

Summer Menu

Week 1	Breakfast	Lunch
Monday	Cinnamon Infused Oats	Three Veg Macaroni Cheese
Tuesday	Scrambled Egg on Toast	Chicken Casserole with 3 Veggies and Rice
Wednesday	Weetbix and Milk	Beef and Vegetable Lasagne
Thursday	Banana and Blueberry Baked Oats	Chicken Broccoli Cheese Pasta Bake
Cheat Friday	Smooth cottage cheese on Toast with Banana slices	Homemade Ham and Pineapple Pizza
Beverage	Water	Water
Week 2	Breakfast	Lunch
Monday	Cheese Omelette and Toast	Veggie Stew on a Bed of Rice
Tuesday	Weetbix Banana and Milk	Beef Stroganoff with Creamy Mashed Potato
Wednesday	Cinnamon Infused Oats	Chicken ala King on a Bed of Rice
Thursday	Melted Cheese Toast Fingers	Spaghetti Bolognese with 4 Hidden Veggies
Friday	Fruit Smoothie with Coconut Cream	Basil Chicken Pasta
Beverage	Water	Water

Summer Menu - Vegetarian

Week 1	Breakfast	Lunch
Monday	Cinnamon infused Oats	Three Veg Macaroni Cheese
Tuesday	Scrambled Egg on Toast	Vegetable casserole on a bed of rice
Wednesday	Weetbix and Milk	Vegetable lasagne
Thursday	Banana and blueberry Baked Oats	Broccoli cheesy pasta bake
Friday	Smooth cottage cheese on Toast with Banana slices	Vegetarian Home Made Pizza
Beverage	Water	Water
Week 2	Breakfast	Lunch
Monday	Cheese Omlette and toast	Vegetable Stew on a bed of rice
Tuesday	Weetbix Banana and Milk	Veggie Sausages and creamy Mashed potato, topped with a Veggie Sauce
Wednesday	Cinamon infused Oats	creamy veggie bake
Thursday	Melted Cheese Toast Fingers	Three Veg Macaroni Cheese
Friday	Fruit Smoothie with Coconut Cream	Basil Pasta with 2 different cheeses
Beverage	Water	Water

Winter Menu

Week 1	Breakfast	Lunch
Monday	Cinnamon infused Oats	Three Veg Macaroni Cheese
Tuesday	Scrambled Egg on Toast	Chicken casserole with 3 veggies and rice
Wednesday	Weetbix and warm milk	Baked cottage pie with veggies
Thursday	Banana and blueberry Baked Oats	Chicken Broccoli cheese pasta bake
Cheat Friday	Smooth cottage cheese on Toast with Banana slices	Roasted chicken pot pie
Beverage	Water	Water
Week 2	Breakfast	Lunch
Monday	Cheese Omlette and toast	Veggie Stew on a Bed of Rice
Tuesday	Weetbix Banana and warm milk	Beef Stroganoff with Creamy Mashed Potato
Wednesday	Cinamon infused Oats	Chicken Ala king on a bed of Rice
Thursday	Melted Cheese Toast Fingers	Spaghetti Bolognese with 4 hidden veggies
Friday	Fruit Smoothie with Coconut Cream	Beef Cornish Pot Pie
Beverage	Water	Water

Winter Menu - Vegetarian

Week 1	Breakfast	Lunch
Monday	Cinnamon infused Oats	Slow roasted Veggies with sauce and Spagetti
Tuesday	Scrambled Egg on Toast	Vegetable casserole on a bed of rice
Wednesday	Weetbix and warm milk	Vegetarian baked cottage pie
Thursday	Banana and blueberry Baked Oats	Broccoli cheesy pasta bake
Friday	Smooth cottage cheese on Toast with Banana slices	Vegetarian pot pie
Beverage	Water	Water
Week 2	Breakfast	Lunch
Monday	Cheese Omlette and toast	Vegetable Stew on a bed of rice
Tuesday	Weetbix Banana and warm milk	Veggie Sausages and creamy Mashed potato, topped with a Veggie Sauce
Wednesday	Cinamon infused Oats	creamy veggie bake
Thursday	Melted Cheese Toast Fingers	Three Veg Macaroni Cheese
Friday	Fruit Smoothie with Coconut Cream	Vegetarian pot pie
Beverage	Water	Water