

WEEKLY MENUS

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	Chicken Parmesan Mashed potato w gravy Broccoli Carrots	Falafal pita pockets w/ hummus and salad, cheese	Ginger Beef stir- fry w/ vege Rice	Bean and cheese savoury Vege	Fish n chips Vege Ice-cream		
WEEK 2	Quiche Salad Potato salad	Beef stroganoff Rice Broccoli Carrots	Pizza	Nachos	Fish n chips Vege Ice-cream		
WEEK 3	Oaty balls Rice Ragu sauce Vege	Lemon chicken Cooked rice Vege	Red lentil loaf Potatoes Vege	Chicken pasta salad	Fish n chips Vege Ice-cream		
WEEK 4	Pizza	Sweet and sour pork Rice	Nachos	Fried rice	Fish n chips Vege Ice-cream		
WEEK 5	Quiche Coleslaw	Tuna pasta	Dhal Rice Vege	Potato gratin Carrots Peas	Fish n chips Vege Ice-cream		
WEEK 6	Chicken korma Rice Vege	Spaghetti & meat balls Ragu sauce Broccoli	Pesto chicken Rice Vege	Chicken pizza	Fish n chips Vege Ice-cream		

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 7	Burgers Salad		Jacket potatoes Salad		Fish n chips Vege Ice-cream		
WEEK 8		Fish Pie		Chicken and broccoli bake Carrots Peas	Fish n chips Vege Ice-cream		