**Gracefield ECC Menu – 2022**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **MORNING TEA** | * **Muffins & Jam or Marmite**
* **Seasonal fruit**
 | * **Toast & Jam, honey or Marmite**
* **Seasonal fruit**
 | * **Crackers with Marmite & Cheese**
* **Seasonal fruit**
 | **Healthy choices Lunch boxes from home** | * **Muffins with spread**
* **Seasonal fruit**
 |
| **LUNCH** | **Week ➀** | **Macaroni Cheese with bacon, cauliflower & onion** | **Rainbow fried rice**  | **Lasagna with spinach and cottage cheese & stir fry veges** | **Lunch** **Boxes** | **Pork meatballs with mashed Potato, peas, corn & broccoli & gravy** |
| **Week ➁** | **Fish Pie & vegetable stir fry** | **Chicken stroganoff with wholemeal rice** | **Mince Chili con carne with wholemeal rice** | **Krishani’s Chicken curry with wholemeal rice** |
| **Week ➂** | **Vegetable Frittata** | **Soup & Rolls** | **Mini meatloaf with roast vegetables & gravy** | **Spaghetti Bolognaise with grated carrot and Zucchini and spaghetti.** |
| **Week ➃** | **Corn, zucchini & onion fritters, and fries** | **Sweet and sour chicken with wholemeal rice & vegetables** | **Cottage Pie with vegetables** | **Holiday sausages, mashed potatoes, peas** |
| **DESSERT** | **Yoghurt and peaches** | **Seasonal fruit salad** | **Ice cream & Peaches** | **Yoghurt & Fruit Salad** |
| **AFTERNOON TEA** | * **Sandwiches**
* **Seasonal fruit**
* **Vege crisps**
 | * **Biscuits/pretzels**
* **Carrot Sticks**
* **Seasonal fruit**
 | * **Sandwiches**
* **Seasonal fruit**
* **Vege crisps**
 | * **Crackers,**
* **raw vegetables**
* **hummus**
 |