



Menu A

(This particular menu is relevant during the warmer school terms, generally 1 & 4)

Week	Monday (Meat-free Mondays!)	Tuesday	Wednesday	Thursday	Friday
1	Potato Gems + Mixed Platters	Veg Nacho's + Mixed Platters	Variety of quiches + Mixed Platters	Mini Pizza's + Mixed Platters	Fruit Salad & Yoghurt + Mixed Platters
2	Vegetarian Spring-Rolls + Mixed Platters	Chicken/ Vegetarian Nuggets + Mixed Platters	Honey-Soy Chicken wings/ Veg Sausages + Mixed Platters	Make Your Own Salad Pita Pocket	Mini Quiches + Mixed Platters
3	Lebanese Bread & Dips + Mixed Platters	Sushi + Mixed Platters	Make Your Own Salad Bowl + Pita Bread	Veg Nacho's + Mixed Platters	Potato Gems + Mixed Platters
4	Cheese or Cheese/Tomato Pasta-bake	Fruit Salad & Yoghurt + Mixed Platters	Potato Gems + Mixed Platters	Pasta with Beef Bolognese / Bechamel	Vegetarian Spring-Rolls + Mixed Platters
5	Fruit Salad & Yoghurt + Mixed Platters	Garlic Bread + Mixed Platters	Veg Nachos + Mixed Platters	Potato Gems + Mixed Platters	Mini Pizza's + Mixed Platters
6	Potato Gems + Mixed Platters	Honey-Soy Chicken wings/ Vegetarian Sausages	Sushi + Mixed Platters	Turkey Meatballs + Mixed Platters	Chicken Nuggets/Veg Sausages Mini + Mixed Platters
7	Lebanese Bread & Dips + Mixed Platter	Vita-weat sandwiches with vegemite, jam or Cheese & Mixed Platters	Variety of quiches + Mixed Platters	Tuna or Cheese Pasta Bake + Mixed Platters	Potato Gems + Mixed Platters
8	Veg Nachos + Mixed Platters	Chicken Nuggets/Veg Sausages + Mixed Platters	Potato Gems + Mixed Platters	Make Your Own Salad Pita Pocket	Vegetarian Spring-Rolls + Mixed Platters
9	Fruit Salad & Yoghurt + Mixed Platters	Make Your Own Salad Bowl + Pita Bread	Vegetarian Spring-Rolls + Mixed Platters	Sushi + Mixed Platters	Mini Pizza's + Mixed Platters
10	Potato Gems + Mixed Platters	Chicken/Veg Shepherd Pie + Mixed Platters	Vita-weat sandwiches with vegemite, jam & Cheese Mixed Platters	Mini Quiche's + Mixed Platters	Lebanese Bread & Dips + Mixed Platters
11	Vegetarian Spring-Rolls + Mixed Platters	Homemade Potato Bites + Mixed Platters	Make Your Own Salad Bowl + Pita Bread	Honey-Soy Chicken wings/ Samosas + Mixed Platters	Big Platters



Menu B

(This particular menu is relevant during the cooler school terms, generally 2 & 3)

Week	Monday (Meat-free Mondays!)	Tuesday	Wednesday	Thursday	Friday
1	Vegetarian Spring-Rolls + Mixed Platters	Vita-weat sandwiches with vegemite, jam or Cheese & Mixed Platters	Home-made Chicken or Vegetable soup & toast fingers	Mini Pizza's + Mixed Platters	Fruit Salad & Yoghurt + Mixed Platters
2	Veg Nachos & Mixed Platters	Chicken / Vegetarian Nuggets + Mixed Platters	Honey-Soy Chicken wings/ Samosa + Mixed Platters	Minestrone w/ Turkey & Quinoa meatballs	Potato Gems + Mixed Platters
3	Pumpkin & Vegetable Soup w/bread	Sushi + Mixed Platters	Veg shepherd's pie + Mixed Platters	Mini Quiches + Mixed Platters	Lebanese bread + dips + Mixed Platters
4	Fruit Salad & Yoghurt + Mixed Platters	Home-made Chicken or Vegetable soup & toast fingers	Potato Gems & Mixed Platters	Veg Nachos & Mixed Platters	Vegetarian Spring-Rolls + Mixed Platters
5	Cheese or Tomato & Cheese Pasta Bake + Mixed Platters	Mini Quiches + Mixed Platters	Honey-Soy Chicken wings/ Veg Nuggets + Mixed Platters	Vita-weat sandwiches with vegemite, jam or Cheese & Mixed Platters	Baked Potato Bites + Mixed Platters
6	Potato Gems + Mixed Platters	Garlic Bread + Mixed Platters	Sushi + Mixed Platters	Chicken curry or Vegetable Soup & Turkish Bread	Doritos & Salsa + Mixed Platters
7	Lebanese Bread & Dips + Mixed Platter	Minestrone w/ Turkey & Quinoa meatballs	Lamb or Vegetable Casserole + baked potato	Variety of quiches + Mixed Platters	Potato Gems + Mixed Platters
8	Vita-weat sandwiches with vegemite, jam or Cheese & Mixed Platters	Chicken / Vegetarian Nuggets + Mixed Platters	Potato Gems & Warm Milo + Mixed Platters	Pasta with Tomato or Béchamel Sauce	Vegetarian Spring-Rolls + Mixed Platters
9	Pumpkin & Vegetable Soup w/bread	Mini Quiches + Mixed Platters	Vegetarian Spring-Rolls + Mixed Platters	Sushi + Mixed Platters	Tuna or Cheese Pasta Bake + Mixed Platters
10	Potato Gems + Mixed Platters	Veg Nachos & Mixed Platters	Home-made Chicken or Vegetable soup and toast fingers	Fruit Salad & Yoghurt + Mixed Platters	Lebanese Bread & Dips + Mixed Platter
11	Veg Shepherd's Pie & Mixed Platters	Mini Pizza's & Warm Milo + Mixed Platters	Chicken or Vegetable Curry & Turkish Bread	Minestrone w/ Turkey & Quinoa meatballs	Vita-weat sandwiches with vegemite, jam or Cheese & Mixed Platters