

## WINTER MENU WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Tea</b>	<b>Fruits and Yoghurt</b>	<b>Fruit Toast</b>	<b>Sandwich</b>	<b>Cheese, Crackers, Veggies and Fruit</b>	<b>Avocado and cheese on toast</b>
BASIC INGREDIENTS	Seasonal fruit with yogurt	Fruit, toast, butter  PLUS $\frac{1}{2}$ serve of fruit	Cucumber, tomato, lettuce, cheese, ham and bread	Cheese, crackers, veggies and fruit  PLUS $\frac{1}{2}$ serve of veggies and $\frac{1}{2}$ serve of fruit	Cauliflower, herbs, garlic powder, bread crumbs eggs and oil  PLUS $\frac{1}{2}$ serve of fruit and $\frac{1}{2}$ serve of crackers
<b>Lunch</b>	<b>Beef and Root Veggie Pie</b>	<b>Butter Chicken</b>	<b>Meatballs and Cauliflower Rice</b>	<b>Pumpkin and Sweet Potato Soup</b>	<b>Moroccan Baked Fish</b>
BASIC INGREDIENTS	Garlic, red onion, beef mince, rosemary, potato, sweet potato, carrots, puff pastry, oil, corn flour and water	Oil, garlic, onion, ginger, cumin, coriander, garam masala, chicken, diced tomatoes, chicken stock, cream, rice, corn, peas and carrots	Oil, beef mince, onion, garlic, rolled oats, chickpeas, cumin, zucchini, cauliflower, onion, garlic, rice, peas, corn and carrots	Oil, onions, garlic, celery, pumpkin, sweet potato, cumin, nutmeg, potatoes, veggie broth and cream	White fish, turmeric, cumin, paprika, butter, lemon, cous cous, butter, carrot, chickpeas, pepita seeds, ground coriander, and veggies
<b>Afternoon Tea</b>	<b>Brazilian Cheese Bread</b>	<b>Deconstructed Pear Pie</b>	<b>Apricot Balls</b>	<b>Apple and Raspberry Crumble</b>	<b>Fruit and Yoghurt</b>
BASIC INGREDIENTS	Tapioca flour, oil, milk, egg and cheese  PLUS $\frac{1}{2}$ serve of fruit and $\frac{1}{2}$ serve of veggies	Pear, cinnamon, sugar, butter, puff pastry, water and milk  PLUS $\frac{1}{2}$ serves of veggies	Dried apricot, dates, coconut and tahini  PLUS $\frac{1}{2}$ serve of veggies and $\frac{1}{2}$ serve of crackers	Apples, raspberries, water, cinnamon, honey butter, pepitas, oats, flour and sugar  PLUS $\frac{1}{2}$ serve of veggies	Seasonal fruit with yogurt  PLUS $\frac{1}{2}$ serve of fruit

Updated 23.10.2020

REF: Operational Manual. Health & Hygiene. Menu. Winter Menu