





Menu for Early Years

KW 22	Standard Menu	Vegetarian / Vegan Menu
Mon	Public Holiday	Public Holiday
Tue 	Salad variations Grilled chicken with onion gravy, carrots and mashed potatoes a, a1, g Mixed fruit smoothie	Salad variations Veggie patty with onion gravy, carrots and rice a, a1, g Mixed fruit smoothie
Wed 	Salad variations Minestrone with homemade bread a, a1 Fresh seasonal fruit	Salad variations Tortilla with grilled asparagus a, a1 Fresh seasonal fruit
Thu 	Salad variations Spätzle in a creamy broccoli sauce, baked with Mozzarella a, a1, g Apple pie a, a1	Salad variations Gnocchi with cherry tomatoes tossed in sage butter and Parmesan cheese a, a1, c, g Apple pie a, a1
Fri 	Salad variations Burger with homemade sauce, cheese, tomato, cucumber, lettuce and oven fries a, a1, g Fresh seasonal fruit	Salad variations Veggie Burger ,homemade sauce, tomato, cheese cucumber, lettuce and fries a, a1, g, i Fresh seasonal fruit



= Vegan



= Lactose free



= Gluten free

a Cereals containing gluten

a1 contains wheat

a2 contains rye

a3 contains barley

a4 contains oats

a5 contains spelt

a6 contains kamut

b contains crustaceans

c contains eggs

d contains fish

e contains peanut

f contains soy

g contains milk and milk products

h contains nuts

h1 contains almond

h2 contains hazelnut

h3 contains walnut

h4 contains cashew nut

h5 contains pecan

h6 contains Brazil nut

h7 contains pistachio

h8 contains macadamia nut

i contains celery

j contains mustard

k contains sesame

l contains sulphur dioxide

m contains lupine

n contains molluscs