

Monday						Tuesday						Wednesday						Thursday						Friday					
																		1						2					
																		Tandoori Chicken (V) Vegetable Makhani White Rice Roasted Pumpkin w. Brown Butter Daily Salad Drink Mango Mousse						Stir Fried Beef & Broccoli (V) Vegetable & Tofu Stir Fry White Rice Shorompo (V) Croquette Daily Salad Drink Fresh Mikan					
																		EGG	DAIRY	WHEAT				EGG	DAIRY	WHEAT	SESAME		
																		Calorie : 780 kcal / Protein : 40.5 g						Calorie : 707 kcal / Protein : 24.6 g					
Make Your Wish Day 5						6						7						8						9					
Herb Roasted Chicken (V) Grilled Vegetables w. Legumes White Rice Roast Vegetables Daily Salad Drink Apple Crumble						Teriyaki Roast Pork (V) Teriyaki Tofu w. Daikon White Rice Vegetable Spring Rolls Daily Salad Drink Sliced Pineapple						Chicken Cacciatore (V) Bean & Mushroom Cacciatore Herb Roasted Potatoes Pesto Cheese Eggplant Daily Salad Drink Panna Cotta						Fish Fingers w. Tartar Sauce (V) Crispy Lemon Pepper Tofu White Rice Stewed Cabbage Daily Salad Drink Fresh Fruit						Japanese Chicken Curry (V) Japanese Tofu Curry White Rice Croquettes Daily Salad Drink Mixed Fruit					
EGG	DAIRY	WHEAT				EGG	DAIRY	WHEAT	SESAME		SOY	EGG	DAIRY	WHEAT			SOY	EGG	DAIRY	WHEAT		FISH		EGG	DAIRY	WHEAT			SOY
Calorie : 855 kcal / Protein : 41.6 g						Calorie : 845 kcal / Protein : 29.8 g						Calorie : 829 kcal / Protein : 27.0 g						Calorie : 936 kcal / Protein : 32.3 g						Calorie : 919 kcal / Protein : 28.0 g					
12						13						14						15						16					
Barbeque Chicken (V) Grilled Vegetable & White Bean Casserole White Rice Corn on the Cobb Daily Salad Drink Mixed Berry Cobbler						Carbonara Pasta (V) Zucchini Meatball Pasta Ciabatta Bread Grilled Eggplant Daily Salad Drink Fresh Fruit						Chicken Parmigiana (V) Eggplant Parmesan Crispy Wedges Ratatouille Daily Salad Drink Brownie						Beef Lasagna (V) Vegetarian Lasagna Cezars Freshly Baked Focaccia Cauliflower w. Broccoli Daily Salad Drink Mikan Jelly						School Holiday					
EGG	DAIRY	WHEAT				EGG	DAIRY	WHEAT				EGG	DAIRY	WHEAT				EGG	DAIRY	WHEAT									
Calorie : 877 kcal / Protein : 27.4 g						Calorie : 778 kcal / Protein : 28.7 g						Calorie : 915 kcal / Protein : 46.9 g						Calorie : 944 kcal / Protein : 37.6 g											
19						20						21						22						23					
School Holiday						School Holiday						School Holiday						School Holiday						School Holiday					
26						27						28						29						30					
School Holiday						School Holiday						School Holiday						School Holiday						School Holiday					