

MARCH MENU

Day	Morning Tea	Lunch			Juice	Afternoon Tea
		Protein	Carbohydrate	Vegetables		Preschool Only
Mon Mar 4	Banana & Peanut Smoothie	Fried Eggs with minced pork	Rice	Sauteed seasonal vegetables	Passionfruit Juice	Mixed Yoghurt & Fruit
		Fried Corn with spring onion			Coconut Juice	
Tue Mar 5	Watermelon & Cookie	Lasagna	Pasta	Green salad	Carrot Juice	Mandarine
		V - Vegetable Lasagna			Pineapple Juice	
Wed Mar 6	Mandarine & Banh Trang	Sweet & Sour Ribs	Brown Rice	Sauteed seasonal vegetables	Lime Juice	Peanut Butter & Plain Crackers
		Snow Ball Tofu			Watermelon Juice	
Thu Mar 7	Veggie stick & dip	Chicken Korma	Chapatti	Indian Cucumber salad	Passionfruit Juice	Mixed Yoghurt & Fruit
		Chickpea Korma			Coconut Juice	
Fri Mar 8	Banana & Yoghurt	Noodle day	Noodles	Local Herbs & Greens	Lime Juice	Watermelon
					Watermelon Juice	
Mon Mar 11	Banana & Peanut Smoothie	Fried Rice w/ Chicken & Pineapple	Rice	Pickled Cucumbers	Passionfruit Juice	Mixed Yoghurt & Fruit
		Fried Rice with Vegan Ham			Coconut Juice	
Tue Mar 12	Watermelon & Cookie	Bolognese	Spaghetti	Green Salad	Carrot Juice	Pineapple
		Veggie Bolognese			Pineapple Juice	
Wed Mar 13	Mandarine & Banh Trang	Sticky rice with caramelized pork	Rice	Pickled cucumbers	Lime Juice	Peanut Butter & Plain Crackers
		Sticky rice with caramelized tofu			Watermelon Juice	
Thu Mar 14	Veggie stick & dip	Pizza	Pizza Dough	sliced raw vegetables	Passionfruit Juice	Mixed Yoghurt & Fruit
		Vegan Pizza			Coconut Juice	
Fri Mar 15	Banana & Yoghurt	Noodle day	Noodles	Local Herbs & Greens	Lime Juice	Watermelon
					Watermelon Juice	
Mon Mar 18	Banana & Peanut Smoothie	Egg Sushi	Rice	Seaweed soup	Passionfruit Juice	Mixed Yoghurt & Fruit
		V - Vegetable Sushi			Coconut Juice	
Tue Mar 19	Watermelon & Cookie	Burger	French Fries	Green Salad	Carrot Juice	Pineapple
		Vegan Burger			Pineapple Juice	
Wed Mar 20	Mandarine & Banh Trang	Com Ga	Rice	Water Spinach	Lime Juice	Peanut Butter & Plain Crackers
		Com Ga Chay		Clear Soup	Watermelon Juice	
Thu Mar 21	Veggie stick & dip	Chicken Tortilla	Tortilla	Mixed vegetables	Passionfruit Juice	Mixed Yoghurt & Fruit
		Black Bean Tortilla			Coconut Juice	
Fri Mar 22	Banana & Yoghurt	Noodle day	Noodles	Local Herbs & Greens	Lime Juice	Watermelon
					Watermelon Juice	
Mon Mar 25	Banana & Peanut Smoothie	Tofu stuffed with pork	Rice	Sauteed seasonal vegetables	Passionfruit Juice	Mixed Yoghurt & Fruit
		Tofu stuffed with mushroom			Coconut Juice	
Tue Mar 26	Watermelon & Cookie	Chicken Sandwich	Bread	Cucumber & Tomatoes	Carrot Juice	Pineapple
					Pineapple Juice	
Wed Mar 27	Mandarine & Banh Trang	Bibimbap - Beef, egg	Rice	Carrot, mushroom, bean sprout, spinach	Lime Juice	Peanut Butter & Plain Crackers
		Vegan Bibimbap			Watermelon Juice	
Thu Mar 28	Veggie stick & dip	Meat Loaf	Mashed Potato	Cherry Tomatoes	Passionfruit Juice	Mixed Yoghurt & Fruit
		V - Veggie Loaf			Coconut Juice	
Fri Mar 29	Banana & Yoghurt	Noodle day	Noodles	Local Herbs & Greens	Lime Juice	Watermelon
					Watermelon Juice	