

2023 EASTER TERM MENU WEEK 1

MEAL	ITEM	PORTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST Cereal	40g	Cornflakes	Rice Krispies	Bran Flakes	Muesli	Cerevita	Variety of cereal	Variety of cereal
	Milk Sugar Egg Protein Bread Margarine Preserves Milk Sugar Beverage	125ml 10g 1 50g 3 slices 10g 20g 30ml 10g	Milk Sugar Fried Egg Savoury Mince Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Mushroom omelette	Milk Sugar Baked beans Pork sausage Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Veg sausage & beans	Milk Sugar Scrambled egg Ox liver Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Egg & mushroom	Milk Sugar Chicken Breast Mushroom, Lyonnaise Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Egg, cheese and lyon	Milk Sugar Fried Egg Bacon Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Egg muffin cups	Milk Sugar French toast Cheese & m/syrup Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage	Milk Sugar Beef Sausage Baked Beans Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Veg sausage & beans
AM TEA	TEA Bread Filling Margarine Milk Sugar Beverage	2 each 25g 10g 30ml 10g 30ml	Mixed sandwiches cheese, polony, tomato, margarine Cordial	Tea Scones Cordial	Mini Pizza Cordial	Toasted Sandwiches Cordial	Mini pie Cordial	Muffins Cordial	Madeira Cordial
	LUNCH Protein Starch Veg/Salad Dessert/Starter Cordial	160g 100g 60g	Beef Stirfry Savoury Fusili Pasta Ice cream Cordial	Roast Sweet Chilli Chicken Potato Wedges Fresh garden salad Fruit Cordial	Minute Steak Rice Mixed veg Eclair Cordial	Hot Dog Chips Garden salad Yoghurt Cordial	Grilled Fish Baked Potato Mixed Veg Apple Crumble & Custard Cordial	Pork Chop Macaroni Mixed Veg Jelly Cordial	Arundel fried chicken Potato Wedges Coleslaw salad Fruit salad & vanilla icecream Cordial
PM TEA	TEA Baked Item Cordial	1 30ml Beverage	Chelsea Buns Cordial Tea/Coffee	Queen Cake Cordial Tea/Coffee	Doughnut Cordial Tea/Coffee	Cookies Cordial Tea/Coffee	Banana muffins Cordial Tea/Coffee	Biscuits Cordial	Melting Moments Cordial
DINNER	DINNER Protein Starch Vegetable 1 Vegetable 2 Cordial Fruit	160g 100g 30g 30g 30ml	Pork chop Rice Available Veg Juice Pineapple cream cake	Spaghetti bolognese Butternut & Green Beans Juice Malva pudding & custard	Chicken Kiev Roast potato Broccoli salad Juice Fruit Jelly	Pork Ribs Savoury Rice Fried Spinach Juice Milk Tart	Macaroni cheese deluxe Coleslaw salad Juice Fruit	Beef Stew Rice Mixed Vegies Juice Poorman's Pudding	Meatballs Spaghetti Mixed Veg Juice Supervisor's Choice
	Snack Beverage	Vegetarian lunch Vegetarian dinner	Veg stir-fry Veg lasagna	Veg Pizza Veg Fritters	Veg in mushroom sauce Vegan balls	Veg kebabs Veg schnitzel	Vegan Popstick Veg Sausages	Vegan meatballs Cheese potato bake	Vegan drumsticks Seitan strips

