

SOUTHERN CROSS EARLY CHILDHOOD SCHOOL
LUNCH ORDERS TERM 1 MENU 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Caprese Pasta Salad	Beef Rissole w/ Cous Cous & Green Beans <u>Vegetarian Option:</u> Sweet Potato Balls	Coconut & Lime Chicken Hokkien Noodles <u>Vegetarian Option:</u> Coconut & Lime Tofu	Lamb & Veggie Biryani <u>Vegetarian Option:</u> Chick pea Biryani	Chicken & Rainbow Slaw Salad <u>Vegetarian Option:</u> Vegan Meat Salad
Week 2	Salmon Arancini w/ Quinoa Salad <u>Vegetarian Option:</u> Pumpkin Arancini	Chicken Meatball w/ Creamed Corn & Peas <u>Vegetarian Option:</u> Lentil balls	Lamb Puff Roll w/ Cauliflower Salad <u>Vegetarian Option:</u> Tofu Puff Roll	Beef San Choy Bau <u>Vegetarian Option:</u> Vegan Mince	Vegetarian Sushi
Week 3	Slow Cooked Beef Sliders w/ Salad <u>Vegetarian Option:</u> Vegetarian Patties	Parmesan Crusted Chicken w/ Broccoli <u>Vegetarian Option:</u> Lentil Balls	Soba Noodle & Teriyaki Tofu Salad	Lamb Kofta w/ Pearl Cous Cous Salad <u>Vegetarian Option:</u> Vegan Nuggets	Apple Glazed Chicken Drumsticks w/ Corn Cob, Peas & Garlic Bread <u>Vegetarian Option:</u> Vegetarian Sausages
Week 4	Stir Fry Chicken Rice Noodles <u>Vegetarian Option:</u> Tofu Stir Fry	Beef Ragu w/ Risoni <u>Vegetarian Option:</u> Vegetarian Mince	Spiced Fish Rice Bowl w/ Bean Salsa <u>Vegetarian Option:</u> Vegetable Balls	Creamy Ricotta & Spinach Penne Pasta	Beef Soft Shell Tacos <u>Vegetarian Option:</u> Vegan Meat

Please write any allergies on lunch order envelope. **Morning/Afternoon Tea is NOT included.** Lunch is served with a piece of fruit. As much as possible this menu will be adhered to but may change at short notice due to the availability of produce

Note: Substitutions are made for special dietary needs. All vegetarian meals include fruit or vegetable high in vitamin C. There is no added salt or sugar to our menu; where possible wholemeal/wholegrain products are used.

