



Our Menu

2023

Tea-time: 10am Juice
Sandwiches (Bovril/Peanut Butter/Syrup/Jam)

3pm Juice or Tea
Cookies/Freshly Baked Cake (no icing)/Sandwiches

Please take note that some of our dishes may contain commonly known allergens, kindly advise the school should your child be allergic to any foods in order that provision may be made for this.

	Week One	Week Two
Monday	<u>Spaghetti</u> and Mince Carrot and cucumber Fresh fruit.	<u>Macaroni Cheese:</u> Carrot and cucumber salad Bread and butter Fresh fruit.
Tuesday	<u>Hearty Soup:</u> Beef, potatoes, split peas, dried bean, barley, onions, carrots, tomatoes and butternut Jelly	<u>Mince Stew:</u> Potatoes, carrots, onions, peas/beans and tomatoes Served on rice. Mashed butternut Jelly
Wednesday	<u>Chicken Stew:</u> Potatoes, carrots, onions, peas and tomatoes. Served on rice with Mashed butternut Ice Cream	<u>Hearty Soup:</u> beef, potatoes, split peas, dried beans; barley; onions; carrots; tomatoes; butternut Ice Cream
Thursday	<u>Fish fingers:</u> Mashed potato carrot and cucumber slices Custard	<u>Fish fingers:</u> Mashed potato carrot and cucumber slices Custard
Friday	<u>Mince Stew:</u> Potatoes, carrots, onions, peas/beans and tomatoes Served on rice Mashed butternut Fresh Fruit	<u>Chicken Stew:</u> Potatoes, carrots, onions, peas and tomatoes Served on rice Mashed butternut Fresh Fruit