

SAMPLE LUNCH MENU

Winter 2020



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Spinach & Ricotta Cannelloni (V)	Butter Chicken OR Roast Pumpkin vegetable medley(V)	Macaroni Cheese (V)	Beef & Kumara Gratin OR Spinach & Ricotta Cannelloni (V)	Roast Pumpkin vegetable medley(V)
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Greek Style Lamb & Kumara OR Macaroni Cheese (V)	Shepherd's Pie OR Spinach & Ricotta Cannelloni (V)	Chicken Chow Mein OR Vegetable Fried Rice (V)	COOKING DAY	Smoked Fish & Potato Burgers OR Dhal & Lentils (V)