

# WEEKLY MENU

Week of 6 January

## Magical Monday

- Staff Planning & Development

## Joyful Tuesday

- Beef burrito (lean ground beef, burrito spices, tomato, corn, paprika, onions, red beans)
- Veggie burrito
- Served on whole wheat wraps with grated cheese and green salad
- Yogurts or fresh fruit

## Wonderful Wednesday

- Indonesian Chicken Satays
- Vegan Satay
- Served with Mekong rice and broccoli
- Fresh fruit

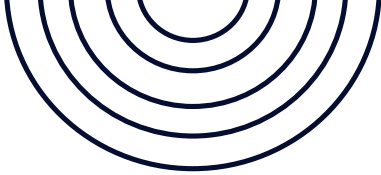
## Sunny Thursday

- BSA's famous carbonara with ham and bacon
- BSA's famous veggie carbonara with cream cheese
- Served with salad
- Fresh fruit

## Happy Friday

- Old English Fish Cakes
- Vegan Fish Cakes
- Served with oven fries and a green salad
- Yogurts and fresh fruit





# WEEKLY MENU

Week of 13 January

## Magical Monday

- Spaghetti with tomato and veggie meatballs
- Spaghetti with basil, herbs and olive oil penne
- Served with fresh green salad
- Fresh fruit

## Joyful Tuesday

- Rich traditional beef casserole
- Veggie casserole
- Served with boiled potatoes and green beans
- Yogurts and fresh fruit

## Wonderful Wednesday

- BBQ chicken drumsticks
- Veggie chicken Breasts
- Served with wild rice, broccoli and cauliflower
- Fresh fruit

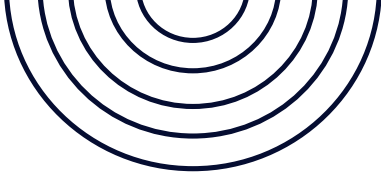
## Sunny Thursday

- Dutch meatballs in rich gravy
- Vegan balls
- Served with mashed potatoes and peas
- Yogurts and fresh fruit

## Happy Friday

- Hotdogs (chicken or pork)
- Veggie hotdogs
- Served with oven wedges and green salad
- Yogurts and fresh fruit





# WEEKLY MENU

Week of 20 January

## Magical Monday

- Tortelloni with ricotta & spinach
- Fusilli with chives, herbs and olive oil
- Served with parmesan cheese and fresh green salad
- Fresh fruit

## Joyful Tuesday

- Taco Tuesday (beef)
- Vegan mince tacos
- Served with coleslaw and green salad
- Yogurts and fresh fruit

## Wonderful Wednesday

- Red Thai curry with mango chicken
- Veggie mango chicken
- Served with mekong rice, atjar, and green salad
- Fresh fruit

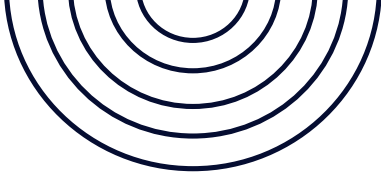
## Sunny Thursday

- Chicken or pork gyros (strips with gyros spices, onion, and paprika)
- Veggie gyros
- Served with pita bread, tzatziki, tomato, onion and green salad
- Fresh fruit

## Happy Friday

- BBQ Beef Burgers
- BBQ Veggie Burgers
- Served with wedges and cheese sauce
- Fresh fruit and yogurts





# WEEKLY MENU

Week of 27 January

## Magical Monday

- Fusilli pasta Napoli
- Fusilli with chives, herbs, and olive oil
- Served with green salad
- Fresh fruit

## Joyful Tuesday

- Traditional English beef cottage pie
- Vegan cottage pie
- Served with peas and green salad
- Yogurts or fresh fruit

## Wonderful Wednesday

- Chicken leek casserole
- Veggie chicken casserole
- Served with wild rice, carrots, and green beans
- Fresh fruit

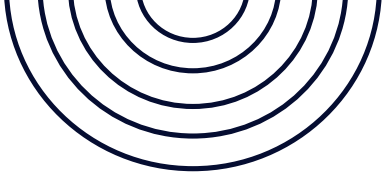
## Sunny Thursday

- Beef pasta bake
- Vegan beef pasta bake
- Served with a green salad
- Fresh fruit

## Happy Friday

- Fish fingers
- Vegan fish fingers
- Served with oven fries and green salad
- Yogurts & fresh fruit





# WEEKLY MENU

Week of 3 February

## Magical Monday

- USA Corn Mac & Cheese
- Penne with basil, herbs and olive oil
- Served with fresh green salad
- Fresh fruit

## Joyful Tuesday

- Beef Lollipops
- Veggie Lollipops
- Served with mash, young carrots, and onion gravy
- Yogurts and fresh fruit

## Wonderful Wednesday

- Light Indian chicken curry (with coconut cream)
- Veggie chicken curry
- Served with basmati rice, mango chutney, and green salad
- Fresh fruit

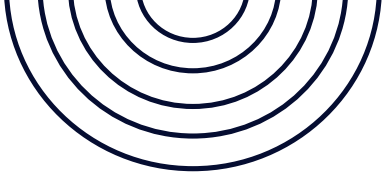
## Sunny Thursday

- BBQ pulled beef, chicken or pork
- Vegan BBQ pulled chicken
- Served with boiled potatoes and mixed veggies
- Fresh fruit

## Happy Friday

- Chicken burgers
- Veggie burgers
- Served with oven wedges and green salad
- Yogurts and fresh fruit





# WEEKLY MENU

Week of 10 February

## Magical Monday

- Penne with spinach, cherry tomato and ricotta cheese
- Fusilli with chives, herbs and olive oil
- Served with parmesan cheese and fresh green salad
- Fresh fruit

## Joyful Tuesday

- Traditional Greek beef moussaka
- Veggie moussaka
- Served with green salad
- Fresh fruit and yogurts

## Wonderful Wednesday

- Butter lemon & herb chicken breasts
- Butter lemon & herb veggie chicken
- Served with Mekong rice, atjar and green salad
- Fresh fruit

## Sunny Thursday

- Breaded chicken strips
- Breaded veggie chicken breasts
- Served with pita bread, tzatziki, tomato, onion and green salad
- Fresh fruit

## Happy Friday

- Chicken or pork schnitzel
- Vegan schnitzel
- Served with wedges and hunter's sauce
- Fresh fruit and yogurts

