










<b>Weeks 1, 5 &amp; 9</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Breakfast</b>	<p><u>Cereals &amp; Toast</u> Assorted cereals Wholemeal toast</p> <p>DF, LF = Soy milk GF = Rice bubbles / Gluten-free bread</p>	<p><u>Bacon &amp; scrambled Eggs on Toast</u> As suggested by the children!</p> <p>GF = Gluten-free bread</p>	<p><u>Cereals &amp; Toast</u> Assorted cereals Wholemeal toast</p> <p>DF, LF = Soy milk GF = Rice bubbles / Gluten-free bread</p>	<p><u>Porridge/cereals</u> Porridge/Oats &amp; variety of cereals Milk</p>	<p><u>Cheese, Ham and Tomato toasties</u> With assorted cereals and fruit</p> <p>DF, LF = No cheese GF = gluten free bread V/H = No Ham</p>
<b>Afternoon Tea</b>	<p><u>Lasagne &amp; Salad</u></p>  <p>3 large lasagnes 3 large salad mixes 1 salad sauce (balsamic)</p> <p>GF= Gluten free pasta V= pasta and cheese LF &amp; DF= Pasta</p>	<p><u>Mexican Rice</u></p>  <p>Olive oil Garlic minced 4 Onions 6 cups Basmati rice 4 Tomato canned 6 cups vegetable broth 4 carrots diced 4 tins corn Frozen peas Cumin 6 tomatoes Coriander</p>	<p><u>Pancakes &amp; Fresh Fruit</u></p>  <p>6 pancake mixes Fresh fruit 3 Tinned peaches Spreads such as Nuttelex</p> <p>GF= Gluten free pancake mix</p>	<p><u>Flavoured Rice Cakes &amp; Dried Fruits</u></p>  <p>Assorted Rice cakes (7 packets) Sultanas (500gm) Dried apples (500gm) Dried apricots (500gm)</p>	<p><u>Vegetarian Spring Rolls &amp; Vege Sticks</u></p>  <p>4 packs of vegetarian spring rolls 3 x carrots 2 x cucumbers 1 x capsicum</p> <p>GF= Gluten-free spring rolls (pastry)</p>
<b>Late Snack</b>	<p>Popcorn and apple wedges</p>	<p>Dried Fruits &amp; Corn chips</p>	<p>Vegetable sticks &amp; dip</p>	<p>Sultanas and pretzels</p>	<p>Blueberry Muffins</p>
<b>Codes</b>	<p>GF = Gluten-Free    DF = Dairy Free    LF = Lactose-Free    H = Halal    V = Vegetarian    NRM = No Red Meat NP = No Pork</p>				







Weeks 2,6 & 10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	<p><u>Cereals / Porridge</u> Assorted cereals Oats Honey/brown sugar/cinnamon</p>	<p><u>Wholemeal Toast w/assorted spreads</u> Wholemeal bread Butter, jam, vegemite, honey</p> <p>GF = Gluten-free bread</p>	<p><u>Muesli, Fresh fruits &amp; yoghurt</u> Muesli Fresh fruit Greek yoghurt</p> <p>DF, LF = Coconut yoghurt cheese</p>	<p><u>Fruit Toast</u> Fruit toast or Hot cross buns</p> <p>GF = Gluten-free fruit bread</p>	<p><u>Cereals &amp; Toast w/assorted spreads</u> Cereals- e.g: Weetbix, cornflakes Wholemeal bread Butter, jam, vegemite, honey</p>

<p><b>Afternoon Tea</b></p>	<p><u>Spaghetti Bolognese</u></p>  <p>Minced beef = 2kgs 4 x packs of spaghetti pasta 4 x jars of spaghetti sauce 1 jar of napolitana sauce</p> <p>GF = Gluten-Free pasta V = Napolitana sauce only</p>	<p><u>Couscous Salad</u></p>  <p>1 bag couscous 1L low salt vegetable stock 8 spring onions 3 red pepper Cucumber Feta cheese, cubed 1 jar tomato pesto</p> <p>LF &amp; DF = no feta</p>	<p><u>Beef &amp;/or Bean Nachos</u></p>  <p>Tortilla chips (4 packets) 2kg Minced Beef Tin of diced tomatoes (3-4) Red Kidney Beans (3) Nacho seasoning (3) Avocado/guacamole Salsa (3 jars) Shredded cheese (2 packs) Sour Cream</p> <p>GF = Gluten-free chips DF, LF = Dairy-Free cheese &amp; sour cream</p>	<p><u>Toasted Sandwiches</u></p> <p>5 loaves bread Sliced cheese</p> <p>Tomatoes Ham</p> <p>GF = gluten free bread DF &amp; LF = no cheese V = no ham</p>	<p><u>Sausage Sizzle</u></p>  <p>1.8 kgs sausages 3 loaves wholemeal bread Onions Sauce Mushrooms</p> <p>NRM= chicken sausages V = veggie sausages GF= gluten free bread</p>
<p><b>Late Snack</b></p>	<p>Apple slices &amp; Rice crackers</p>	<p>Pikelets with spreads</p>	<p>Celery sticks, crackers &amp; Hommus dip</p>	<p>Blueberry muffins</p>	<p>Popcorn &amp; sultanas</p>
<p><b>Codes</b></p>	<p>GF = Gluten-Free    DF = Dairy Free    LF = Lactose-Free    H = Halal    V = Vegetarian    NRM = No Red Meat NP = No Pork</p>				






