

Menu

Tea-time:

a.m. Juice
Sandwiches (Marmite, peanut butter; syrup; jam)

p.m. Juice or Tea
Cookies; freshly baked cake (no icing); sandwiches

	Week One	Week Two
Monday	Fish fingers; mashed potato Lettuce, tomato, carrot and cucumber salad. Fresh fruit. Juice	Macaroni Cheese Carrot and cucumber salad Bread and butter Fresh fruit. Juice
Tuesday	Soup: beef, potatoes, split peas, dried beans; barley; onions; carrots; tomatoes; butternut. Jelly. Juice	Mince Stew: potatoes; carrots; onions; peas/beans and tomatoes. Served on rice. Mashed butternut Jelly. Juice
Wednesday	Chicken Stew: potatoes; carrots; onions; peas and tomatoes. Served on rice. Mashed butternut. Fresh fruit Juice	Soup: beef, potatoes, split peas, dried beans; barley; onions; carrots; tomatoes; butternut. Fresh Fruit Juice
Thursday	Spaghetti and Mince Carrot and cucumber salad Bread and butter Custard. Juice	Fish fingers; mashed potato Lettuce, tomato, carrot and cucumber salad. Custard. Juice
Friday	Mince Stew: potatoes; carrots; onions; peas/beans and tomatoes. Served on rice. Mashed butternut Ice Cream. Juice	Chicken Stew: Potatoes; carrots; onions; peas and tomatoes. Served on rice. Mashed butternut. Ice Cream. Juice