## Parklands Term 4 Non Dairy

## I I /NICIL NAENILI

			EAT WELL - FE	#++ IVI € ( EEL BETTER - LEARN I			
	10	Monday	Tuesday	Wednesday	Thursday	Friday	
Tasty	Hot Red	Homemade Pasta Meatballs in a Tomato Sauce Served with Baby Carrots	Homemade Steak Pie Served with Mashed Potato and Seasonal Vegetables	All Day Breakfast  Served with Hash Brown and Baked Beans	Homemade Mild Chicken Enchilada Served with Steamed Rice and Seasonal Vegetables	Oven Baked Jumbo Fish Served with Herby Diced Potatoes & Peas	
	Hot Green Vegetarian	Homemade Oven Baked Gnocchi  Served with Baby Carrots and Garlic Bread	Homemade Frittata Served with Seasonal Vegetables	Vegetarian All Day Breakfast Served with Hash Brown and Baked Beans	Homemade Vegetarian Lasagne Served with Seasonal Vegetables	Oven Baked Chicken Style Nuggets Served with Herby Diced Potatoes & Peas	Nutritious
Delicious	Sandwich Option	Freshly Made Roll with Ham or Vegan Cheese Selection from the Salad Bar	Fresh Wrap Filled with Chicken Goujon or Vegan Cheese Selection from the Salad Bar	Freshly Made Roll with Ham or Vegan Cheese Selection from the Salad Bar	Fresh Wrap Filled with Chicken Goujon or Vegan Cheese Selection from the Salad Bar	Freshly Made Roll with Ham or Vegan Cheese Selection from the Salad Bar	Fresh
	Dessert	Homemade Cookie Fresh fruit Yogurt	Homemade Cupcake Fresh fruit Yogurt	Homemade Fruit Crumble Slice Fresh fruit Yogurt	Homemade Fruit Crumble Slice Fresh fruit Yoghurt	Plant Based Marshfield Ice Cream Pot Fresh fruit	



Yoghurt