

# AUTUMN / WINTER MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Cereal, cornflakes, milk, and bread toast with spreads – dairy free options available				
<b>MORNING TEA</b> Served with milk and water	Fresh Seasonal fruit				
<b>LUNCH</b> Served with tap water	<b>Mango Chicken with Rice</b>  <i>Main Ingredients: Chicken, Mango, Basmati Rice, Coconut Milk, Ground coriander, Ground cumin, Carrot, Celery, Broccoli, Cauliflower, Tamarind paste</i>	<b>Beef Mee Goreng</b>  <i>Main Ingredients: Beef, Noodles, Soy sauce, Carrot, Celery, Broccoli, Cauliflower, Pak choy, Chinese Cabbage</i>	<b>Coconut Sweet Potato Lentil Soup</b>  <i>Main Ingredients: Sweet Potato, Coconut Milk, Red Lentil, Carrot, Celery, Onion, Garlic, ground Coriander, ground cumin</i>	<b>Baked Fish with Mashed Potato and Dill Sauce</b>  <i>Main Ingredients: Potato, Fish, Milk, Dill, Onion, Garlic, Carrot, Broccoli, Cauliflower, Peas</i>	<b>Beef Chilli Con Carne with Rice</b>  <i>Main Ingredients: Beef Mince, Kidney beans, Black Beans, Basmati rice, Crushed Tomato, Ground Cumin, Ground Coriander, Cacao Powder, Smoked paprika, Celery Carrot, Capsicum, Corn</i>
<b>LUNCH</b> Vegetarian option	<b>Mango Tempeh with Rice</b>  <i>Main Ingredients: Tempeh, Mango, Basmati Rice, Coconut Milk, Ground coriander, Ground cumin, Carrot, Celery, Broccoli, Cauliflower, Tamarind paste</i>	<b>Tofu Mee Goreng</b>  <i>Main Ingredients: Tofu, Noodles, Soy sauce, Carrot, Celery, Broccoli, Cauliflower, Pak choy, Chinese Cabbage</i>	As Above	<b>White bean with Mash Potato &amp; Dill Sauce</b>  <i>Main Ingredients: Potato, white Beans, Milk, Dill, Onion, Garlic, Carrot, Broccoli, Cauliflower, Peas</i>	<b>Bean Chilli con Carne with Rice</b>  <i>Main Ingredients: Kidney beans, Black Beans, Basmati rice, Crushed Tomato, Ground Cumin, Ground Coriander, Cacao Powder, Smoked paprika, Celery Carrot, Capsicum, Corn</i>
<b>AFTERNOON TEA</b> Served with milk and tap water	<b>Chocolate and Beetroot Cake</b>  <i>Main Ingredients: Beetroot, Rice Milk, Cacao powder, apple cider vinegar, Baking Powder, Self-Raising Flour, Brown Sugar</i>	<b>Cinnamon Porridge with Mixed Berries</b>  <i>Main Ingredients: Oats, Milk, Cinnamon, Mix berries,</i>	<b>Apple Crumble with Oats &amp; Coconut</b>  <i>Main Ingredients: Dice Apple, Oats, Coconut, rice malt syrup, cinnamon</i>	<b>Healthy Bliss Balls</b>  <i>Main Ingredients: Oats, Coconut, Cacao Powder, Dates</i>	<b>Red Lentil Dip with Vegetables &amp; Flat bread</b>  <i>Main Ingredients: Red Lentil, Apple cider vinegar, smoked paprika powder, flat bread, Cucumber, carrot, Broccoli, Cauliflower</i>
<b>LATE SNACK</b>	Vegetable Sticks & Fresh Fruit				

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<b>BREAKFAST</b>	Cereal, cornflakes, milk, and bread toast with spreads – dairy free options available				
<b>MORNING TEA</b> Served with milk and water	Fresh Seasonal fruit				
<b>LUNCH</b> Served with tap water	<b>Alfredo Pumpkin and Spinach Fettucine</b>  <i>Main Ingredients: Pumpkin, Celery, Coconut milk, Carrot, Brown onion, Pasta, Garlic</i>	<b>Chicken Sweet Corn Soup with Angel Hair Pasta</b>  <i>Main Ingredients: Chicken Frames, chicken, Brown onion, Carrot, Celery, Leek, Corn, Angel Hair pasta</i>	<b>Swedish Koetbular (Swedish meatballs) with Mashed Potato &amp; Vegetables</b>  <i>Main Ingredients: Beef meatballs, milk, Potato, Carrot, Cauliflower, Broccoli,</i>	<b>Beef Bibimbap</b>  <i>Main Ingredients: Basmati rice, Beef mince, Button mushroom, Carrot, Zucchini, Spinach, Soy sauce</i>	<b>Fish Curry with Rice</b>  <i>Main Ingredients: Basmati rice, Fish, Onion, Garlic, Coconut milk, Tamarind, Carrot, Celery, Broccoli, Cauliflower</i>
