

# NOOSH WEEKLY MENU

## Summer/Autumn Menu

## Term 1 Week 4

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	<u>Yoghurt &amp; Fruit</u> 1-2 tubs of yoghurt In season fruit and/or tinned fruit  DF = coconut yoghurt	<u>Cereals &amp; Crumpets</u> Variety of cereals Crumpets Milk 2 x loaf bread Spreads  DF = no milk GF = no crumpets or gluten cereals. GF bread alternative.	<u>Hash Browns</u> 1 packet frozen hash browns 2 packets English muffins Spreads (Nuttelex, vegemite etc)  GF = GF bread, no vegemite, check hashbrown packet	<u>Cereals</u> Variety of cereals Milk 2 x loaf bread Spreads  DF = no milk GF = no crumpets or gluten cereals. GF bread alternative.	<u>Eggs &amp; Toast</u> Eggs Bread Nuttelex  GF = GF bread
<b>Afternoon Tea</b>	<u>Finger Sandwiches</u> - Wholemeal bread - Block/sliced cheese - Tomatoes - Lettuce - Sliced chicken - Spreads (Vegemite, Nuttelex)  (With fruit platter)  DF = No cheese GF = Corn thins V = No chicken	<u>Yoghurt &amp; Frozen Fruit</u> - Frozen watermelon - Frozen mixed berries - Frozen grapes - Bananas - Strawberries - Yoghurt  (With veggie platter)  DF = Plant based yoghurt	<u>Veg-gie sticks, chips, dips</u> - Lebanese flat bread - White tortilla strips (corn chips) - Carrot - Cherry tomatoes - Cheese block/cubes - Cucumber - Avocado dip - Tzatziki - Mild salsa (With fruit platter)  DF = No cheese	<u>Ravioli</u> - Spinach & cheese ravioli - Beef ravioli - Pasta bake sauce (eg creamy pesto, sundried tomato)  (with fruit/veggie platter)  GF = gluten-free pasta DF = beef ravioli only, tomato based DF sauce (passata) V = spinach & cheese ravioli only	<u>Nice-cream</u> - Frozen banana - Frozen mango - Frozen blueberries - Frozen strawberries - Milk  (With fruit/veggie platter) DF = Juice instead of milk
<b>Late Snack</b>	<u>Soy crisps &amp; dried apricots</u> 1 x packet soy crisps (500gm) 1 x small packet of dried apricots	<u>Vege Straws &amp; Sliced apple</u> 2 x packets of Vege Straws 2 x apples	<u>Popcorn &amp; Dried fruit</u> Popcorn Dried apple Sultanas	<u>Corn chips and dip</u> White tortilla strips French onion dip Mild salsa  DF = No French onion dip	<u>Rice cake sandwiches</u> Plain rice cakes Spreads (Nuttelex, vegemite etc) Avocado, Cheese, Ham  DF = No cheese NP/V = No ham GF = No vegemite
<b>Codes</b>	GF = Gluten-Free    DF = Dairy Free    LF = Lactose-Free    H = Halal    V = Vegetarian    NRM = No Red Meat				