

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1, 5, & 9	Butter chickpea curry with legumes and vegetables	Mac and cheese with mixed vegetables	Lamb and vegetable couscous	Beef pizza with red onion, mushroom, baby spinach and cheese	Beef and vegetable chilli served with crushed pita chips
Vegie option	Butter chickpea curry with legumes and vegetables	Mac and cheese with mixed vegetables	Vegetable lentil couscous	Bean pizza with red onion, mushroom, baby spinach and cheese	Vegetable chilli served with crushed pita chips
Week 2, 6, & 10	Shepherd's fried rice with loaded vegetables	Vegetable pasta topped with cheese	Beef and vegetable fried rice	Beef tacos with corn, beans, lettuce tomato salsa and cheese	Chicken and vegetable soup with toast soldiers
Vegie option	Vegetarian Shepherd's fried rice with loaded vegetables	Vegetable pasta topped with cheese	Tofu and vegetable fried rice	Tacos with corn, beans, lettuce tomato salsa and cheese	Lentil and vegetable soup with toast soldiers
Week 3 & 7	Beef and vegetable chilli served with crushed pita chips	Beef pizza with red onion, mushroom, baby spinach and cheese	Mac and cheese with mixed vegetables	Lamb and vegetable couscous	Butter chickpea curry with legumes and vegetables
Vegie option	Vegetable chilli served with crushed pita chips	Bean pizza with red onion, mushroom, baby spinach and cheese	Mac and cheese with mixed vegetables	Vegetable lentil couscous	Butter chickpea curry with legumes and vegetables
Week 4 & 8	Vegetable pasta topped with cheese	Beef and vegetable fried rice	Shepherd's fried rice with loaded vegetables	Chicken and vegetable soup with toast soldiers	Beef tacos with corn, beans, lettuce tomato salsa and cheese
Vegie option	Vegetable pasta topped with cheese	Tofu and vegetable fried rice	Vegetarian Shepherd's fried rice with loaded vegetables	Lentil and vegetable soup with toast soldiers	Tacos with corn, beans, lettuce tomato salsa and cheese

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.