

NOOSH WEEKLY MENU *Summer/Autumn Menu Term 1 Week 3*

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	<u>Muesli and yoghurt</u> - With assorted cereals, toast with spreads and fruit DF, LF = coconut yoghurt, plant-based milk for cereal	<u>Cheese, Ham and Tomato toasties</u> - With assorted cereals and fruit DF, LF = no cheese GF = gluten free bread V, H = no ham	<u>Bacon and eggs</u> - with assorted cereals, toast with spreads and fruit V, H, NP = plant-based sausages	<u>Apple banana pancakes</u> - banana based pancakes with thinly diced apple mixed in. serve with lemon juice and maple syrup DF, LF = use plant-based milk in pancake mix GF = mashed banana with apple and maple syrup on top	<u>French toast with strawberries</u> - with assorted cereals, toast and fruit - cook with plant-based milk to accommodate dietary needs GF = gluten free bread
Afternoon Tea	<u>BBQ Skewers</u> - capsicum, chicken, cherry tomatoes and halloumi - fruit platter *pre-cook halloumi and bite sized pieces of chicken and assemble after cooking to accommodate dietary needs DF, LF = no halloumi V, H = no chicken	<u>Lettuce Wraps</u> - fill with thinly sliced carrot, cucumber, beef strips or <u>firm tofu</u> - fruit and veg platter with apples, peaches etc.	<u>Dark chocolate dipped frozen bananas</u> - half bananas on a popsicle dipped in dark chocolate (low sugar) and frozen throughout the day - fruit and veg platter with celery sticks, carrot sticks etc. DF, LF = frozen banana and strawberry skewers	<u>Spinach, cheese and tomato quesadillas</u> - 2 pieces of flatbread filled with spinach, cheese and tomato cooked on sandwich press - Fruit platter GF = gluten free wraps DF, LF = no cheese	<u>Vegan mango and banana smoothies</u> - Blended mango, banana, ice and coconut-based yoghurt - Veggie sticks (cucumber, celery, carrots) with hummus
Late Snack	Popcorn and apple wedges	Rice cakes and frozen berries (serve in cups)	Rice crackers and beetroot dip	Sultanas and pretzels	Fruit salad cups (use leftover fruits)
Codes	GF = Gluten-Free DF = Dairy Free LF = Lactose-Free H = Halal V = Vegetarian NRM = No Red Meat NP = No Pork				