

MENU / TERM 2

week 01

SUN.	MON.	TUE.	WED. International Day Arabic	THU. Pasta Day
Beef cottage Pie	Chicken cacciatore	Salmon fishcakes, lemon mayo	Chicken shish taouk	Wholewheat penne hidden vegetables Bolognese
Vegetable cottage Pie (V)	Eggplant parmesan (V)	Courgette, green peas and onion patty (V)	Grilled vegetables shish taouk (V)	Whole wheat penne, hidden vegetables Napoli (V)
Steamed sweet corn kernels	Parmesan polenta squares	Cherry tomato pasta salad	Arabic bread	Cheese sticks
Honey roasted carrots	Fresh Milk	Roasted sweet potato and carrot mash	Vegetable sticks	Orange wedges
Wholewheat roll	Focaccia bread slice	Unsalted popcorn	Hummus	Vegetable sticks and white bean dip
Lemon drizzle cake	Orange wedges	Fresh fruit salad	Oatmeal date cookies	Nut free muesli bars

week 02

			English	
Mexican chicken, capsicum, tomato ragu	Shepherds pie	Lemon chicken fricasée	Fish fingers, lemon mayo	Chicken meatballs, macaroni Napoli sauce
Mexican stuffed green capsicum with homemade tomato ragu (V)	Roasted vegetables pie (V)	Butterbean hot pot (V)	Courgette sticks, lemon mayo (V)	Vegetable, chickpea ball macaroni Napoli sauce (V)
Fiesta rice	Cauliflower cheese bake	Steamed rice	Roasted cubed potatoes	Cheese sticks
Mini corn on the cob	Carrot sticks	Lentil salad, cucumber, cherry tomato, celery	Cucumber soldiers	Fruit salad cup
Soft shell tortilla triangles	Unsalted popcorn	Wholewheat roll	Fresh Milk	Vegetable sticks and hummus
Pineapple cubes	Melon slices	Watermelon slices	Sticky date pudding	Bloom carrot cake

week 03

			Thai	
Beef broccoli stir fry	Roast chicken thyme gravy	Apricot lamb stew	Thai chicken curry	Grilled Chicken, cherry tomato fusilli
Mixed vegetable stir fry (V)	Tomato thyme tart (V)	Tomato and cheese rice croquettes (V)	Thai vegetable curry (V)	Grilled Courgette, cherry tomato fusilli pasta (V)
Steamed rice	Mashed Potatoes	Roasted vegetable couscous	Coconut rice	Cheese sticks
Sweet corn, red capsicum salad	Green salad, cucumber, cherry tomato, celery	Unsalted popcorn	Glass noodle salad, grated carrots, sliced green beans	Melon slices
Prawn crackers	Focaccia bread slice	Wholewheat roll	Wholewheat roti	Vegetable sticks and hummus
Orange wedges	Apricot bread pudding, custard	Fresh fruit salad	Honeydew melon slices	Bloom banana bread

week 04

			Greek	
Chicken tenders, housemade BBQ sauce	Beef meatballs, napoli sauce	Bloom chicken curry	Roasted lamb patties, potato, tomatoes	Turkey, cauliflower, leek, pea mac and cheese
Sweet potato cakes, homemade BBQ sauce (V)	Mint and pea rice croquettes, napoli sauce (V)	Paneer and tomato curry (V)	Baked mac and cheese croquettes (V)	Cauliflower, leek, pea mac and cheese (V)
Roasted cubed potatoes	Steamed carrots	Steamed rice	Chilled broccoli trees	Cheese sticks
Mixed bean salad	Mashed potatoes	Carrot sticks	Tzatziki dip	Fruit salad cup
Corn on the cob	Whole wheat roll	Paratha bread	Crispy pita bread triangles	Vegetable sticks and hummus
Nut free muesli bars	Watermelon slices	Pineapple cubes	Apple strawberry crumble, greek yogurt drizzle	Carrot mini muffin

