

BIZZY KIDZ MONTHLY MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Potato mash with carrot and spinach Apple slices	Chickpea & potato curry with Rice	Sausage and Apple Casserole with Rice	Asian Chicken with Vermicelli	Chilli Con Carne
WEEK 2	Paneer Korma with Rice <i>(Dairy Free option)</i>	Neck chops, potato, carrot & spinach boil-up	Fish, coconut cream, peas, onions & carrot with Rice Faiai eleni	Apricot chicken with Rice	Kichadi with Rice
WEEK 3	Vegetable Chow Mein	Chicken Curry with Rice	Shepherds Pie	Chicken Chop Suey	Sausage, Potato & Tomato Pie
WEEK 4	Inari Sushi with Tuna Apple slices/Carrot Stix	Homemade Baked Beans potato & pea mash	Butter Chicken with Rice	Lamb mince, vegetable stir-fry with Noodles	Cheesy Vegeroni Pasta <i>(Dairy Free Option)</i>

Meat/poultry sourced from Sandringham Halal (No beef or pork used)

Lunches are Gluten and Dairy Free

Water only

MORNING TEAS Selection of three fruits and toast & marmite and either a spiced muffin, crumpet or English muffin
(Gluten Free and Dairy Free options available)

AFTERNOON TEAS Selection of three fruits and selection of crackers, rice crackers, plain biscuits, popcorn, carrot/celery sticks
(Gluten Free and Dairy Free options available)