

# WHAT'S FOR LUNCH?

WEEK TWO @ EGA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN OPTION ONE	<i>Spaghetti Bolognese with Peppers &amp; Oregano</i> <b>GLUTEN &amp; CELERY</b>	<i>Sweet 'n' Sour Chicken with Cardamom Rice</i> <b>SULPHITE</b>	<i>Beef Bulgogi with New Potatoes</i> <b>SESAME, SOY &amp; CELERY</b>	<i>Pizza with Homemade Tomato Sauce, Cheese &amp; Peppers</i> <b>GLUTEN, MILK &amp; CELERY</b>	<i>Crumbed Fish with Tartare Sauce or Sticky Chicken Wings</i> <b>FISH, GLUTEN, EGGS, MUSTARD, SESAME, SOY &amp; SULPHITE</b>
MAIN OPTION VEG	<i>Lentil Bolognese with Peppers &amp; Oregano</i> <b>GLUTEN &amp; CELERY</b>	<i>Burrito Wrap Filled with Mexican Beans, Rice &amp; Cheese</i> <b>GLUTEN, MILK &amp; CELERY</b>	<i>Sweet Potato &amp; Pea Curry with Garlic Flat Bread</i> <b>GLUTEN &amp; CELERY</b>	<i>Tomato &amp; Spinach Pasta Bake</i> <b>GLUTEN &amp; CELERY</b>	<i>Cheesy Baked Courgette</i> <b>MILK</b>
VEGETABLES	<i>Rosemary Roasted Broccoli</i>	<i>Stir Fried Chilli Cabbage</i>	<i>Honey &amp; Sesame Carrots</i> <b>SESAME</b>	<i>Paprika Corn</i>	<i>Chips &amp; Mushy Peas</i>
DESSERT	<i>Linda's Butternut Squash Muffin</i> <b>EGG, MILK &amp; GLUTEN</b>	<i>Anzac Biscuits</i> <b>MILK &amp; GLUTEN</b>	<i>Braeburn Apple Crumble &amp; Custard</i> <b>MILK &amp; GLUTEN</b>	<i>Beetroot Cake &amp; Yogurt &amp; Honey</i> <b>EGG, MILK &amp; GLUTEN</b>	<i>Seasonal Fruit Pot</i>



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MAIN OPTION ONE	<i>Sausage &amp; Creamy Mash with Gravy</i> <b>MILK &amp; GLUTEN</b>	<i>Chicken Chatt with Pilau Rice</i> <b>CELERY</b>	<i>Beef Lasagne</i> <b>MILK, SOY &amp; GLUTEN</b>	<i>Fish Pie with a Puff Pastry Lid</i> <b>FISH, GLUTEN, EGG, CELERY &amp; MILK</b>	<i>Brisket Bun with Miso Mayonnaise</i> Or <i>Piri Piri Chicken with Hot Sauce</i> <b>SOY, GLUTEN, EGG, MUSTARD &amp; SULPHITE</b>
MAIN OPTION VEG	<i>Vegetarian Sausage &amp; Creamy Mash with Gravy</i> <b>MILK &amp; GLUTEN</b>	<i>Squash &amp; Red Lentil Dhal</i>	<i>Pepper, Aubergine &amp; Courgette Lasagne</i> <b>MILK, SOY &amp; GLUTEN</b>	<i>Mark's Cheese &amp; Pepper Quiche</i> <b>MILK, EGG &amp; GLUTEN</b>	<i>Rice Stuffed Peppers</i> <i>Homemade Baked</i>
VEGETABLES	<i>Minted Peas</i>	<i>Roasted Cauliflower</i>	<i>Purple Sprouting Broccoli</i>	<i>Peas &amp; Leeks</i>	<i>Chips, Red Slaw &amp; corn Salad</i> <b>EGGS, MUSTARD &amp; SULPHITE</b>
DESSERT	<i>Carrot Cake Muffin</i> <b>MILK, GLUTEN &amp; EGG</b>	<i>Banana Cake Yogurt &amp; Honey</i> <b>MILK, GLUTEN &amp; EGG</b>	<i>Anzac Biscuits</i> <b>GLUTEN &amp; MILK</b>	<i>Italian Sponge Cake &amp; Yogurt &amp; Honey</i> <b>MILK, GLUTEN &amp; EGG</b>	<i>Seasonal Fruit Pot</i>