2023 EASTER TERM MENU WEEK 2

MEAL	ITEM	PORTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST Cereal Milk Sugar Egg Protein Bread Margarine Preserves Milk Sugar Beverage	40g 125ml 10g 1 50g 3 slices 10g 20g 30ml 10g	Branflakes Milk Sugar Poached Egg Meatballs Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage	Cerevita Milk Sugar Tomato & Onion Omelette Pork sausage Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage	Cornflakes Milk Sugar Lyonnaise and mince Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage	Rice Krispies Milk Sugar Pork Fillet Baked Beans Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage	Oatmeal Porridge with Peanut Butter Milk Sugar Fried Egg Bacon Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage	Variety of cereal Milk Sugar Baked Beans Beef sausages Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage	Variety of cereal Milk Sugar Pancakes Cheese & m/syrup Margarine Milk Sugar Hot Beverage
AM TEA	TEA Bread Filling Margarine Milk Sugar Beverage	2 each 25g 10g 30ml 10g 30ml	Mixed sandwiches Juice/Hot Beverage	Mini Pie Juice/Hot Beverage	Tea Scones Juice/Hot Beverage	Toasted Sandwiches Juice/Hot Beverage	Mini pizza Juice/Hot Beverage	Cake Slice Juice/Hot Beverage	Muffins Juice/Hot Beverage
LUNCH	LUNCH Protein Starch Veg/Salad Dessert/Starter Cordial	160g 100g 60g	Beef Burger Chips Garden Salad Chocolate Cupcake Cordial	Roast Chicken Thighs Savoury Rice Mixed Vegetables Fruit Cordial	Fillet Steak Pasta in mushroom sauce Carrot and Beetroot Salad Fruit mince pie Cordial	Pizza Chicken, sausage, mushroom Garden salad Icecream Cordial	Crumbed Hake Fillet Chips Coleslaw Salad Yoghurt Cordial	Pork Chop Savoury Pasta Mixed Veg Malva Pudding Cordial	Roast chicken Rice 3 bean salad Trifle Cordial
PM TEA	TEA Baked Item Cordial	1 30ml Beverage	Fudge Cordial Tea/Coffee	Cup Cakes Cordial Tea/Coffee	Chelsea Buns Cordial Tea/Coffee	Doughnuts Cordial Tea/Coffee	Fruit mince pies Cordial Tea/Coffee	Jam tarts Cordial	Cream Buns Cordial
DINNER	DINNER Protein Starch Vegetable 1 Vegetable 2 Cordial Fruit	160g 100g 30g 30g 30ml	BBQ Chicken Pasta Spinach Juice Milk Tart	Beef and Chicken Kebab Potato Wedges Available Vegies Juice Cake Slice	Roast Chicken Rice Available Veg Juice Fruit	Pork Chop Roast Potato Cucumber and Tomato Juice Instant Pudding	Oxtail Rice Spinach Juice Lolly icecream	Crumbed Chicken Chips French Salad Juice Chocolate Eclairs	Beef Wellington Potato Salad Cucumber and Tomato Juice Fruit Jelly
	Snack Beverage	Vegetarian lunch Vegetarian dinner	Veg burger Schnitzel	Veg Balls Veg Kebabs	Mushroom stroganoff Veg lasagna	Veg pizza Bean curry	Veg enchilada Veg sausages	Veg pancakes Stuffed butternut	Ratatouille Jumbo samoosa

2023 EASTER TERM MENU WEEK 3

MEAL	ITEM	PORTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST Cereal	40g	Oatmeal Porridge with Peanut Butter	Cornflakes	Cerevita	Branflakes	Muesli	Variety of cereal	Variety of cereal
	Milk Sugar Egg Protein Bread Margarine Preserves Milk Sugar Beverage	125ml 10g 1 50g 3 slices 10g 20g 30ml 10g	Milk Sugar Fried Egg Meatballs, Tomato Slice Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Mushroom Omelette	Milk Sugar Baked Beans & mushroom Beef sausage Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Veg sausage & beans	Milk Sugar Chicken Strips & Lyonnaise Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Beans & egg/Vegan balls	Milk Sugar Savoury mince Baked Beans Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Lyonnaise & Egg	Milk Sugar Fried Egg Bacon & tomato Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Egg muffin cups	Milk Sugar Minute Steak Grilled tomato/onion rings Bread/Toast Margarine Jam/Marmalade Milk Sugar Vegan burger patties	Milk Sugar Poached Egg Pork sausages Bread/toast Margarine Milk Sugar Hot Beverage Mushroom & beans
AM TEA	TEA Bread Filling Margarine Milk Sugar Beverage	2 each 25g 10g 30ml 10g 30ml	Muffins	Toasted sandwiches	Tea Scones	Mini Pizza	Plain sandwiches	Chocolate muffins	Cake Slice
			Juice/Hot Beverage	Juice/Hot Beverage	Juice/Hot Beverage	Juice/Hot Beverage	Juice/Hot Beverage	Juice/Hot Beverage	Juice/Hot Beverage
LUNCH	LUNCH Protein Starch Veg/Salad Dessert/Starter Cordial	160g 100g 60g	Macaroni Cheese deluxe Coleslaw Salad Yoghurt Juice	Arundel Fried Chicken Chips Greek Salad Cake & Custard Juice	Minute Steak Savoury Pasta Mixed Veg Icecream Juice	Chicken Burger Chips Garden Salad Eclair Juice	Fish Fillet Cheese baked potatoes Bean salad Fruit salad Juice	Roast Beef Roast potato, mushroom Coleslaw Ice lollies Juice	Pork & beef kebabs Pasta Mixed Veg Jelly Juice
PM TEA	TEA Baked Item Cordial	1 30ml Beverage	Cream doughnut Cordial Tea/Coffee	Melting moments Cordial Tea/Coffee	Chocolate brownies Cordial Tea/Coffee	Chelsea Buns Cordial Tea/Coffee	Carrot Cake Cordial Tea/Coffee	Banana muffins Cordial	Cream Buns Cordial
DINNER	DINNER Protein Starch Vegetable 1 Vegetable 2 Cordial Fruit	160g 100g 30g 30g 30ml	Pork Chops Wedges Garden Salad Juice Plain Jelly	Oxtail Rice Mixed Veg Juice Milk Tart	Crumbed Chicken Breast Roast Potato Mixed Vegies Juice Fruit	Beef stir-fry Rice Juice Yoghurt	Cottage Pie French Salad Juice Cake slice	Roast leg of pork Savoury Rice Feta cucumber & tomato Salad Juice Malva Pudding	Chicken Kiev Chips French Salad Juice Choc tart
	Snack Beverage	Vegetarian lunch Vegetarian dinner	Veg burger Veg fritters	Veg pizza Veg curry	Veg Quesadilla Veg pizza	Veg nuggets Veg sausages	Veg meatballs Cheese potatoes	Veg drumsticks Veg cottage pie	Veg & noodle spring roll Bean pancake

