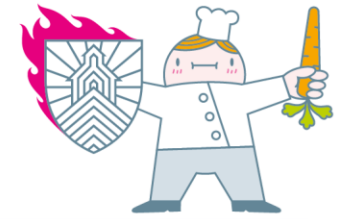


# WHAT'S FOR LUNCH?

WEEK 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Red lentil penne pasta (VG)  GLUTEN	Mild jerk cauliflower (VG) or chicken with cheesy sweet potato mash  SOY & MILK	Mac n cheese with hidden vegetables (VG)  MILK & GLUTEN	Chilli con carne (VG) or lamb mince burrito bowls  MILK	Jamila's breaded sweet potato (VG) or chicken strips with hand cut chips  GLUTEN & EGG
TEA	Cheese and carrot sandwiches on homemade bread  GLUTEN & MILK	Chunky veg & tomato soup with homemade croutons  GLUTEN	Banana oat pancakes  GLUTEN, EGG & MILK	Cucumber sandwiches on homemade bread with cherry tomatoes  GLUTEN	Mac n cheese balls, with homemade tomato dipping sauce  GLUTEN & MILK
SNACK	Orange segments	Kiwi	Carrot and red pepper sticks	Apple wedges	Banana
VEGETABLES	Honey roasted carrots and butternut squash	Rainbow slaw	Roasted broccoli	Smokey sweetcorn salad	Homemade baked beans
BREAD	Homemade soda bread  GLUTEN & MILK	Corn bread  GLUTEN, MILK & EGG	Garlic dough balls  GLUTEN	Tortilla wraps  GLUTEN	In main dish
DESSERT	Greek yoghurt with fruit  MILK	Fruit salad	Greek yoghurt with honey or fruit  MILK	Banana cake  EGG & GLUTEN	Beetroot and chocolate cake  EGG, MILK & GLUTEN