

NOOSH WEEKLY MENU Summer Menu Term 4 Week 3

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	<u>Banana Pancakes</u> 1 bottle of pancake batter 2 x bananas GF = gluten-free pancake mix	<u>Wholemeal Toast & Cereal</u> 1-2 Loafs of Bread Multiple Spreads (Jam, Vegemite, Butter) DF/LF = Nuttlex Butter GF = Gluten Free bread	<u>Yoghurt & Fruit</u> 1 tub of plain Greek yoghurt 1 x pack of frozen berries DF= Coconut yoghurt	<u>Wholemeal Toast Cereal</u> 1-2 loafs of bread Multiple spreads (Jam, Vegemite, Butter) DF/LF = Nuttlex Butter GF = Gluten Free Bread	<u>Eggs on wholemeal toast</u> - Dozen eggs 1 loaf wholemeal toast GF= Gluten-free bread
Afternoon Tea	<u>Gozleme</u> 3 x packs of flatbread/wraps - 1 pack frozen spinach - 2 x packets of shredded cheese 1 punnet sliced mushrooms - 1 x red capsicum 2 x small blocks fetta cheese GF = Gluten-Free wraps DF = No cheese	<u>Fried Rice</u> - 2kg bag of brown rice Frozen mixed vegetables (carrots, corn, peas) - 2 x eggs 1 x small packet of bacon rashers - 2 tbsns soy sauce - 1 tbsn sesame oil V = No Bacon GF = No soy sauce	<u>Beef /Vegetarian Nachos</u> 4 x bags Mission Tortilla chips - 4 x jars mild salsa - 2 x tins black beans - 2kg minced beef 3 x packets Nacho seasoning 2 x packets shredded cheese - 1 x avocado V = No beef DF = No cheese	<u>Sundried tomato Gnocci</u> 4 x packets of gnocci - 4 x jars of creamy sundried tomato sauce 1 x small packet Gluten-Free pasta - 1 x jar passata GF = Use gluten-free pasta DF = use passata sauce	<u>Vegetarian Spring Rolls</u> 4-5 packets of frozen vegetarian spring roll packs 1 x jar sweet chilli sauce - 1 bottle soy sauce <u>Vegetable Sticks</u> - 2 x carrots - 2 x punnets of cherry tomatoes - 1 bunch celery - 2 x Dairy-free dips
Late Snack & Drinks	<u>Rice Cakes & Dried Fruit</u> - 1 x packet rice cakes - 1 x packet dried fruit salad mix WATER/MILK	<u>Vegetable Sticks, crackers & dip</u> - 3 sticks of celery - 1 x carrot - 1 x cucumber	<u>Sweet Potato Fries</u> (need to be cooked 20-25mins) - 1 x packet frozen sweet potato fries WATER / MILK	<u>Dried Banana Chips & sliced apple</u> - 1 x packet dried banana chips - 2 x green apples WATER/MILO	<u>Corn chips & guacamole dip</u> - 1 x packet plain corn chips - 1 x guacamole dip WATER / MILK

Codes	GF = Gluten-Free	DF = Dairy Free	LF = Lactose-Free	H = Halal	V = Vegetarian	NRM = No Red Meat	NP = No Pig/Pork
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NOOSH WEEKLY MENU Summer Menu Term 2 Week 4

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	<u>Yoghurt w/ Frozen fruit</u> <ul style="list-style-type: none"> - 1-2 Tubs of Yoghurt - 1 Bag of Frozen Fruit 	<u>Wholemeal Toast & Cereal</u> <ul style="list-style-type: none"> - Spreads (Jam, Vegemite, Butter) 	<u>Bacon & Eggs</u> <ul style="list-style-type: none"> - 1 carton of Eggs - 1 Packet of bacon - Bread and Butter for choice 	<u>Pancakes</u> <ul style="list-style-type: none"> - 1 bottle of pancake batter - Spreads (Butter, Honey Jam) 	<u>Wholemeal Toast Cereal</u> <ul style="list-style-type: none"> - 1-2 loafs of bread - Multiple spreads (Jam, Vegemite, Butter)
	DF = Dairy Free Yoghurt (Coconut frozen yoghurt)	DF/LF = Nuttlex Butter GF = Gluten Free bread	NP = No bacon DF/LF = Nuttlex Butter	DF/LF = Nuttlex Butter	DF/LF = Nuttlex Butter GF = Gluten Free Bread
Afternoon Tea	<u>Sandwich Platter w/ Ham, Cheese, Chicken, Spreads</u> <ul style="list-style-type: none"> • 5-6 Loafs of Bread • 1 packet of sliced Ham & Chicken • 1 packet of sliced cheese • Multiple spreads (Butter, Vegemite) GF = Gluten Free bread DF/LF = No Cheese & Nuttlex	<u>Vegetable Platter w/ Cheese, Crackers and Salami</u> <ul style="list-style-type: none"> • 2 Cucumbers • 3 Capsicums • 3 Cherry tomato packets • 1 Cubed cheese • 2 Salami • 2 Cabanossi (packets) • 6 Crackers DF = No cheese NP = No Salami/cabanossi	<u>Burritos w/ Chicken</u> <ul style="list-style-type: none"> • 6 packets of wraps • 3 diced chicken • 1 grated cheese • 2 tomatoes • 2 avocados • 3 chicken seasoning • 1 lettuce GF = Gluten Free Wraps DF = No Cheese V = No Chicken	<u>Saos/Cruskits</u> <ul style="list-style-type: none"> • Multiple Spreads (Vegemite, Butter) • 1 packet sliced ham • 1 sliced cheese • 2 tomatoes • 2 avocados • 1 cream cheese. DF = No cheese/Nuttlex NP = No Ham GF = Corn thins	<u>Smoothies</u> <ul style="list-style-type: none"> • 4x Cartons of Milk • 4 frozen fruit (Raspberries, Mango, Blueberries) • Water DF = Water/Soymilk LF = Lactose Free Milk
Late Snack	<u>Soy Crisps</u> <ul style="list-style-type: none"> - 2 packet of soy crisps Water / Milk	<u>Crumpets w/ Spread</u> <ul style="list-style-type: none"> - 2 crumpets packets - Multiple spreads Water / Milo milk (Seniors)	<u>Rice Crackers w/ Dips</u> <ul style="list-style-type: none"> - 2 rice cracker packets - 1 x French Onion dip Water / Milk	<u>Dried Fruit Platter</u> <ul style="list-style-type: none"> - 1 packet apricots - ½ packet sultanas - 1 packet dried apple Water / Milk	<u>Popcorn</u> <ul style="list-style-type: none"> - 2 packets of popcorn Water/orange juice
Codes	GF = Gluten-Free DF = Dairy Free LF = Lactose-Free H = Halal V = Vegetarian NRM = No Red Meat				