<b>LUNCH</b> Vegetarian option	As Above	<b>Potato Soup</b>  <i>Main Ingredients: Potato, Celery, Carrot, Cauliflower, Onion, Garlic, Parsley</i>	<b>Vegetarian Patties with Mashed Potato &amp; Vegetables</b>  <i>Main Ingredients: Beef meatballs, milk, Potato, Carrot, Cauliflower, Broccoli</i>	<b>Tofu Bibimbap</b>  <i>Main Ingredients: Basmati rice, Tofu, Button mushroom, Carrot, Zucchini, Spinach, Soy sauce,</i>	<b>Tofu Curry with Rice</b>  <i>Main Ingredients: Basmati rice, Tofu, Onion, Garlic, Coconut milk, Tamarind, Carrot, Celery, Broccoli, Cauliflower</i>
<b>AFTERNOON TEA</b> Served with milk and tap water	<b>Rice Pudding with Cherry</b>  <i>Main Ingredients: Arborio Rice, Milk, Cinnamon, Cherry</i>	<b>Pumpkin Scones</b>  <i>Main Ingredients: Pumpkin, plain flour, Butter, milk, cheese</i>	<b>Beetroot Orange Dip with Vegetables</b>  <i>Main Ingredients: Beetroot, Orange, cream cheese, flat bread, cucumber, carrot, cauliflower, Broccoli</i>	<b>Baked Apple filled with Oats &amp; Dates</b>  <i>Main Ingredients: Apple, Dates Oats, raisin, coconut</i>	<b>Spinach Apple Cake</b>  <i>Main Ingredients: spinach, apple puree, self-raising flour, apple cider vinegar, baking powder,</i>
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<b>BREAKFAST</b>	Cereal, cornflakes, milk, and bread toast with spreads – dairy free options available				
<b>MORNING TEA</b> Served with milk and water	Fresh Seasonal fruit				
<b>LUNCH</b> Served with tap water	<b>Persian Lamb Tagine with Cous Cous</b>  <i>Main Ingredients: Lamb, Dried Apricot, crushed tomato, Cinnamon, Cumin, Coriander, cous cous, carrot, celery, Broccoli, Cauliflower</i>	<b>Pumpkin and Spinach Risotto</b>  <i>Main Ingredients: Pumpkin, Spinach, Arborio Rice, Onion, Garlic, Spinach, Peas, Olive oil</i>	<b>Steamed Fish (with Celeriac, Carrot, Leek) in light soy broth with Rice</b>  <i>Main Ingredients: Basmati rice, Fish, Celeriac, Carrot, Leek, Soy sauce,</i>	<b>Lamb Moussaka</b>  <i>Main Ingredients: Lamb Mince, crushed tomato, Garlic, Onion, Shredded Mozzarella cheese, celery, Carrot, Milk</i>	<b>Singapore Noodles with Chicken</b>  <i>Main Ingredients: Chicken, Noodles, Bok choy, Carrot, Zucchini, Soy sauce, Curry powder,</i>
<b>LUNCH</b> Vegetarian option	<b>Lentil Tagine with Cous Cous</b>  <i>Main Ingredients: Lentil, Dried Apricot, crushed tomato, Cinnamon, Cumin, Coriander, cous cous, carrot, celery, Broccoli, Cauliflower</i>	AS Above	<b>Steamed Tofu (with Celeriac, Carrot, Leek) in light soy broth with Rice</b>  <i>Main Ingredients: Basmati rice, Tofu, Celeriac, Carrot, Leek, Soy sauce,</i>	<b>Vegetarian Lasagna</b>  <i>Main Ingredients: Pumpkin, Mushroom, crushed tomato, Garlic, Onion, Shredded Mozzarella cheese, celery, Carrot, Milk</i>	<b>Singapore Noodle with Tofu</b>  <i>Main Ingredients: Tofu, Noodles, Bok choy, Carrot, Zucchini, Soy sauce, Curry powder</i>
