

Jeff's Kitchen

Date: 12/11 – 16/11

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (7:30- 8:30)	✓ Wholegrain weet-bix & cereal with milk	✓ Wholegrain weet-bix & cereal with milk	✓ Wholegrain weet-bix & cereal with milk	✓ Wholegrain weet-bix & cereal with milk	✓ Wholegrain weet-bix & cereal with milk
Morning tea (9:30-10:00)	✓ English muffins with spread	✓ Fresh fruit & Veg platter	✓ English muffins with spread	✓ Fresh fruit & Veg platter	✓ Crumpets with spread
Lunch (11:30-12:30)	<ul style="list-style-type: none"> ✓ Tandoori chicken & Steamed rice ✓ Stir-fried veg (curry flavour)& steamed rice ✓ Natural yoghurt 	<ul style="list-style-type: none"> ✓ Beef Bolognese pasta ✓ Fresh fruit 	<ul style="list-style-type: none"> ✓ Bulgogi & Korean thin noodle ✓ v. Veg soup with noodle ✓ Veg platter (Cucumber, tomato, carrot) 	<ul style="list-style-type: none"> ✓ Basil chicken fried rice ✓ v. Basil & Mixed veg fried rice ✓ Fresh fruit 	<ul style="list-style-type: none"> ✓ Butter chicken curry & Steamed rice ✓ v. Veg curry & steamed rice ✓ Natural yoghurt
Afternoon tea (2:30- 3:30)	✓ Garlic nan & dip	✓ Parmesan cheese cookie	✓ Cheesy wrap	✓ Blueberry muffins	✓ Veg, Cheese & cracker platter
Late snack (5:00- 5:15)	✓ Apples & Cucumber sticks	✓ Apples & Pears	✓ Apples & Pears	✓ Veg platter (Cucumber, tomato, carrot)	✓ Apples & Pears

Jeff's Kitchen

Date: 19/11 – 23/11

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (7:30- 8:30)	✓ Wholegrain weet-bix & cereal with milk	✓ Wholegrain weet-bix & cereal with milk	✓ Wholegrain weet-bix & cereal with milk	✓ Wholegrain weet-bix & cereal with milk	✓ Wholegrain weet-bix & cereal with milk
Morning tea (9:30-10:00)	✓ Fresh fruit & Veg platter	✓ English muffins with spread	✓ Fresh fruit platter	✓ Toast with spread	✓ Fresh fruit & Veg platter
Lunch (11:30-12:30)	<ul style="list-style-type: none"> ✓ Stir-fried Teri-beef with steamed rice ✓ v. Stir-fried veg with steamed rice ✓ Natural yoghurt 	<ul style="list-style-type: none"> ✓ Chicken & Vegetable soup with Korean noodle ✓ v. Veg soup with pasta ✓ Fresh fruit 	<ul style="list-style-type: none"> ✓ Khao phat fish ✓ v. Sweet corn fried rice ✓ Veg platter (Cucumber, tomato, carrot) 	<ul style="list-style-type: none"> ✓ Fish fried rice with cucumber ✓ v. Veg fried rice ✓ Fresh fruits(*with cucumber) 	<ul style="list-style-type: none"> ✓ Scrambled egg with stir-fried veg(Sweet corn, fungi, carrot, green beans) ✓ Natural yoghurt
Afternoon tea (2:30- 3:30)	✓ Vegetarian Samosa	✓ Veg, Cheese & cracker platter	✓ Cream cheese rolls	✓ Pizza toast	✓ Banana cake
Late snack (5:00- 5:15)	✓ Apples & Cucumber sticks	✓ Apples & Pears	✓ Apples & Pears	✓ Veg platter (Cucumber, tomato, carrot)	✓ Apples & Pears