

Term Meal Planner 2014

Everyday	Breakfast: Boiled eggs/scramble eggs/Plain omelette/Cheese omelette/Ham & cheese omelette Bread toast/Pancakes/Breakfast cereals/Bacon strip Lunch: Chicken & Vegetable fried rice / Vegetarian fried rice Spagetthi with vegetables infused stock lean beef bolognaise sauce Spagetthi with vegetarian bolognaise sauce Villis sausage roll / Villis mini pie			Price range \$ 0.80 - \$ 4.50
Monday	Western Beef stroganoff with rice (Contains dairy & wheat) Large \$ 4.30 / Medium \$ 2.60	Asian Steamed fish with rice & vegetables (contains soy) Large \$ 4.30 / Medium \$ 2.60	Vegetarian Vegetarian lasagne (Contain Dairy & Wheat) Large \$ 4.30 / Medium \$ 2.60	Side dish Lightly buttered sweet corn kernels (contains dairy) \$1.30
Tuesday	Western Baked breaded fish with boiled Potato & carrot (Contains dairy & wheat) Large \$ 4.30 / Medium \$ 2.60	Asian Poached soya chicken with rice & Cucumber (contains soy) Large \$ 4.30 / Medium \$ 2.60	Vegetarian Stir-fry Hong Kong egg noodle (contain soy) Large \$ 4.30 / Medium \$ 2.60	Side dish Mashed potato with gravy (gravy contains wheat) \$1.30
Wednesday	Western Shepherd's pie (contains dairy) Large \$ 4.30 / Medium \$ 2.60	Asian Ginger fish & beansprouts with noodle Large \$ 4.30 / Medium \$ 2.60	Vegetarian Pasta with french beans, eggplant & mushroom Large \$ 4.30 / Medium \$ 2.60	Side dish Ham & onion savoury muffins (contains dairy & wheat) \$1.30
Thursday	Western Roast chicken with mashed pumpkin sweet potato or rice with green peas (gravy contains wheat) Large \$ 4.30 / Medium \$ 2.60	Asian Beef kway teow with chinese greens (contains soy) Large \$ 4.30 / Medium \$ 2.60	Vegetarian Tofu kway teow & yellow noodle (contains soy) Large \$ 4.30 / Medium \$ 2.60	Side dish Mashed pumpkin & sweet potato with gravy (gravy contains wheat) \$1.30
Friday	Western Beef & spinach lasagne (contains dairy & wheat) Large \$ 4.30 / Medium \$ 2.60	Asian Stir fry ginger chicken with rice & boiled vegetables (contains soy) Large \$ 4.30 / Medium \$ 2.60	Vegetarian Broccoli in pumpkin sauce with pasta or rice Large \$ 4.30 / Medium \$ 2.60	Side dish Mushroom & cheese savoury muffin (contains dairy & wheat) \$1.30
Everyday	Sandwiches- Egg Salad, Tuna Salad, Chicken Salad, Ham & Cheese Salad, Bacon & Salad, Vegemite, Jam sandwich Garden green salad / Assorted sushi biscuit / Anzac Bar / Popcorn			Price range \$1.20 - \$4.50

Everyday	Marigold 100% Juice - apple, orange, apple & grape, Ceres 100% Juice - whisper of summer, secrets of the valley Marigold HL milk / Milo Bottled water			Prices Range \$ 1.10 - 1.60
	Pizza	Salad	Sandwich roll/wrap	Snack
Monday	Bagel (Counter 3, 4 & 5 only) \$2.00	Garden Green Salad \$4.20	Roasted turkey breast with lettuce & tomato \$4.50	Banana & chocolate chips muffins \$1.30
	Pizza	Salad	Sandwich roll/wrap	Snack
Tuesday	Mushroom pizza / plain pizza (Counter 3, 4 & 5 only) Special: Whole \$ 4.00 / Half \$2.00 Plain : Whole \$ 3.00 / Half \$ 1.50	Pasta salad with herb dressing \$4.70	Basil chicken with lettuce & tomato \$4.50	Apple crumble \$1.30
	Pizza	Salad	Sandwich roll/wrap	Snack
Wednesday	Bagel (Counter 3, 4 & 5 only) \$2.00	Garden Green Salad \$4.20	Gammon ham & honey mustard mayo with lettuce & tomato \$4.50	Cranberry cupcakes \$1.30
	Pizza	Salad	Sandwich roll/wrap	Snack
Thursday	Ham & pineapple pizza / plain pizza (Counter 3, 4 & 5 only) Special: Whole \$ 4.00 / Half \$2.00 Plain : Whole \$ 3.00 / Half \$ 1.50	Thai green mango salad with sweet chilli lime vinaigrette sauce \$4.70	Roasted chicken / Roasted vegetables with lettuce & tomato \$4.50	Honey glaze raisin bun \$1.30
	Pizza	Salad	Sandwich roll/wrap	Snack
Friday	Plain pizza (Counter 3, 4 & 5 only) Plain : Whole \$ 3.00 / Half \$ 1.50	Garden Green Salad \$4.20	Roast beef with mustard mayo / olive oil sauce with lettuce & tomato \$4.50	Carrot cupcakes \$1.30
Everyday	Fuit bowls - watermelon, pineapple, grapes, 3 fruits Whole fruit - apple, banana,seasonal fruit Fresh Juice - watermelon, pineapple Packet fruit - Sliced apple, sliced watermelon,sliced pineapple			Prices Range \$ 0.60 - \$ 2.50