tuna melt panini / toasted bread, with cabbage and carrot salad

Cheese melt panini/toasted bread, with cabbage and carrot salad

THURSDAY

Alfredo chicken Spaghetti with spinach

Alfredo cheese Spaghetti with spinach

Alfredo chicken Spaghetti with spinach

Alfredo cheese Spaghetti with spinach

FRIDAY

Club sandwich with Cheese, grated carrots and lettuce

Club sandwich with Cheese, grated carrots and lettuce

Club sandwich with Cheese, grated carrots and lettuce

Club sandwich with Cheese,grated carrots and lettuce

MONDAY

Chicken and sautéed bok choy served with rice

Bok choy and sautéed onion served with rice and mashed potatoes

Chicken and sautéed bok choy served with rice

Bok choy and sautéed onion served with rice and mashed potatoes

TUESDAY

Pasta in red sauce with Sausages and veggies

Pasta in red sauce with veggies and cheese

Pasta in red sauce with Sausages and veg

Pasta in red sauce with veggies and cheese

WEDNESDAY

Veggie and sweetcorn soup with rice noodles, served with bread

Veggie and sweetcorn soup with rice noodles, served with bread

Sautéed chicken, sweetcorn and veg in baguette

Sautéed tofu, sweetcorn and veg in baguette

THURSDAY

Black lentils and egg rougaille served with rice and sautéed chouchou

Black lentils and pea rougaille served with rice and sautéed chouchou

Black lentils and egg rougaille served with rice and sautéed chouchou

Black lentils and pea rougaille served with rice and sautéed chouchou

FRIDAY

Lightly stir-fried noodles with chicken and vegetables

Lightly stir-fried noodles with vegetables & soya

Tuna salad with lettuce and cucumber in a soft roll

Cheese salad and lettuce and cucumber in a soft roll