



APRIL MENU 2024



Week 3	15/04/2024	16/04/2024	17/04/2024	18/04/2024	19/04/2024
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Mild curry chicken and vegetables with brown rice	Mediterranean fish with tomatoes, baby spinach and brown rice (v) Vegetable Sticks(v,af)	NO FOOD MEAL TODAY	Homemade flaky sausage rolls with tomato relish (w) Vegetable Sticks(v,af)	Beef and elbow pasta with tomato, broccoli, capsicum, cabbage (w,v)
VEGETARIAN	Mild curry lentils and vegetables with brown rice	Lentils with tomatoes, baby spinach and brown rice (v) Vegetable Sticks(v,af)		Homemade flaky chickpea and vegetable rolls with tomato relish (w) Vegetable Sticks(v,af)	Elbow pasta with chickpeas, tomato, broccoli, capsicum, cabbage (w,v)
ALLERGY LUNCH	Chicken rice and vegetable pilaff.	Gluten free pasta with tomato sauce. Vegetable sticks.		Lamb rice pilaff with vegetables.	Gluten free pasta with broccoli, capsicum, cabbage.
AFTERNOON TEA	Zucchini, carrot and honey muffin slice(w)	Lebanese bread triangles and hommus(no sesame) (w)		Cheese (d) and wholemeal crackers (w)	Coconut apricot slice(w)