

WEEKLY LUNCH MENU

Term 2, 2020



		PRESCHOOL		PRIMARY SCHOOL	
		NON-VEG	VEG	NON-VEG	VEG
WEEK ONE	MONDAY	Spaghetti bolognese (lamb)	Spaghetti napolitana with cheese	Lamb burger, cheese, tomato	Spaghetti napolitana
	TUESDAY	Vegetable and chicken soup with vermicelli	Vegetable soup with vermicelli and bean sprouts	Stuffed bread with grilled chicken & salad	Vegetable soup with vermicelli and bean sprouts
	WEDNESDAY	Cantonese rice with eggs, chicken and mixed vegetables	Cantonese rice with mixed vegetables and teokon	Cantonese rice with eggs, chicken and mixed vegetables	Cantonese rice with mixed vegetables
	THURSDAY	Creamy fish and steamed vegetables	Steamed vegetables and red beans	Tuna melt panini	Steamed veggies and red beans
	FRIDAY	Cheese, lettuce or cucumber sandwich	Cheese, lettuce or cucumber sandwich	Cheese, cucumber sandwich	Cheese, cucumber sandwich
WEEK TWO	MONDAY	Fish vindaye with green lentils and rice	Rougaille soya with green lentils and rice	Baguette with fish vindaye & lettuce	Baguette with soya & lettuce
	TUESDAY	Chicken and sweetcorn soup served with bread	Steamed chouchou, sweetcorn served with bread	Stuffed bread with Chopsuey chicken and sweetcorn	Stuffed bread with steamed chouchou and sweetcorn
	WEDNESDAY	Warm creamy mushroom pasta	Warm creamy mushroom pasta	Warm creamy mushroom pasta	Warm creamy mushroom pasta
	THURSDAY	Scrambled eggs, red lentils and rice	Steamed pumpkin, red lentils and rice	Roti with pumpkin and egg rougaille	Roti with pumpkin and rougaille
	FRIDAY	Lightly stir-fried noodles with chicken, eggs and vegetables	Lightly stir-fried noodles with vegetables & teokon	Lightly stir-fried noodles - chicken, eggs, veggies	Lightly stir-fried noodles with vegetables