**Gracefield ECC Menu – 2022**

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|  | | **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** |