

JANUARY MENU

Day	Morning Tea	Lunch			Juice	Afternoon Tea Preschool Only
		Protein	Carbohydrate	Vegetables		
Mon Jan 14	Banana & Peanut Smoothie	Fried Eggs with minced pork Fried Corn with spring onion	Rice	Sauteed seasonal vegetables	Passionfruit Juice Coconut Juice	Mixed Yoghurt & Fruit
Tue Jan 15	Watermelon & Cookie	Lasagna V - Vegetable Lasagna	Pasta	Green salad	Carrot Juice Pineapple Juice	Mandarine
Wed Jan 16	Mandarine & Banh Trang	Sweet & Sour Ribs Snow Ball Tofu	Brown Rice	Sauteed seasonal vegetables	Lime Juice Watermelon Juice	Peanut Butter & Plain Crackers
Thu Jan 17	Veggie stick & dip	Chicken Korma Chickpea Korma	Chapatti	Indian Cucumber salad	Passionfruit Juice Coconut Juice	Mixed Yoghurt & Fruit
Fri Jan 18	Banana & Yoghurt	Noddle day	Noodles	Local Herbs & Greens	Lime Juice Watermelon Juice	Watermelon
Mon Jan 21	Banana & Peanut Smoothie	Fried Rice w/ Chicken & Pineapple Fried Rice with Vegan Ham	Rice	Pickled Cucumbers	Passionfruit Juice Coconut Juice	Mixed Yoghurt & Fruit
Tue Jan 22	Watermelon & Cookie	Bolognese Veggie Bolognese	Spaghetti	Green Salad	Carrot Juice Pineapple Juice	Pineapple
Wed Jan 23	Mandarine & Banh Trang	Sticky rice with caramelized pork Sticky rice with caramelized tofu	Rice	Pickled cucumbers	Lime Juice Watermelon Juice	Peanut Butter & Plain Crackers
Thu Jan 24	Veggie stick & dip	Pizza Vegan Pizza	Pizza Dough	sliced raw vegetables	Passionfruit Juice Coconut Juice	Mixed Yoghurt & Fruit
Fri Jan 25	Banana & Yoghurt	Noddle day	Noodles	Local Herbs & Greens	Lime Juice Watermelon Juice	Watermelon
Mon Jan 28	Banana & Peanut Smoothie	Egg Sushi V - Vegetable Sushi	Rice	Seaweed soup	Passionfruit Juice Coconut Juice	Mixed Yoghurt & Fruit
Tue Jan 29	Watermelon & Cookie	Burger Vegan Burger	French Fries	Green Salad	Carrot Juice Pineapple Juice	Pineapple
Wed Jan 30	Mandarine & Banh Trang	Com Ga Com Ga Chay	Rice	Water Spinach Clear Soup	Lime Juice Watermelon Juice	Peanut Butter & Plain Crackers