2023 EASTER TERM MENU WEEK 4

MEAL	ITEM	PORTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST Cereal	40g	Cornflakes	Oatmeal Porridge with Peanut Butter	Cerevita	Rice Krispies	Branflakes	Variety of cereal	Variety of cereal
	Milk Sugar Egg Protein Bread Margarine Preserves Milk Sugar Beverage	125ml 10g 1 50g 3 slices 10g 20g 30ml 10g	Milk Sugar Fried Egg Liver Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Mushroom Omelette	Milk Sugar Pork sausages Baked Beans Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Veg sausage & beans	Milk Sugar Scrambled eggs Mince Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Egg & mushroom	Milk Sugar Minute steak Mushroom, Baked Beans Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Egg, cheese and Lyon	Milk Sugar Poached Egg Bacon Bread/Toast Margarine Jam/Marmalade Milk Sugar Hot Beverage Egg muffin cups	Milk Sugar French toast Cheese & m/syrup Bread/Toast Margarine Jam/Marmalade Milk Sugar	Milk Sugar Chicken meatballs Baked beans Bread/toast Margarine Milk Sugar Hot Beverage Veg sausage & beans
AM TEA	TEA Bread Filling Margarine Milk Sugar Beverage	2 each 25g 10g 30ml 10g 30ml	Tea Scones	Toasted sandwiches	Mini Pies	Mixed sandwiches cheese & polony	Mini pizza	Tea biscuits	Muffins
			Juice/Hot Beverage	Juice/Hot Beverage	Juice/Hot Beverage	Juice/Hot Beverage	Juice/Hot Beverage	Juice/Hot Beverage	Juice/Hot Beverage
LUNCH	LUNCH Protein Starch Veg/Salad Dessert/Starter Cordial	160g 100g 60g	Beef Stew Rice Mixed Veg Yoghurt Juice	Roast Chicken Potato Wedges 3 Bean salad Fruit Juice	Beef Burger Chips Garden salad Apple crumble & custard Juice	Roast Chicken Fusili Pasta Mixed Veg Red Velvet slice Juice	Pizza sausage, chicken, veg Mixed Veg Eclair Juice	Hot dog Chips Available salad Icecream Juice	Minute Steak Fusili Pasta Mixed Veg Supervisor's Choice Juice
PM TEA	TEA Baked Item Cordial	1 30ml Beverage	Fruit mince pie Cordial Tea/Coffee	Fudge Cordial Tea/Coffee	Chocolate muffin Cordial Tea/Coffee	Doughnut Cordial Tea/Coffee	Iced queen cake Cordial Tea/Coffee	Cake slice Cordial	Commercial biscuits Cordial
DINNER	DINNER Protein Starch Vegetable 1 Vegetable 2 Cordial Fruit	160g 100g 30g 30g 30ml	Pork Chops Roast potato Broccoli Salad Juice/Hot Beverage Cake Slice	Spaghetti Bolognese Mixed Veg Juice/Hot Beverage Malva pudding & custard	Pork Ribs Rice Coleslaw Salad Juice/hot Beverage Fruit	Beef steak Chips Cucumber & tomato Juice/Hot Beverage Fruit Jelly	Whole roast beef Pasta Mixed Veg Juice/Hot Beverage Milk Tart	Gammon Steak Rice Butternut & peas Juice/Hot Beverage Mousse	Arundel Fried Chicken Chips French Salad Juice/Hot Beverage Fruit salad & cream
	Snack Beverage	Vegetarian lunch Vegetarian dinner	Ratatouille Veg lasagna	Vegan Popsticks Vegan sausages	Veg stir-fry Potato Bake	Veg pizza Veg stir-fry	Vegan Seitan strips Veg fritters	Veg meatballs Cheese potatoes	Vegetarian drumsticks Samosas