

## EC & Kinder Kitchen Menu

**Week 1** beginning Wednesday 14 August, Mondays 2 & 23 September, 21 October, Tuesday 12 November & Monday 2 December

Day	Snack	Lunch Main	Alternative	Side	Dessert
Mon	Mango & Apple	Beef Lasagna	Veg Lasagna	Bread rolls & Green bean salad	Banana cake
Tues	Pineapple & Watermelon	Vegetable pie & Sweet potatoes	Vegetable pie & Sweet potatoes	Carrot and apple salad	Fruit skewers
Weds	Banana	Pasta with Basil Pesto	Pasta with Basil Pesto	Avocado salad & Pumpkin soup	Muesli Bars
Thurs	Apple Slices	Beef curry and rice	Chickpea curry and rice	Cucumber yoghurt salad	Apple pie
Fri	Grapes & Oranges	Chicken pizza	Veg pizza	Couscous and green bean salad	Fruit skewer

**Week 2** beginning Mondays 19 August, 9 & 30 September, 28 October, 18 November, 9 December

Day	Snack	Lunch Main	Alternative	Side	Dessert
Mon	Banana Skewers	Chicken stew with rice	Veg Stew with rice	Cucumber and tomato salad	Fruit salad
Tues	Apple Slices	Pasta with meatballs	Pasta in white sauce with garden vegetables		Banana smoothie
Weds	Carrot & Cucumber Sticks	Spinach pie	Veg Pizza	Carrot and apple salad	Fruit skewers
Thurs	Mango & Orange	Fish fingers and roast potatoes	Fried banana and roast potatoes	Peas	Smoothie with seasonal fruits
Fri	Grape & Pineapple	Shepherd pie	Veg pie	Carrot and cucumber sticks	Apple cake



**Week 3** beginning Monday 26 August, Tuesday 17 September, Mondays 14 October, 4 & 25 November,

<b>Day</b>	<b>Snack</b>	<b>Lunch Main</b>	<b>Alternative</b>	<b>Side</b>	<b>Dessert</b>
Mon	Banana	Macaroni Cheese	Macaroni cheese	Cucumber and cherry tomatoes	Fruit salad
Tues	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
Weds	Carrot & Cucumber Sticks	Chicken noodles	Veg Noodles	Greens from the garden	Oranges
Thurs	Mango	Vegetable Curry with rice	Vegetable Curry with rice	Cucumber and yoghurt	Strawberry smoothie
Fri	Grape & Pineapple	Beef sausage casserole and boiled potato	Veg casserole and boiled potato	Carrot and cucumber sticks	Apple cake