

<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Preschool Entree/ Salad</b>		crudité	tomatoes wedges	crunchy tofu	avocado dip
<b>Main Course</b>	labor day	omelette aux fines herbes	chicken butter tika	poached fish in lemon grass broth	100% pure beef burger
<b>Variety of Salads</b>		carrots rapee	cucumber & red onions	soya beans and sprouts	iceberg & tomatoes
<b>Bread</b>		Assorted Rolls	Lebanese Bread	Wholemeal Bread	Sesame Free Bun
<b>Carbohydrate</b>		corn on the cob	basmati rice	rice noodles	roasted potatoes
<b>Vegetables</b>		Farandoles du Jardinier	cauliflower	Asian vegetables	beetroot and caramelised onions
<b>Dairy + Milk Option</b>		Fromage a la coupe	lassi	coconut cake	cheddar cheese
<b>Dessert</b>		Fresh Fruits	mango	Fresh Fruits	fruit calippo

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Preschool Entree/ Sa	pumpkin dip	scliced egg	cucumber stick	crudite	ricotta & basil dip
Main Course	Burgundy beef	RoastedPumpkin Ravioli with sage butter	Braised Chicken Serbian Style	steamed hoki fillet Mushroom sauce	Pizza Marguerite
Variety of Salad	garden salad	tree colors quinoa	Coleslaw	beans salade	caesar salad
Bread	Baguette	Assorted Roll	Lebanese bread	Wholemeal Bread	Foccacia
Carbohydrate	Mashed potatoes	pasta	spirally pasta	Longrain rice	Golden corn kernel
Vegetables	Green Beans & Mushroom	Peas & carrot	carrots & capsicum	vegetables medley	broccoli
Dairy + Milk Opt	Milk	lemon yogurt	Milk	Milk	mozzarella,parmesan & cheedar
Dessert	Fresh Fruits	Fresh Fruits	Chocolate gateau	Fresh Fruits	Fresh Fruits

<b>Week 4</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Preschool Entree/ Sa</b>	beet root dip	crudité	baby bocconcini	carrot baton	apple & celery
<b>Main Course</b>	Veal Marengo	double egg frittata	oven roasted chicken	fish tempura	Spirally bolognaise
<b>Variety of Salads</b>	carrot & beetroot rapee	beans quadrophenia	salad harlequin	crunchy greens	cucumber
<b>Bread</b>	Baguette	Wholemeal Roll	Lebanese Bread	petits pain	Baguette
<b>Carbohydrate</b>	rice pilaw	rosted potatoes	cous-cous	rice	pasta
<b>Vegetables</b>	peas	zuchinni and capsicum	chick peas and tomatoes	Broccoli and cauliflowers	eggplant
<b>Dairy + Milk Option</b>	milk	edam	milk	Lychee yoghurt	parmesan andMozzarella
<b>Dessert</b>	Fresh Fruits	Fresh Fruits	Apple crumble	Fresh Fruits	Fresh Fruits

<b>Week 5</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Preschool Entree/ Salad</b>	Spanakopita	celery and apple	carrots stick	garlic crostini	roma tomatoes
<b>Main Course</b>	Steamed Hoki Fillet Lemon sauce	Quiches Lorraine or Florentine	poulet bonne femme	pasta al forno	100% pure beef sausage
<b>Variety of Salads</b>	Coral Lettuce	Salad de printemps	green lettuce	arugula with parmesan shaving	mixed leaves
<b>Bread</b>	Baguette	short crust pastry	Flat Bread	Assorted Rolls	baguette
<b>Carbohydrate</b>	longrain rice	Corn & chick peas	potatoes	Pennes	mashed potatoes
<b>Vegetables</b>	Vegetable panache	broccoli	Mushroom, peas	Eggplant, zuccin i & peas	peas & caramelised Onions
<b>Dairy + Milk Option</b>	milk	citrus yoghurt	milk	cheese trio	milk
<b>Dessert</b>	Fresh Fruits	Fresh Fruits	chocolate chips cookies	Fresh Fruit	Fresh Fruit

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
Preschool Entree/ Sa	houmous dip	Roasted sweet potatoes dip	crudite	21 minutes egg	avocado dip
Main Course	lamb tagine	RICOTTA &spinash ravioli	chicken paella	nOKI IIIIET braised in tomato sauce	nachos
Variety of Salad	tabouli	Spinash	Iceberg and olives	rocquette	Tomatoes and cucumber salsa
Bread	Baguette	Wholemeal	Flat Bread	Baker's Selection	Tortilla
Carbohydrate	cous - cous	pasta	rice	cornette	rice
Vegetables	zuchinni and chick peas	broccoli	Green Beans & capsicum	valsedu jardin	CORNS KERNEL and red capsicum
Dairy + Milk Opt	Milk	vanilla yoghurt	milk	OrangeYoghurt	Monterey Jack
Dessert	Fresh Fruits	Fresh Fruits	caramel mud cake	Fresh Fruits	Fresh Fruits
	30/10/2017	31/10/2017	1/11/2017	2/11/2017	3/11/2017