<b>AFTERNOON TEA</b> Served with milk and tap water	<b>Broccoli Carrot Muffin</b>  <i>Main Ingredients: Broccoli, Carrot, apple cider vinegar, self-raising flour, rice milk, mustard, oregano,</i>	<b>Chicken Waldorf Wrap</b>  <i>Main Ingredients: Chicken, Apple, Celeriac, Vegan mayonnaise, whole meal wrap</i>	<b>Homemade Bread with Cacao Chickpea spread</b>  <i>Main Ingredients: Flour, Salt, yeast, olive oil, chickpeas, cacao powder, rice malt sirup</i>	<b>Spinach Artichoke Dip with Vegetable &amp; Flat Bread</b>  <i>Main Ingredients: cream cheese, artichoke, spinach, carrot, broccoli, cucumber, Cauliflower, Flat bread,</i>	<b>Blood orange Polenta</b>  <i>Main Ingredients: Polenta, Rice milk, Blood orange, cinnamon, rice malt sirup</i>
<b>LATE SNACK</b>	Vegetable Sticks and Fruit				

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<b>MORNING TEA</b> Served with milk and water	Fresh Seasonal fruit				
<b>LUNCH</b> Served with tap water	<b>Beef Masaman Curry with Rice</b>  <i>Main Ingredients: Beef, Basmati Rice, Carrot, Celery, coconut milk, Tamarind, cinnamon sticks, palm sugar, kaffir lime leave,</i>	<b>Brazilian Fish Stew with Rice</b>  <i>Main Ingredients: crushed tomato , coconut milk, ground cumin, ground paprika, coriander, carrot, celery, brown onion, garlic, Fish, basmati rice,</i>	<b>Chicken &amp; Leek Pie</b>  <i>Main Ingredients: Puff pastry, Chicken, Leek, celery, Carrot, milk, mustard, onion, garlic, thyme, flour</i>	<b>Minestrone with Bread</b>  <i>Main Ingredients: crushed tomato, carrot, garlic, onion, thyme, rosemary, celery, angel hair pasta, bread rolls,</i>	<b>Kangaroo Ragu with Apple Red cabbage &amp; roast Potato</b>  <i>Main Ingredients: Kangaroo, Crushed tomato, carrot, celery, garlic, onion, thyme, potatoes, red cabbage, apple, apple cider vinegar</i>
<b>LUNCH</b> Vegetarian option	<b>Tofu Masaman Curry with steamed Rice</b>  <i>Main Ingredients: Tofu, Basmati Rice, Carrot, Celery, coconut milk, Tamarind, cinnamon sticks, palm sugar, kaffir lime leave,</i>	<b>Brazilian White Bean Stew</b>  <i>Main Ingredients: crushed tomato , coconut milk, ground cumin, ground paprika, coriander, carrot, celery, brown onion, garlic, white Bean, basmati rice,</i>	<b>Creamy Potato Leek Pie</b>  <i>Main Ingredients: Puff pastry, Potato, Leek, celery, Carrot, milk, mustard, onion, garlic, thyme, flour</i>	<b>AS ABOVE</b>	<b>Borlotti Bean Ragu with Apple Red Cabbage &amp; roast Potato</b>  <i>Main Ingredients: Borlotti Bean, Crushed tomato, carrot, celery, garlic, onion, thyme, potatoes, red cabbage, apple, apple cider vinegar</i>
<b>AFTERNOON TEA</b> Served with milk and tap water	<b>Pumpkin Bread</b>  <i>Main Ingredients: Pumpkin, Rice milk, Pumpkin seed, Raisin, apple cider vinegar, self-raising flour,</i>	<b>Spiced Rhubarb and orange Pudding</b>  <i>Main Ingredients: Rhubarb, orange, cardamon, buttermilk self raising flour, vanilla essence, rice milk,</i>	<b>Tzatziki Dip with vegetable and Flat Bread</b>  <i>Main Ingredients: Cucumber, Yoghurt, garlic, cumin ground, carrot, cucumber, Broccoli, Cauliflower, Flat bread,</i>	<b>Chicken and Vegetable Sausage roll</b>  <i>Main Ingredients: Chicken Mince, Carrot, Broccoli, Cauliflower, Puff pastry,</i>	<b>Homemade Olive &amp; Sundried Tomato Focaccia</b>  <i>Main Ingredients: Olive , sundried Tomato, Parsley, plain flour, Yeast, salt, olive oil ,</i>
<b>LATE SNACK</b>	Vegetable sticks and Fruit				