



# WEEK ONE 2019-2020

ALTERNATE MENU 12 MONTHS TO 5 YEARS (1)

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

VEGETARIAN

**CHICKPEA & POTATO  
STROGANOFF  
WITH RICE**

MIXED FRESH VEGETABLES

**VEGETABLE PASTA BAKE  
WITH SWEET POTATO,  
EGGPLANT & WHITE BEANS**

MIXED FRESH VEGETABLES

**CHEESY TOMATO,  
PUMPKIN & SPINACH SAUCE  
WITH PASTA**

MIXED FRESH VEGETABLES

**VEGETARIAN QUINOA  
PATTIES, TZATZIKI,  
LETTUCE & PITA BREAD**

ICEBERG LETTUCE

**FALAFEL BALLS,  
MACARONI CHEESE  
BAKE**

MIXED FRESH VEGETABLES

A1



**CHUNKY ROASTED VEGETABLE  
& TOMATO SAUCE WITH  
WHEAT PASTA**

MIXED FRESH VEGETABLES



**CHICKEN, TOMATO &  
SPINACH SAUCE WITH  
WHEAT PASTA**

MIXED FRESH VEGETABLES



**LAMB, BEEF & CHICKPEAS  
PATTIES, RELISH, LETTUCE  
& PITA BREAD**

ICEBERG LETTUCE



A2

**BEEF, MUSHROOM  
& TOMATO STEW  
WITH RICE**

MIXED FRESH VEGETABLES



**CHUNKY ROASTED VEGETABLE  
& TOMATO SAUCE WITH  
RICE & CORN PASTA**

MIXED FRESH VEGETABLES



**CHICKEN, TOMATO &  
SPINACH SAUCE WITH  
RICE & CORN PASTA**

MIXED FRESH VEGETABLES



**BEEF & QUINOA PATTIES,  
RELISH, LETTUCE &  
GLUTEN FREE BREAD**

ICEBERG LETTUCE



**CHICKEN & CHIA  
MEATBALLS, RICE &  
CORN PASTA SALAD**

MIXED FRESH VEGETABLES



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\* Allergy alternative meal options are determined by each individual child's allergy profile.

••• No Alternate 1 option required





# WEEK TWO 2019-2020

ALTERNATE MENU 12 MONTHS TO 5 YEARS (1)

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

VEGETARIAN

**PUMPKIN, MUSHROOM,  
CHICKPEA & SPINACH  
PASTA BAKE**  
MIXED FRESH VEGETABLES

**MOROCCAN CHICKPEA  
& VEGETABLE STEW  
WITH COUS COUS**  
MIXED FRESH VEGETABLES

**SPINACH, POTATO &  
EGGPLANT KORMA  
WITH RICE**  
MIXED FRESH VEGETABLES

**VEGETARIAN PIZZA WITH  
SWEET POTATO, CAPSICUM,  
ZUCCHINI, CORN & CHEESE**  
LETTUCE, CUCUMBER & TOMATOES

**HUNGARIAN SWEET  
POTATO & WHITE BEAN  
STEW WITH RICE**  
MIXED FRESH VEGETABLES

A1

**BEEF, MUSHROOM  
& PUMPKIN WITH  
WHEAT PASTA**  
MIXED FRESH VEGETABLES



**GLUTEN FREE  
VEGETARIAN  
PIZZA**

LETTUCE, CUCUMBER & TOMATOES



A2

**BEEF, MUSHROOM  
& PUMPKIN WITH  
RICE NOODLES**  
MIXED FRESH VEGETABLES

**MOROCCAN SPICED  
LAMB & BEEF  
WITH JASMINE RICE**  
MIXED FRESH VEGETABLES

**CHICKEN  
COCONUT CURRY  
& RICE**  
MIXED FRESH VEGETABLES

**VEGETARIAN SWEET POTATO,  
CAPSICUM & CORN  
BROWN RICE**  
LETTUCE, CUCUMBER & TOMATOES

**HUNGARIAN BEEF  
GOULASH WITH SWEET  
POTATO DICE & RICE**  
MIXED FRESH VEGETABLES



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# WEEK THREE 2019-2020

ALTERNATE MENU 12 MONTHS TO 5 YEARS (1)

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

VEGETARIAN

**FALAFEL BALLS WITH CREAMY POTATO BAKE**

MIXED FRESH VEGETABLES

**CHEESY TOMATO & WHITE BEAN SAUCE WITH WHEAT PASTA**

MIXED FRESH VEGETABLES

**SILKEN TOFU & WHITE BEAN BALLS, GREEN VEGETABLES, BROWN RICE & KATSU SAUCE**

MIXED FRESH VEGETABLES

**SPINACH & RICOTTA PASTA WITH RICH TOMATO SAUCE**

MIXED FRESH VEGETABLES

**ROASTED VEGETABLE COCONUT CURRY WITH JASMINE RICE**

MIXED FRESH VEGETABLES

A1

**BEEF & QUINOA RISSOLE WITH CREAMY POTATO BAKE**

MIXED FRESH VEGETABLES



**CHUNKY ROASTED VEGETABLE & TOMATO SAUCE WITH WHEAT PASTA**

MIXED FRESH VEGETABLES



A2

**BEEF & QUINOA RISSOLE WITH ROASTED POTATOES & GRAVY**

MIXED FRESH VEGETABLES



**CHUNKY ROASTED VEGETABLE & TOMATO SAUCE WITH RICE & CORN PASTA**

MIXED FRESH VEGETABLES



**CHICKEN CHIA MEATBALLS WITH RICE & GREEN VEGETABLES**

MIXED FRESH VEGETABLES



**BEEF BOLOGNAISE WITH RICE NOODLES**

MIXED FRESH VEGETABLES



**BUTTER CHICKEN WITH COCONUT & RICE**

MIXED FRESH VEGETABLES



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# WEEK FOUR 2019-2020

ALTERNATE MENU 12 MONTHS TO 5 YEARS (1)

