

NOOSH WEEKLY MENU

MENU FOR WEEKS 1,4,7 AND 10

+ A selection of fresh fruits served with afternoon tea each day!

MONDAY

Breakfast: cereals and toast

Pumpkin soup with garlic bread

- Pumpkin soup
- Garlic bread

GF= gluten free garlic bread



Late snack: pikelets with spreads

TUESDAY

Breakfast: bacon and eggs

Vegetarian nachos

- 4 bean mix
- Corn chips
- Nachos seasoning
- Salsa
- Avocado
- Grated cheese

LF= no cheese



Late snack: crackers and cube cheese

WEDNESDAY

Breakfast: Cereals and toast

Mediterranean platters

- Pita bread
- Variety of dips
- Cubes of cheese
- Cabanossi
- Vegetable sticks

DF/LF= no cheese

V= no cabanossi



Late snack: Corn chips and mild salsa

THURSDAY

Breakfast: pancakes and spreads

Vegetarian teriyaki noodles

- Kan Tong Teriyaki stir fry sauce
- Wok-ready Hokkien noodles
- Mixed frozen vegetables

GF= gluten free noodles and sauce



Late snack: banana choc-chip muffins

FRIDAY

Breakfast: cereals and toast

Vegetarian Asian variety mix and vegetable sticks

- Spring rolls, money bags and samosas
- Cucumber, celery and carrots
- GF= puff pasteries



Late snack: pretzels and carrots with dip

NOOSH WEEKLY MENU

MENU FOR WEEKS 2, 5 AND 8

+ A selection of fresh fruits served with afternoon tea each day!

MONDAY

Breakfast: Cereals and toast

Vegetarian Fried Rice

- Rice
- Frozen Veggies
- Soy Sauce
- Eggs
- Oil

Vegan = No eggs



Late snack: Milo

TUESDAY

Breakfast: Cereals and toast

Mac and Cheese

- Macaroni Pasta
- Cheese
- 4 Cheese sauce
- Broccoli
- Corn
- GF pasta
- Tomato pasta sauce

GF=Gf pasta, LF=Tomato pasta sauce



Late snack: Corn chips and mild salsa

WEDNESDAY

Breakfast: Pancakes and spreads

Cereal & Milk

- Variety of cereals
- Milk
- LF Milk
- GF Cereal

GF=GF cereal, LF=LF milk



Late snack: Blueberry Muffins

THURSDAY

Breakfast: Cereals and toast

Bean or beef tacos

- 4 bean mix
- Beef mince
- Soft wraps
- Lettuce
- Tinned tomatoes
- Seasoning
- Salsa

GF=GF wraps, LF=No cheese



Late snack: Flavoured rice cakes

FRIDAY

Breakfast: Cheese and ham toasties

Mini quiches & veg sticks

- Mini Quiches
- Sweet chilli sauce
- Carrots
- Cucumber
- GF Pastries

GF=Gf spring rolls



Late snack: Popcorn & Dried Fruit

NOOSH WEEKLY MENU

MENU FOR WEEKS 3, 6 AND 9

+ A selection of fresh fruits served with afternoon tea each day!

MONDAY

Breakfast: cereals and toast

Spinach and ricotta triangles and vegetable sticks

- Spinach/ricotta triangles
- Carrots
- Cucumber
- Celery



Late snack: pikelets with spreads

TUESDAY

Breakfast: porridge

Sao's with various toppings

- Sao crackers
- Sliced ham
- Cheese slices
- Fresh tomatoes sliced
- Spreads: butter, vegemite, avocado



Late snack: Banana Chips & Sultanas

WEDNESDAY

Breakfast: pancakes

Crispy noodle salad

- BBQ chicken
- Mayonnaise
- Mixed lettuce
- Tomato
- Cucumber
- Crispy noodles



Late snack: Cruskits & Spreads

THURSDAY

Breakfast: cereals and toast

2 min Noodles & Garlic Bread

- 2 min noodles + packet seasoning
- Garlic bread
- Frozen veggies



Late snack: Carrots & french onion dip

FRIDAY

Breakfast: Cinnamon toast

Sausage Sizzle

- Sausages
- Veggie Sausages
- Bread
- GF Bread
- Onions
- Mushrooms
- Sauce



Late snack: Veggie straws & tomato