



### Western Heights Primary Term 3 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Weeks 1, 2, 3, 10</b>	<b>Nachos.</b> Beef and beans in chilli sauce, served with veggies and naturally wholegrain corn chips.	<b>Pumpkin Soup.</b> A popular soup made with pumpkin, lentils and herbs, served with wholemeal bread rolls.	<b>Butter Chicken.</b> Made without butter but still full of colour and flavour, served on rice.	<b>Chicken or Cheese Salad Sandwiches.</b> Served with locally grown veggies on soft Tip Top wholegrain bread.	<b>Spaghetti and Meatballs.</b> Served In a tomato-based sauce.
<b>Sweet</b>	Fruit muffin	Choc-coconut Bliss Ball (nut free)	Fruit Salad	Choc-coconut Bliss Ball (nut free)	Fruit muffin
<b>Allergen Info</b>	<i>Contains dairy, gluten.</i>	<i>Contains dairy, gluten</i>	<i>Contains dairy, poultry.</i>	<i>Contains dairy, gluten, poultry</i>	<i>Contains, dairy, gluten.</i>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Weeks 4, 5, 6</b>	<b>Meat balls with gravy and mash.</b> Meat balls with a gravy served on pumpkin and potato mash and seasonal greens.	<b>Tomato and Bean Soup.</b> A popular soup made with Tomatoes and beans served with wholemeal bread rolls.	<b>Mac and Cheese.</b> Whole wheat penne covered in edam cheese sauce, packed full of hidden veggies.	<b>Chicken or Cheese Salad Sandwiches.</b> Served with locally grown veggies on soft Tip Top wholegrain bread.	<b>Spaghetti bolognaise</b> Beef mince with a tomato and seasonal vegetables sauce served on wholemeal spaghetti.
<b>Sweet</b>	Fruit Muffin	Choc-coconut Bliss Ball (nut free)	Fruit Salad	Fruit Muffin	Choc-coconut Bliss Ball (nut free)
<b>Allergen information</b>	<i>Contains dairy, gluten</i>	<i>Contains Gluten.</i>	<i>Contains diary, gluten</i>	<i>Contains dairy, gluten, poultry, egg</i>	<i>Contains dairy, gluten.</i>





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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Weeks 7, 8, 9</b>	<b>Meatball Sub.</b> Beef meatballs in a wholemeal roll with chunky tomato Napoli sauce and seasonal greens, topped with cheese.	<b>Chicken and Vegetable soup.</b> A delicious, filling soup served with wholemeal bread rolls.	<b>Beef Lasagne.</b> Our most popular winter meal.	<b>Cheese or Egg Salad Sandwiches.</b> Served with locally grown veggies on soft Tip Top wholegrain bread.	<b>Butter Chicken.</b> Made without butter but still full of colour and flavour, served on rice.
<b>Sweet</b>	Fruit muffin	Choc-coconut Bliss Ball	Fruit Salad	Fruit Muffin	Choc-coconut Bliss Ball (nut free)
<b>Allergen information.</b>	<i>Contains dairy, gluten.</i>	<i>Contains dairy, gluten, poultry, egg.</i>	<i>Contains dairy</i>	<i>Contains egg, gluten, dairy, poultry</i>	<i>Contains gluten, poultry</i>