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

VEGETARIAN

**VEGETARIAN PATTIES  
WITH RICE PILAF &  
TOMATO GRAVY**  
MIXED FRESH VEGETABLES

**RED LENTIL &  
SPLIT PEA TOMATO  
DHAL WITH RICE**  
MIXED FRESH VEGETABLES

**VEGETABLE LASAGNE  
WITH CHEESE  
BÉCHAMEL SAUCE**  
MIXED FRESH VEGETABLES

**MINI FALAFEL  
BURGERS WITH  
SALAD & CHEESE**  
LETTUCE & TOMATOES

**WHITE BEAN  
MORNAY PASTA  
BAKE**  
MIXED FRESH VEGETABLES

A1



**BEEF & TOMATO  
BOLOGNAISE WITH  
WHEAT PASTA**  
MIXED FRESH VEGETABLES



**MINI BEEF BURGERS  
WITH SALAD  
(NO CHEESE)**  
LETTUCE & TOMATOES



A2

**BEEF & QUINOA  
RISSOLE, BROWN RICE  
& TOMATO GRAVY**  
MIXED FRESH VEGETABLES



**RED LENTIL &  
SPLIT PEA TOMATO  
DHAL WITH RICE**  
MIXED FRESH VEGETABLES



**BEEF & TOMATO  
BOLOGNAISE WITH  
RICE NOODLES**  
MIXED FRESH VEGETABLES



**BEEF & QUINOA BURGER,  
GLUTEN FREE BREAD WITH  
SALAD (NO CHEESE)**  
LETTUCE & TOMATOES



**WHITE FISH FILLET  
WITH RICE NOODLE &  
ROASTED VEGETABLE SALAD**  
MIXED FRESH VEGETABLES



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# WEEK FIVE 2019-2020

ALTERNATE MENU 12 MONTHS TO 5 YEARS (1)

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

VEGETARIAN

**BROWN LENTIL & VEGETABLE DHAL WITH COUS COUS**

MIXED FRESH VEGETABLES

**SWEET POTATO, WHITE BEANS & APRICOT STEW WITH RICE**

MIXED FRESH VEGETABLES

**LEGUME & SWEET POTATO PAELLA WITH YELLOW RICE**

MIXED FRESH VEGETABLES

**VEGETARIAN PIZZA WITH SWEET POTATO, CAPSICUM, ZUCCHINI, CORN & CHEESE**

LETTUCE, CUCUMBER & TOMATOES

**PUMPKIN, POTATO, WHITE BEAN SOUP WITH WHOLEMEAL ROLL**

A1



**GLUTEN FREE BEEF & CHEESE PIZZA**  
LETTUCE, CUCUMBER & TOMATOES



**PUMPKIN, POTATO, WHITE BEAN COCONUT SOUP WITH WHOLEMEAL ROLL**



A2

**LAMB, BEEF & LENTIL DHAL WITH RICE**

MIXED FRESH VEGETABLES



**CHICKEN, APRICOT & SWEET POTATO STEW WITH RICE**

MIXED FRESH VEGETABLES



**CHICKEN PAELLA WITH YELLOW RICE (NO SAUSAGE)**

MIXED FRESH VEGETABLES



**BEEF, SWEET POTATO, ZUCCHINI, CAPSICUM & CORN BROWN RICE**

LETTUCE, CUCUMBER & TOMATOES



**PUMPKIN, POTATO, WHITE BEAN COCONUT SOUP WITH GLUTEN FREE BREAD**



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# WEEK SIX 2019-2020

ALTERNATE MENU 12 MONTHS TO 5 YEARS (1)

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

VEGETARIAN

**MEXICAN BEAN STEW WITH RICE, CORN CHIPS, BEAN & CORN SALSA**  
BEAN & CORN SALSA

**TOFU ORANGE & GINGER STIR FRY WITH RICE & VEGETABLES**  
MIXED FRESH VEGETABLES

**VEGETABLE PASTA BAKE WITH CHEESE SAUCE**  
LETTUCE & CUCUMBER

**ITALIAN VEGETABLE BALLS WITH CREAMY TOMATO SAUCE & PASTA**  
MIXED FRESH VEGETABLES

**FALAFEL BALLS, POTATO, TOMATO & WHITE BEAN DIPPING SAUCE**  
MIXED FRESH VEGETABLES

A1



**CHICKEN TOMATO & ZUCCHINI BOLOGNAISE WITH WHEAT PASTA**  
LETTUCE & CUCUMBER



**ITALIAN BEEF MEATBALLS WITH RICH TOMATO SAUCE & WHEAT PASTA**  
MIXED FRESH VEGETABLES



A2

**MEXICAN BEEF, BEAN & CORN SALSA, RICE WITH CORN CHIP CRUMBLE**  
BEAN & CORN SALSA



**ORANGE & GINGER BEEF BALLS WITH RICE & VEGETABLES**  
MIXED FRESH VEGETABLES



**CHICKEN TOMATO & ZUCCHINI BOLOGNAISE WITH RICE NOODLES**  
LETTUCE & CUCUMBER



**BEEF & QUINOA RISSOLE, RICH TOMATO SAUCE WITH RICE & CORN PASTA**  
MIXED FRESH VEGETABLES



**BAKED WHITE FISH, ROASTED POTATOES, TOMATO & WHITE BEAN SAUCE**  
MIXED FRESH VEGETABLES



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