

## SOUTHERN CROSS EARLY CHILDHOOD SCHOOL TERM 4 LUNCH ORDER MENU

|               | <b>Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>  |
|---------------|---|--|---|---|--|
| <b>Week 1</b> | Lamb Puff Roll<br>w/ Garden Salad<br><br>Vegetarian Option:<br>Vegetarian Roll w/<br>Garden Salad | Chicken Meatballs w/<br>Creamed Corn<br>& Peas<br><br>Vegetarian Option:<br>Lentil Balls w/ Creamed<br>Corn & Peas | Ricotta & Spinach<br>Gnocchi Bake   | Fish Taco w/<br>Rainbow Slaw<br><br>Vegetarian Option:<br>Vegan nuggets   | Coconut & Lime Beef<br>Hokkien Noodles<br><br>Vegetarian Option:<br>Tofu Coconut & Lime<br>Hokkien Noodles |
| <b>Week 2</b> | Chicken & Mushroom<br>Risotto<br><br>Vegetarian Option:<br>Tofu & Mushroom<br>Risotto             | Chilli Beef Jacket<br>Potatoes<br><br>Vegetarian Option:<br>Bean Bolognese<br>Jacket Potatoes                      | Slow Cooked<br>Beef Slider<br><br>Vegetarian Option:<br>Vegan Pattie Sliders  | Roast Pumpkin Soup<br>w/ Parmesan and<br>Bread Rolls  | Shepherd's<br>Pie<br><br>Vegetarian Option:<br>Vegetarian Pie  |
| <b>Week 3</b> | Beef Rissole<br>w/ Cous Cous<br>& Green Beans<br><br>Vegetarian Option:<br>Sweet Potato Balls     | Coconut Dahl<br>Curry w/ Rice  | Spiced Lamb Meatballs<br>Bean Soup w/ Bread Roll<br><br>Vegetarian Option:<br>Lentil Balls Bean Soup<br>w/ Bread Roll | Chicken Drumsticks w/<br>Garlic Bread & Veggies<br><br>Vegetarian Option:<br>Vegan Nuggets w/<br>Garlic Bread & Veggies | Creamy Pumpkin<br>Risotto  |
| <b>Week 4</b> | Creamy Chicken Penne<br>w/ Leek<br><br>Vegetarian Option:<br>Creamy Mushroom<br>Penne w/ Leek     | Salmon Arancini<br>w/ Quinoa Salad<br><br>Vegetarian Option:<br>Pumpkin Arancini<br>w/ Quinoa Salad                | Macaroni Bolognese<br>Bake w/ Salad.<br><br>Vegetarian Option:<br>Macaroni Vegetable Bake<br>w/ Salad                 | Stir Fried Tofu<br>Pad Thai<br>Noodle   | Beef Fried Rice<br><br>Vegetarian Option:<br>Vegan Meat<br>Fried Rice                                      |

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.**