

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1, 5, & 9	Vegetarian chilli	Soft beef tacos with corn, carrot, spinach, cheese and tomato salsa	Loaded vegetable and tuna pasta	Beef and vegetable fried rice	Loaded vegetable and beef bolognese
Vegie option	Vegetarian chilli	Soft bean tacos with corn, carrot, spinach, cheese and tomato salsa	Loaded vegetable pasta	Tofu and vegetable fried rice	Loaded vegetable and lentil bolognese
Week 2, 6, & 10	Mince nachos with tortilla chips, corn, beans, cheese and salsa	Fish, capsicum, grated carrot, and cucumber on rice served with mayo	Chicken and vegetable pasta with a white sauce	Beef and vegetable pad thai	Mince quesadillas with carrot, onion, capsicum, salsa and cheese
Vegie option	Nachos with tortilla chips, corn, beans, cheese and salsa	Tofu, capsicum, grated carrot, and cucumber on rice served with mayo	Loaded vegetable pasta with a white sauce	Tofu and vegetable pad thai	Quesadillas with carrot, onion, capsicum, salsa and cheese
Week 3 & 7	Loaded vegetable and beef bolognese	Beef and vegetable fried rice	Soft beef tacos with corn, carrot, spinach, cheese and tomato salsa	Loaded vegetable and tuna pasta	Vegetarian chilli
Vegie option	Loaded vegetable and lentil bolognese	Tofu and vegetable fried rice	Soft bean tacos with corn, carrot, spinach, cheese and tomato salsa	Loaded vegetable pasta	Vegetarian chilli
Week 4 & 8	Beef and vegetable pad thai	Mince quesadillas with carrot, onion, capsicum, salsa and cheese	Mince nachos with tortilla chips, corn, beans, cheese and salsa	Fish, capsicum, grated carrot, and cucumber on rice served with mayo	Chicken and vegetable pasta with a white sauce
Vegie option	Tofu and vegetable pad thai	Quesadillas with carrot, onion, capsicum, salsa and cheese	Nachos with tortilla chips, corn, beans, cheese and salsa	Tofu, capsicum, grated carrot, and cucumber on rice served with mayo	Loaded vegetable pasta with a white sauce

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.