

# NOOSH WEEKLY MENU

## Summer/Autumn Menu

## Term 1 Week 1

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	<p><u>Wholemeal Toast &amp; Cereal</u></p> <ul style="list-style-type: none"> <li>- 1-2 Loaves of Bread</li> <li>- Multiple Spreads (Jam, Vegemite, Butter)</li> </ul> <p>DF/LF = Nuttelex Butter GF = Gluten Free bread</p>	<p><u>Cereals with fruit salad</u></p> <ul style="list-style-type: none"> <li>- Assorted cereals such as Weetbix, Rice bubbles, Cornflakes, Sultana bran</li> </ul>	<p><u>Bacon &amp; Eggs</u></p> <ul style="list-style-type: none"> <li>- 1 carton of Eggs</li> <li>- 1 Packet of bacon</li> <li>- Bread and Butter for choice</li> </ul> <p>NP = No bacon DF/LF = Nuttelex Butter</p>	<p><u>Hash browns/ wholemeal toast</u></p> <ul style="list-style-type: none"> <li>- 1 packet frozen hash browns to be cooked</li> </ul>	<p><u>Yoghurt w/ Frozen fruit</u></p> <ul style="list-style-type: none"> <li>- 1-2 Tubs of Yoghurt</li> <li>- 1 Bag of Frozen Fruit</li> </ul> <p>DF = Dairy Free Yoghurt (Coconut frozen yoghurt)</p>
<b>Afternoon Tea</b>	<p><u>Saos/Cruskits</u></p> <ul style="list-style-type: none"> <li>- Multiple Spreads (Vegemite, Butter)</li> <li>- 1 packet sliced ham</li> <li>- 1 sliced cheese</li> <li>- 2 tomatoes</li> <li>- 2 avocados</li> <li>- 1 cream cheese.</li> </ul> <p>DF = No cheese/Nuttelex NP = No Ham GF = Corn thins</p>	<p><u>Chicken/Salad Burritos</u></p> <ul style="list-style-type: none"> <li>- 6 packets of wraps</li> <li>- 3 diced chicken</li> <li>- 1 grated cheese</li> <li>- 2 tomatoes</li> <li>- 2 avocados</li> <li>- 3 chicken seasoning</li> <li>- 1 lettuce</li> </ul> <p>GF = Gluten Free Wraps DF = No Cheese V = No Chicken</p>	<p><u>Vegetable Platter w/ Cheese, Crackers and Salami</u></p> <ul style="list-style-type: none"> <li>- 2 Cucumbers</li> <li>- 2-3 Capsicums</li> <li>- 3 Cherry tomato packs</li> <li>- 1 Cubed cheese</li> <li>- 2 Salami</li> <li>- 2 Cabanossi (packets)</li> <li>- 6 Crackers</li> </ul> <p>DF = No cheese NP = No Salami/cabanossi</p>	<p><u>Baguettes with cottage cheese/avocado/tomato/salami</u></p> <ul style="list-style-type: none"> <li>- 5x long baguettes</li> <li>- 1 tub cottage cheese</li> <li>- 2x avocados</li> <li>- 3 x tomatoes</li> <li>- 2 x packet sliced salami</li> </ul> <p>DF = No cheese NP = No salami GF = Gluten-free bread/roll</p>	<p><u>Tomato Meatballs &amp; Pasta</u></p> <ul style="list-style-type: none"> <li>- 3 x packets of meatballs</li> <li>- 2 x packets of spaghetti pasta</li> <li>- 3 x jars of passata sauce</li> <li>1 x packet mixed dried herbs</li> <li>1 x packet shredded cheese</li> </ul> <p>V = plant-based meatball GF = gluten-free pasta DF = Dairy-free cheese/ no cheese</p>
<b>Late Snack</b>	<p><u>Soy Crisps &amp; Celery</u></p> <ul style="list-style-type: none"> <li>- 2 packet of soy crisps</li> <li>- 1 bunch celery sticks</li> </ul> <p>Water/ Milk</p>	<p><u>Mini Pikelets Jam/Honey</u></p> <ul style="list-style-type: none"> <li>- 2 x mini pikelets packets</li> <li>- Jam, honey</li> </ul> <p>Water / Milo milk</p>	<p><u>Rice Crackers w/ Dips</u></p> <ul style="list-style-type: none"> <li>- 2 rice cracker packets</li> <li>- 1 x French Onion dip</li> </ul> <p>Water / Milk</p>	<p><u>Dried Fruit Platter</u></p> <ul style="list-style-type: none"> <li>- 1 packet apricots</li> <li>- ½ packet sultanas</li> <li>- 1 packet dried apples</li> </ul> <p>Water / Milk</p>	<p><u>Popcorn &amp; sliced apples</u></p> <ul style="list-style-type: none"> <li>- 2 packets of popcorn</li> <li>- 3 x sliced apples</li> </ul> <p>Water/orange juice</p>
<b>Codes</b>	<p>GF = Gluten-Free    DF = Dairy Free    LF = Lactose-Free    H = Halal    V = Vegetarian    NRM = No Red Meat</p>				