

NOOSH Weekly Menu

Summer/Autumn

Term 1 Week 2

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	<p><u>Avocado on Toast/Muffins</u></p> <ul style="list-style-type: none"> - 2 x avocados - 1 x loaf of bread - 1-2 packets of muffins 	<p><u>Pancakes</u></p> <ul style="list-style-type: none"> - 1-2 bottle of pancake batter - Assorted pancake spreads 	<p><u>Jaffles</u></p> <ul style="list-style-type: none"> - 1 can of baked beans - 1 can of spaghetti - 1 loaf of bread 	<p><u>Wholemeal Toast & Cereal</u></p> <ul style="list-style-type: none"> - 1-2 Loafs of Bread - Assorted Cereal and Spreads - Milk 	<p><u>Fruit Smoothies</u></p> <ul style="list-style-type: none"> - A Mixture of frozen fruits - Milk
	GF = Gluten Free Breads/Muffins	GF = Gluten Free Pancake Batter	GF = Baked Beans DF		DF/LF = Lactose Free Milk or Water
Afternoon Tea	<p><u>Butter Chicken</u></p> <ul style="list-style-type: none"> - 4 packets of Diced Chicken - Basmati Rice - Butter Chicken Sauce - Cumin Seeds 	<p><u>BBQ Afternoon</u></p> <ul style="list-style-type: none"> - Variety of Lean Meats - 4 x Bread Loafs - Condiments (Sauce, Salt & Pepper, Cheese, Veges) 	<p><u>Pumpkin Soup</u></p> <ul style="list-style-type: none"> - 3 x Pumpkin Soup - Garlic Bread (4 packets) 	<p><u>Tuna Pasta Bake</u></p> <ul style="list-style-type: none"> - 4 tins of tuna - 3 x grated cheese - 3 packets of pasta - 4 tuna pasta sauce 	<p><u>Pizzas</u></p> <ul style="list-style-type: none"> - 5 English muffins - 2 cabanossi sticks - 1 packet of Ham - 2 packets of grated cheese - Spinach - Tomato Paste
	H/V = Sauce & Rice DF/LF = Chicken and Rice (No Sauce)	GF = Gluten Free Bread V/H =	DF/LF = Chicken and Corn Soup	DF/LF = No Cheese GF = Gluten Free Pasta	DF/LF = No cheese GF = Gluten Free Bread
Late Snack	<p><u>Vege Chips & Dip</u></p> <ul style="list-style-type: none"> - 2 packets of Vege chips - Variety of dips 	<p><u>Crumpets</u></p> <ul style="list-style-type: none"> - 3 packets of crumpets cut in 1/2 or 1/4 - Spreads 	<p><u>Saladas w/ Avo & Cheese</u></p> <ul style="list-style-type: none"> - 1 or half pack of saladas - Sliced cheese - Avocado 	<p><u>Bread Sticks & Dip</u></p> <ul style="list-style-type: none"> - 2 packets of breadsticks - Dip 	<p><u>Muffins</u></p> <ul style="list-style-type: none"> - 2 packets of muffins, cut in 1/2 or 1/4
Codes	GF = Gluten-Free	DF = Dairy Free	LF = Lactose-Free NP = No Pork	H = Halal V = Vegetarian	NRM = No Red Meat