

SOUTHERN CROSS EARLY CHILDHOOD SCHOOL (TERM 1) LUNCH ORDER MENU

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|--|---|---|---|---|
| Week 1 | Chicken Paprika Rice w/ Super Vegetable Salad <u>Vegetarian Option:</u> Fried Bean Curd | Lamb Kofta w/ Pearl Couscous & Tzatziki <u>Vegetarian Option:</u> Vegetable Kofta | Tuna Pattie Sliders w/ Dill Yogurt <u>Vegetarian Option:</u> Chickpea Pattie Sliders | Roast Pumpkin & Ricotta w/ Gnocchi <u>Vegetarian Option:</u> Vegan Meat Caesar | Beef Nacho Bowl <u>Vegetarian Option:</u> Lentil Bolognese |
| Week 2 | Tofu Hokkien Noodles <u>Vegetarian Option:</u> Tofu Sticks | Tuna & Cucumber Sushi Hand Roll <u>Vegetarian Option:</u> Tofu Sticks | Beef Rissolle Vietnamese Rolls <u>Vegetarian Option:</u> Avocado & Bean Curd | Chicken Caesar Salad <u>Vegetarian Option:</u> Vegan Meat Caesar | Lamb Rogan Josh w/ Raisin Rice <u>Vegetarian Option:</u> Lentil Curry |
| Week 3 | Lamb & Cheese Meatballs w/ Mash Potato <u>Vegetarian Option:</u> Vegan Mince | Chicken & Mushroom Risotto <u>Vegetarian Option:</u> Mushroom & Pea | Beef Enchiladas <u>Vegetarian Option:</u> Cheese & Lentil Balls | Chicken Pasta Salad <u>Vegetarian Option:</u> Tofu Pasta Salad | Baked Vegetables Jambalaya <u>Vegetarian Option:</u> Vegetable Ragu |
| Week 4 | Slow-cooked Shredded Beef Pizzas <u>Vegetarian Option:</u> Veggie & Beans | Black Bean Sliders w/ Rainbow Slaw <u>Vegetarian Option:</u> Veggie & Beans | Chicken & Corn Quesadillas <u>Vegetarian Option:</u> Refried Bean & Corn | Slow Cooked Lamb Pasta <u>Vegetarian Option:</u> Lentil Stick | Spiced Fish Rice Bowl w/ Bean Salsa <u>Vegetarian Option:</u> Vegetable Ragu |

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.