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN OPTION ONE	<p><i>Tuna &amp; Tomato Pasta Bake</i></p> <p><i>FISH, GLUTEN, CELERY &amp; SOY</i></p>	<p><i>Beef Chilli with Homemade Nachos, Yoghurt &amp; Cheese</i></p> <p><i>MILK, CELERY &amp; GLUTEN</i></p>	<p><i>Roast Turkey with Crispy Garlic New Potatoes</i></p>	<p><i>Chicken Tikka Masala With Basmati Rice</i></p>	<p><i>Crumbed Fish with Tartare Sauce or Sticky Chicken Wings</i></p> <p><i>MILK, EGG, SOY, SESAME, FISH, MUSTARD, SULPHITE &amp; GLUTEN</i></p>
MAIN OPTION VEG	<p><i>Mac 'n' Cheese topped with Crispy Onions</i></p> <p><i>GLUTEN &amp; MILK</i></p>	<p><i>Black Bean Chilli with Homemade Nachos, Yoghurt &amp; Cheese</i></p> <p><i>MILK &amp; GLUTEN</i></p>	<p><i>Lentil &amp; Vegetable Cottage Pie</i></p> <p><i>MILK</i></p>	<p><i>Chickpea, Pea &amp; Potato Curry with Basmati Rice</i></p>	<p><i>Cheesy Baked Courgette</i></p> <p><i>MILK</i></p>
VEGETABLES	<p><i>Roasted Cauliflower</i></p>	<p><i>Smoked Corn</i></p>	<p><i>Roasted Seasonal Veg Medley</i></p>	<p><i>Cumin Carrots</i></p>	<p><i>Chips &amp; Mushy Peas</i></p>
DESSERT	<p><i>Orange Cake Muffin</i></p> <p><i>MILK, EGG &amp; GLUTEN</i></p>	<p><i>Ginger Cake</i></p> <p><i>Yoghurt &amp; Honey</i></p> <p><i>MILK, EGG &amp; GLUTEN</i></p>	<p><i>Rhubarb &amp; Apple Crumble with Custard</i></p> <p><i>MILK, EGG &amp; GLUTEN</i></p>	<p><i>Shortbread Biscuits</i></p> <p><i>MILK &amp; GLUTEN</i></p>	<p><i>Seasonal Fruit Pot</i></p>

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WEEK ONE @ EGA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN OPTION ONE	<p><i>Chicken Pilau with Peppers &amp; Crispy Onions</i>  <b>GLUTEN &amp; CELERY</b></p>	<p><i>Beef, Coconut &amp; Pea Curry with Basmati Rice</i>  <b>CELERY</b></p>	<p><i>Chicken &amp; Leek Pie with Sweet Potato Wedges</i>  <b>MILK, GLUTEN &amp; EGGS</b></p>	<p><i>Chicken Tomato Pasta Bake</i>  <b>CELERY, GLUTEN, SOY &amp; MILK</b></p>	<p><i>Crumbed Fish with Tartare Sauce</i>                      Or  <i>Piri Piri Chicken with Victoria's Hot Sauce</i>  <b>FISH, MUSTARD, EGGS, GLUTEN &amp; SULPHITE</b></p>
MAIN OPTION VEG	<p><i>Warm Asian Salad with Tofu, Broccoli &amp; Egg Noodles</i>  <b>SOY, SESAME, GLUTEN, CELERY &amp; EGG</b></p>	<p><i>Cauliflower &amp; Butterbean Cheese</i>  <b>MILK &amp; GLUTEN</b></p>	<p><i>Creamy Mushroom &amp; Leek Pie with Sweet Potato Wedges</i>  <b>MILK, GLUTEN &amp; EGGS</b></p>	<p><i>Spinach &amp; Tomato Pasta</i>  <b>CELERY, GLUTEN, SOY &amp; MILK</b></p>	<p><i>Baked Cous, Cous Stuffed Peppers</i>  <b>GLUTEN, CELERY &amp; SOY</b></p>
VEGETABLES	<p><i>Ginger Peas</i></p>	<p><i>Honey Roasted Carrots</i></p>	<p><i>Autumn Greens with Garlic &amp; Mustard Seeds</i>  <b>MUSTARD</b></p>	<p><i>Smoked Corn</i></p>	<p><i>Chips &amp; Rainbow Slaw</i>  <b>EGGS &amp; MUSTARD</b></p>
DESSERT	<p><i>Vanilla Oat Muffin</i>  <b>GLUTEN, EGGS &amp; MILK</b>  <b>MILK, GLUTEN &amp; EGGS</b></p>	<p><i>Apple Flapjack</i>  <b>GLUTEN &amp; MILK</b></p>	<p><i>Anzac Biscuits</i>  <b>GLUTEN &amp; MILK</b></p>	<p><i>Italian Sponge Cake with Yogurt &amp; Honey</i>  <b>MILK, GLUTEN &amp; EGGS</b></p>	<p><i>Seasonal Fruit Pot</i></p>

