

SOUTHERN CROSS EARLY CHILDHOOD SCHOOL TERM 3 LUNCH ORDER MENU 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>Creamy Chicken & Pumpkin Risotto</p> <p>Vegetarian Option: Pumpkin & Pea risotto</p>	<p>Pumpkin & Potato Soup w/Bread Rolls</p>	<p>Beef Lasagne w/ garden salad</p> <p>Vegetarian Option: Eggplant & Sweet Potato Lasagne</p>	<p>Tuna Mornay</p> <p>Vegetarian Option: Mushroom Mornay</p>	<p>Hoisin Chicken Drumstick w/ Rainbow Slaw</p> <p>Vegetarian Option: Soy nuggets</p>
Week 2	<p>Shepherd's Pie</p> <p>Vegetarian Option: Bean and veg pie</p>	<p>Chicken & Creamy Corn Soup</p> <p>Vegetarian Option: Veggie sausage</p>	<p>Beef Stir-fry Hokkien Noodles</p> <p>Vegetarian Option: Tofu Hokkien Noodle</p>	<p>Dahl w/ Rice</p>	<p>Spaghetti w/ Meatballs</p> <p>Vegetarian Option: Lentil Ball</p>
Week 3	<p>Potato & Leek Soup w/ Bread Rolls</p>	<p>Chicken Quesadillas</p> <p>Vegetarian Option: Bean Quesadillas</p>	<p>Beef Rissole w/ Mash & Peas</p> <p>Vegetarian Option: Veggie Sausage</p>	<p>Chicken Tagine w/ Pearl Cous Cous</p> <p>Vegetarian Option: Dahl curry</p>	<p>Fried Rice w/ Fish Fingers</p> <p>Vegetarian Option: Vegetable nugget</p>
Week 4	<p>Greek Lamb Pasta Bake</p> <p>Vegetarian Option: Moussaka</p>	<p>Vegetable Frittata w/ Quinoa Salad</p>	<p>Chicken Paprika Rice w/ Super Vegetable Salad</p>	<p>Beef Goulash w/ Mash Potato</p> <p>Vegetarian Option: Chickpea Goulash</p>	<p>Sausage Rolls w/ Cauliflower Rice</p> <p>Vegetarian Option: lentil rolls</p>

Note: Substitutions are made for special dietary needs. Please write any allergies on lunch order envelope. Lunch is served with a piece of fruit. Morning/afternoon tea is NOT included. As much as possible this menu will be adhered to but may change at short notice due to the availability of produce.