



Autumn Weekly Menu

Menu Rotation:
Week 1

Monday

Tuesday

Wednesday

Thursday

Friday

Morning
Tea

The Happy Snacker's Platter

Toasted Wholemeal Cheese Triangles & Fruit

Cinnamon Pear & Yoghurt with Crunchy Bran

Beans & Toast with Fruit Salad

Vegemite Crumpets with Cheese Slices & Fruit

Lunch

Beef Meatball Ratatouille Pasta

Vegetarian Option:
Mixed Bean Ratatouille Pasta

Key Ingredients:
Beef Meatballs, Carrot, Sweet Potato, zucchini,

Mighty Chicken Biryani

Vegetarian Option:
Mighty Lentil & Chickpea Biryani

Key Ingredients:
Chicken, White Rice, Carrot, Chickpeas, Yoghurt

Hungarian Beef Goulash w/ Rice

Vegetarian Option:
Hungarian Bean Goulash with Veggies & Rice

Key Ingredients:
Beef, White Rice, Kidney Beans, Peas, Carrot, Potatoes

Chicken, Ricotta & Pumpkin Mac & Cheese

Vegetarian Option:
Tofu, Ricotta & Pumpkin Mac & Cheese

Key Ingredients:
Chicken, Ricotta, Pumpkin, Macaroni Pasta, Peas

Chicken Chow Mein with Noodles

Vegetarian Option:
Vegetarian Chow Mein with Noodles

Key Ingredients:
Chicken, Egg Noodles, Tofu, White Cabbage

Afternoon
Tea

Rice Cakes with Avocado Dip & Crunchy Apple

Easy Oaty Slice with Crunchy Veggies

Hummus with Veggie Sticks, Fruit & Crackers

Cinnamon Fruit Loaf with Cucumber Sticks

Festival of Fruit, Veggies, Cheese & Crackers



Fresh Puree Options



Breakfast Available



Late Snack Available