

EC & KINDER LUNCH MENU 2023 - 2024

Week 1: 9-12 Jan, 29 Jan-2 Feb, 19-23 Feb, 11-15 March

Day	Snack	Lunch Main	Alternative	Side	Dessert
Monday	Mango & Apple	Beef Lasagna	Vegetable Lasagna	Bread rolls & Green bean salad	Banana cake
Tuesday	Pineapple & Watermelon	Vegetable pie & Sweet potatoes	Vegetable pie & Sweet potatoes	Carrot and apple salad	Fruit skewers
Wednesday	Banana	Pasta with Basil Pesto	Pasta with Basil Pesto	Avocado salad & Pumpkin soup	Muesli Bars
Thursday	Apple slices	Beef curry and rice	Chickpea curry and rice	Cucumber yoghurt salad	Apple pie
Friday	Grapes & Oranges	Chicken pizza	Vegetable pizza	Couscous and green bean salad	Fruit skewer

Week 2: 15-19 Jan, 5-9 Feb, 26 Feb-1 March, 18-22 March,

Day	Snack	Lunch Main	Alternative	Side	Dessert
Monday	Banana Skewers	Chicken stew with rice	Vegetable Stew with rice	Cucumber and tomato salad	Fruit salad
Tuesday	Apple Slices	Pasta with meatballs	Pasta in white sauce with garden vegetables		Banana smoothie
Wednesday	Carrot & Cucumber sticks	Spinach pie	Vegetable Pizza	Carrot and apple salad	Fruit skewers
Thursday	Mango & Orange	Fish fingers and roast potatoes	Fried banana and roast potatoes	Peas	Smoothie with seasonal fruits
Friday	Grapes & Oranges	Shepherd pie	Vegetable pie	Carrot and cucumber sticks	Apple cake



Week 3 - 22-25 Jan, 12-15 Feb, 4-7 March, 25-28 March,

Day	Snack	Lunch Main	Alternative	Side	Dessert
Monday	Banana	Macaroni Cheese	Macaroni cheese	Cucumber and cherry tomatoes	Fruit salad
Tuesday	Watermelon	Potato wedges and mini beef burgers with homemade tomato relish	Potato wedges and mini veg burgers with homemade tomato relish	Fresh peas	Banana Cake
Wednesday	Carrot & Cucumber sticks	Chicken Noodles	Vegetable Noodles	Greens from the garden	Oranges
Thursday	Mango	Vegetable Curry with rice	Vegetable Curry with rice	Cucumber and yoghurt	Strawberry smoothie
Friday	Grapes & Pineapple	Beef sausage casserole and boiled potato	Vegetable casserole and boiled potato	Carrot and cucumber sticks	Apple cake