

Winter 6 Weeks Rostered Menu

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------|--|--|---|---------------------------------------|---|
| Week 1 18/06-22/06 | Beef & Broccoli Stir Fry with Brown Rice | Chicken & Spinach Tomato Sauce with Spiral Pasta | Vegetable Risotto | Assorted Rolls | Beef Stroganoff with Fettuccine |
| Week 2 25/06-29/06 | Roasted Teriyaki Chicken & Vegetable Hokkien Noodles | Assorted Rolls | Mexican Beef with Rice | Beef Tomato Bolognese Spaghetti Pasta | Chickpea & White Beans Curry Rice |
| Week 3 02/07-06/07 | Tuna Mornay Bake with Ricotta Spiral Pasta | Four Beans Beef Casserole with Brown Rice | Beef Mushroom Pie with Steamed Potato | Assorted Rolls | Chicken Apricot & Sweet Potato Stew with Rice |
| Week 4 09/07-13/07 | Chicken Sundried Tomato Spinach Pasta | Assorted Rolls | Broccoli and Cauliflower Cheese Bake | Tomato Soup Beef Meatball with Pasta | Sweet Potato Beef Patties with Brown Rice |
| Week 5 16/07-20/07 | Potato Vegetables Spaghetti | Butter Chicken & Yoghurt with Brown Rice | Beef Sausage Roll with Steamed Vegetables | Assorted Rolls | Pumpkin Tuna Pasta Bake |
| Week 6 23/07-27/07 | Pumpkin Mushroom Moroccan Pilaf | Pizza | Chilli Con Carne with Rice | Oyako Don | Beef Loaf Pasta with Baked Potato |