

<b><u>Week 1</u></b>	<b><u>MEAT</u></b>	<b><u>VEGETARIAN</u></b>	<b><u>CHICKEN</u></b>	<b><u>SANDWICHES</u></b>	<b><u>FISH</u></b>
	Meatball and Tomato Sauce with Cous Cous	Kebab and Tabouli Wraps	Coconut Chicken Curry	Fruit Curry Rice Papadams	Fish Paella
	Pancakes with Maple Syrup	Sao's	Chocolate Cake	Jelly & Custard	Crispbread
<b><u>Week 2</u></b>	<b><u>PASTA</u></b>	<b><u>MEAT</u></b>	<b><u>VEGETARIAN</u></b>	<b><u>CHICKEN</u></b>	<b><u>SANDWICHES</u></b>
	Chicken and Leek Lasagne	Sweet Currie Sausages with Rice	Vegetarian Paella	Mexican Chicken Stew	Ham, Cheese and Tomato
	Rice Cakes	Coconut Slice	Cheese and Fruit Platter	Rice Cakes	Sao's
<b><u>Week 3</u></b>	<b><u>FISH</u></b>	<b><u>PASTA</u></b>	<b><u>MEAT</u></b>	<b><u>VEGETARIAN</u></b>	<b><u>CHICKEN</u></b>
	Pea and Salmon Pasta Bake	Spaghetti Bolognese	Chorizo Fried Rice	Pumpkin and Spinach Cous Cous	Cajun Chicken Salad
	Sandwiches	Sao's	Dip and Biscuits	Banana Cake	Rice Cakes
<b><u>Week 4</u></b>	<b><u>SANDWICHES</u></b>	<b><u>FISH</u></b>	<b><u>PASTA</u></b>	<b><u>MEAT</u></b>	<b><u>VEGETARIAN</u></b>
	Pita Bread	Salmon Potato Bake	Zucchini, Tomato, Capsicum Pasta Bake	Chorizo and Vegetable Frittata	Chickpea in Spicy Tomato Sauce
	Orange Cake	Crispbread	Jelly and Fruit Salad	Sao's	Rice Cakes
<b><u>Week 5</u></b>	<b><u>CHICKEN</u></b>	<b><u>SANDWICHES</u></b>	<b><u>FISH</u></b>	<b><u>PASTA</u></b>	<b><u>MEAT</u></b>
	Chicken and Vegetable Pasties	Devon, Cheese and Tomato	Tuna and Spinach Lasagne	Bacon and Tomato Penne	Chicken, Leek and Mushroom Pie
	Sao's	Sultana Cake	Crispbread	Fruit and Cheese Platter	Pikelets
<b><u>Week 6</u></b>	<b><u>VEGETARIAN</u></b>	<b><u>MEAT</u></b>	<b><u>VEGETARIAN</u></b>	<b><u>FISH</u></b>	<b><u>PASTA</u></b>
	Italian Chickpea Stew	Chicken Fried Rice	Beef Tacos	Crumbed Fish with Mash and Vegetables	Beef, Garlic, Spinach Pasta Bake
	Crispbread	Dip and Biscuits	Carrot Cake	Jelly and Custard	Sao's