

SOUTHERN CROSS EARLY CHILDHOOD SCHOOL TERM 1 LUNCH ORDER MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Weeks 1, 5 & 9	<p>Chicken & Fennel Rigatoni Pasta Salad</p> <p><u>Vegetarian Option:</u> Crunch Tofu Pasta Salad</p>	<p>Lentil Bolognese</p>	<p>Beef Pie w/ Broccoli & Cauliflower</p> <p><u>Vegetarian Option:</u> Spinach & Ricotta Pie</p>	<p>Beef Soft Taco</p> <p><u>Vegetarian Option:</u> Lentil Soft Tacos</p>	<p>Spiced Fish Rice bowl w/ Bean salsa</p> <p><u>Vegetarian Option:</u> Vegan fillets</p>
Weeks 2 & 6	<p>Spinach & Feta Cheese Pie</p>	<p>Braised Lamb Pappardelle Pasta</p> <p><u>Vegetarian Option</u> Mung Bean Ragu</p>	<p>Vegetarian BLT (Beetroot, Lettuce & Tomato)</p>	<p>Mexican Chicken Wings w/ Garlic bread & Peas</p> <p><u>Vegetarian Option:</u> Vegan Nuggets</p>	<p>Beef Meatballs w/ Crispy Pita Bread</p> <p><u>Vegetarian Option:</u> Lentil Balls</p>
Weeks 3 & 7	<p>Beef San Choy Bao</p> <p><u>Vegetarian Option:</u> Vegan Mince</p>	<p>Sri Lankan Chicken Pineapple Curry w/ Pasta</p> <p><u>Vegetarian Option:</u> Tofu Pineapple Curry</p>	<p>Chicken Singapore Noodles</p> <p><u>Vegetarian Option:</u> Tofu Singapore Noodle</p>	<p>Lamb Tagine w/Couscous</p> <p><u>Vegetarian Option</u> Dahl Tagine</p>	<p>Tofu and Veggie Sushi Hand Roll</p>
Weeks 4 & 8	<p>Beef Curry w/ Pasta</p> <p><u>Vegetarian Option:</u> Bean Curd Curry</p>	<p>Salmon & White Bean Croquettes</p> <p><u>Vegetarian Option:</u> Sweet Potato Croquettes</p>	<p>Beef Rissoles w/ Lentil Salad</p> <p><u>Vegetarian Option:</u> Vegan Patties</p>	<p>Vegetarian Fried Rice</p>	<p>Lamb Fajita Wraps</p> <p><u>Vegetarian Option:</u> Lentil & Kale Kofta</p>

Note: Substitutions are made for special dietary needs. **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.

All vegetarian meals include fruit or vegetable high in vitamin C. White meat and vegetarian meals include iron rich ingredients. There is no added salt or sugar to our menu; where possible wholemeal/wholegrain products are used.