

MENU / TERM 3

week 01

SUN.

MON.

TUE.

WED.
International Day

THU.
Pasta Day

Minced beef, root vegetables and mashed potato bake
Vegetables and mashed potato bake (V)
Steamed sweet corn kernels
Honey roasted carrots
Whole-wheat roll
Nut free muesli bars

Chicken tenders, housemade BBQ sauce
Sweet potato cakes, housemade BBQ sauce (V)
Roasted cubed potatoes
Mixed bean salad
Corn on the cob
Watermelon slices

Lamb kofta
Grilled vegetable kebab (V)
Arabic bread
Vegetable sticks
Hummus
Oatmeal date cookies

Italian

Sauteed chicken, tomato, basil, capsicum and mushroom ragu
Eggplant parmesan (V)
Parmesan polenta squares
Fresh Milk
Focaccia bread slice
Orange wedges

Wholewheat penne hidden vegetables beef Bolognese
Whole wheat penne, grilled vegetables, tomato sauce (V)
Cheese sticks
Orange wedges
Vegetable sticks and white bean dip
Mini blueberry muffin

week 02

Beef meatballs, gravy
Pea and onion rice croquettes, vegetarian gravy (V)
Steamed carrots
Mashed potatoes
Whole-wheat roll
Apricot bread pudding, custard

Bloom tomato chicken curry
Paneer and tomato curry (V)
Steamed rice
Lentil salad, cucumber, celery, chickpeas
Paratha bread
Watermelon slices

Roasted vegetable lasagna (V)
Fresh Milk
Carrot sticks
Toasted garlic bread
Fresh fruit salad

Mexican

Mexican chicken, capsicum, tomato ragu
Mexican stuffed green capsicum with housemade tomato ragu (V)
Fiesta rice
Mini corn on the cob
Soft shell tortilla triangles
Pineapple cubes

Turkey bacon mac and cheese
Roasted cauliflower mac and cheese (V)
Cheese sticks
Fruit salad cup
Vegetable sticks and hummus
Carrot mini muffin

week 03

Coconut chicken curry
Coconut vegetable curry (V)
Steamed rice
Glass noodle salad, grated carrots, sliced green beans
Whole-wheat roti
Honeydew melon slices

Grilled vegetable and egg frittata, tomato salsa (V)
Steamed sweet corn kernels
Celery sticks
Lemon dill cream cheese dip
Nut free muesli bars

Fish fingers, lemon mayo
Courgette sticks, lemon mayo (V)
Roasted cubed potatoes
Cucumber sticks
Fresh milk
Sticky date pudding

Moroccan

Apricot lamb stew
Tomato and cheese rice croquettes (V)
Roasted vegetable couscous
Unsalted popcorn
Whole-wheat roll
Melon salad

Grilled Chicken, cherry tomato fusilli
Grilled Courgette, cherry tomato fusilli pasta (V)
Cheese sticks
Melon slices
Vegetable sticks and hummus
Bloom banana bread

week 04

Roasted lamb patties, tomatoes
baked mac and cheese croquettes (V)
Chilled broccoli trees
Tzatziki dip
Crispy pita bread triangles
Apple strawberry crumble, greek yogurt drizzle

Roasted chicken with thyme gravy
Tomato thyme tart (V)
Mashed potatoes
Green salad, cucumber, cherry tomato, celery
Focaccia bread slice
Pineapple cubes

Salmon fish cakes, lemon mayo
Courgettes, green peas and onion patty (V)
Roasted sweet potato and carrot mash
Cherry tomato pasta salad
Popcorn
Fresh fruit salad

Swiss

Swiss beef and mushroom stew
White bean tomato stew (V)
Emmental cheese stick
Potato rosti
Whole-wheat roll
Orange wedges

Chicken meatballs, macaroni, tomato sauce
Vegetable, chickpea ball macaroni, tomato sauce (V)
Cheese sticks
Fruit salad cup
Vegetable sticks and hummus
Bloom carrot cake

