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| **Menu**  2020 Term 3 | |
| **Week One**  1 - Tacos  2 - Best Ever Chicken with salad  3 - Ribs with baked sweet potato and coleslaw  4 - Apple and Thyme Quiche and salad  5 - Italian Quinoa Soup with sourdough  6 - Prawn and Pork Wontons w miso, greens & rice | **Week Seven**  1 - Tacos  2 - Chicken w Spinach in Cream Sauce and veggies  3 - Slow Cooker Roast and vegetables  4 - Vegetarian Penang Curry with rice  5 - Jalapeno Popper Bacon & Bean Soup  6 - Browned Butter Honey Garlic Salmon & salad |
| **Week Two**  1 - Lasagne and salad  2 - Chicken Piccata and vegetables  3 - Slow Cooker Roast and vegetables  4 - Vegetarian Penang Curry with rice  5 - Jalapeno Popper Bacon & Bean Soup  6 - Browned Butter Honey Garlic Salmon & salad | **Week Eight**  1 - Lasagne and salad  2 - Lemon Butter Chicken and vegetables  3 - Pork Belly in Bao Buns  4 - Roasted Pumpkin and Parmesan Gnocchi  5 - Cheeseburger Soup  6 - Prawn and Pork Wontons w miso, greens & rice |
| **Week Three**  1 - Baked Chimichangas with mexican rice and salsa  2 - Chicken w Spinach in Cream Sauce and veggies  3 - Pork Belly in Bao Buns  4 - Vegetarian Red Curry  5 - Cheeseburger Soup  6 - Fish Pie and vegetables | **Week Nine**  1 - Baked Chimichangas with mexican rice and salsa  2 - Best Ever Chicken with salad  3 - Slow Cooker Roast and vegetables  4 - Vegetarian Red Curry  5 - Italian Quinoa Soup with sourdough  6 - Prawn and Pork Wontons w miso, greens & rice |
| **Week Four**  1 - Tacos  2 - Lemon Butter Chicken and vegetables  3 - Ribs with baked sweet potato and coleslaw  4 - Vegetarian Penang Curry with rice  5 - Chicken Mushroom Soup and sourdough  6 - Prawn and Pork Wontons w miso, greens & rice | **Week Ten**  1 - Lasagne and salad  2 - Chicken Piccata and vegetables  3 - Pork Belly Banh Mi  4 - Apple and Thyme Quiche and salad  5 - Jalapeno Popper Bacon & Bean Soup  6 - Browned Butter Honey Garlic Salmon & salad |
| **Week Five**  1 - Lasagne and salad  2 -Best Ever Chicken with salad  3 -Slow Cooker Roast and vegetables  4 -Roasted Pumpkin and Parmesan Gnocchi  5 -Italian Quinoa Soup with sourdough  6 -Fish Pie and vegetables | **Week Eleven**  1 -Baked Chimichangas with mexican rice and salsa  2 -Chicken w Spinach in Cream Sauce and veggies  3 -Ribs with baked sweet potato and coleslaw  4 -Lemon Butter Chicken and vegetables  5 -Chicken Mushroom Soup and sourdough  6 -Fish Pie and Vegetables |
| **Week Six**  1 - Baked Chimichangas with mexican rice and salsa  2 -Chicken Piccata and vegetables  3 -Pork Belly Banh Mi  4 -Vegetarian Red Curry  5 -Jalapeno Popper Bacon & Bean Soup  6 -Browned Butter Honey Garlic Salmon & salad | **Plan**  1 - Pasta/Baked Meals  2 - Chicken  3 - Meat  4 - Vegetarian  5 - Soup  6 - Seafood |