

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1, 5, & 9	Beef pizza with cherry tomatoes, capsicum, onion and cheese	Grilled fish with mixed vegetables and rice	Beef quesadilla with capsicum, onion, carrot, salsa and cheese	Shepherd's fried rice with loaded vegetables	Tuna pasta and mixed vegetable
Vegie option	Bean pizza with cherry tomatoes, capsicum, onion and cheese	Grilled tofu with mixed vegetables and brown rice	Bean quesadilla with capsicum, onion, carrot, salsa and cheese	Vegetarian Shepherd's fried rice with loaded vegetables	Lentil pasta and mixed vegetable
Week 2, 6, & 10	Mexican rice with mince and vegetables	Spaghetti bolognese with mixed vegetables	Rogan Josh on rice with lamb and vegetables	Vegetable chilli served with crushed pitta chips	Chicken on rice with tomato sauce or mayo, served with a side salad
Vegie option	Mexican rice with vegetables	Lentil spaghetti bolognese with mixed vegetables	Rogan Josh on rice with tofu and vegetables	Vegetable chilli served with crushed pitta chips	Tofu on rice with tomato sauce or mayo, served with a side salad
Week 3 & 7	Tuna pasta and mixed vegetable	Shepherd's fried rice with loaded vegetables	Beef pizza with cherry tomatoes, capsicum, onion and cheese	Beef quesadilla with capsicum onion carrot, salsa and cheese	Grilled fish with mixed vegetables and rice
Vegie option	Lentil pasta and mixed vegetable	Vegetarian Shepherd's fried rice with loaded vegetables	Bean pizza with cherry tomatoes, capsicum, onion and cheese	Bean quesadilla with capsicum onion carrot, salsa and cheese	Grilled tofu with mixed vegetables and brown rice
Week 4 & 8	Spaghetti bolognese with mixed vegetables	Rogan Josh on rice with lamb and vegetables	Vegetable chilli served with crushed pitta chips	Chicken on rice with tomato sauce or mayo, served with a side salad	Mexican rice with mince and vegetables
Vegie option	Lentil spaghetti bolognese with mixed vegetables	Rogan Josh on rice with tofu and vegetables	Vegetable chilli served with crushed pitta chips	Tofu on rice with tomato sauce or mayo, served with a side salad	Mexican rice with vegetables

Please note any allergies when placing order. **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.