**NOOSH Weekly Menu**    **Autumn/Winter**    Term 2 Weeks 3 & 7

<p><b>Weeks 3 &amp; 7</b></p>	<p><b>MONDAY</b></p>	<p><b>TUESDAY</b></p>	<p><b>WEDNESDAY</b></p>	<p><b>THURSDAY</b></p>	<p><b>FRIDAY</b></p>
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<b>Breakfast</b>	<u>Cereals &amp; Toast</u> Assorted cereals Wholemeal toast  GF = Rice bubbles / Gluten-free bread DF, LF = Soy milk	<u>Fruit Toast</u> Fruit toast or Hot cross buns  GF = Gluten-free fruit bread	<u>Cheese Toast Melts</u> Wholemeal toast Sliced cheese  DF = Lactose-free cheese	<u>Cereals &amp; Toast</u> Assorted cereals Wholemeal toast  DF, LF = Soy milk GF = Rice bubbles / Gluten-free bread	<u>English Muffins with assorted spreads</u> Wholemeal English Muffins  GF = Gluten-Free muffins
<b>Afternoon Tea</b>	<u>Warm Muesli Bowls</u>  Muesli Milk Blueberries Strawberries Bananas  GF= gluten free muesli DF & LF = Dairy free milk	<u>Chicken Noodle Soup &amp; garlic Bread</u>  9 tins of creamy Chicken soup/ Chicken noodle soup packs 5 x Maggi Noodle packs 2 x steamed vege packs 5 x packets garlic bread	<u>Crackers with assorted toppings</u>  6 x crackers Butter Vegemite Sliced Cheese Sliced Ham(2 pks) Tomatoes  GF = Corn-based Cruskits	<u>Warm Pitas &amp; dips</u>  Pita bread Dips such as hummus, tzatziki Carrots Cucumber Capsicum  GF = gluten free wraps Popcorn & dried apricots	<u>Pasta &amp; meatballs</u>  Tomato passata sauce (4 jars) Herbs Beef meatballs (6 packs) Spiral Pasta (4 pks)  GF = Gluten-free pasta V/H = No Beef
<b>Late Snack</b>	Pikelets with spreads	Vegetable sticks & dip	Rice crackers & apple slices	Popcorn & dried apricots	Vegetable straws & cherry tomatoes
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## NOOSH Weekly Menu Autumn/Winter Term 2 Weeks 4 & 8

<b>Weeks 4 &amp; 8</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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<b>Breakfast</b>	<u>Porridge/cereals</u> Porridge/Oats & variety of cereals Milk	<u>Toast / Cereals</u> Assorted cereals Wholemeal toast DF, LF = Soy milk GF = Rice bubbles Gluten-free bread	<u>Pancakes with fresh fruit</u> Pancake mix Strawberries Blueberries	<u>Cereals &amp; Crumpets</u> Assorted cereals Crumpets w/spreads	<u>Bacon, Eggs &amp; Wholemeal Toast</u> As suggested by the children! GF = Gluten-free bread
<b>Afternoon Tea</b>	<u>Homemade ham and cheese swirls</u>  4 x Puff pastry packs Ham Cheese Dried tomatoes Tomato pizza sauce  GF = Gluten free pastry V = cheese & vegemite	<u>Gnocci &amp; creamy sundried tomato sauce</u>   5 packs gnocci 5 jars creamy sundried tomato sauce 1 pack cheese Basil  GF = Gluten free pasta	<u>Pizzas</u>   Wholegrain muffins/wraps Ham/salami Cheese Tomato pizza sauce Spinach/rocket Capsicums  GF = Gluten free wraps	<u>Assorted cereals &amp; milk</u>  <ul style="list-style-type: none"><li>- Cheerios</li><li>- Weetbix</li><li>- Cornflakes</li><li>- Rice Bubbles</li><li>- Sultana Bran</li><li>- 3 x 1 ltr milk</li></ul> GF = Gluten-Free Cereals DF, LF = Soy milk/lactose-free milk	<u>Tofu Pad Thai</u>   Fish sauce 4 Carrots Coriander 12 spring onions 3 packs firm tofu 3 limes Rice noodles Vegetable oil 6 eggs Minced garlic Sugar
<b>Late Snack</b>	Grainwaves crisps	Banana chips & Dried apricots	Corn chips & salsa	Pretzels & Sultanas	Rice crackers & dip
<b>Codes</b>	GF = Gluten-Free    DF = Dairy Free    LF = Lactose-Free    H = Halal    V = Vegetarian    NRM = No Red Meat NP = No Pork				