



KCCC Summer Menu 2022

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|--|--|---|---|--|
| MORNING TEA | Seasonal Fruit Platter and Milk | Raisin Bread and Milk | Seasonal Fruit Platter and Milk | Seasonal Fruit Platter and Milk | Seasonal Fruit Platter and Milk |
| LUNCH | Beef and Mushroom Casserole with Mash and Vegetables | Chicken Curry with Citrus Quinoa and Rice Chicken, celery, beans, cauliflower, pumpkin, tinned tomato, house made curry powder and coriander. | Tuna Pasta Bake Served with peas and corn Tuna, pasta, flour, milk, peas and corn. | Beef Tacos with salad soft tacos, beef, tomato salsa, lettuce, cheese and side salad | Roast Chicken and Vegetables Chicken, roast potatoes & seasonal vegetables served with gravy. |
| VEGETARIAN LUNCH | Vegetable and Mushroom Casserole with Mash and Vegetables | Vegetable Curry with Citrus Quinoa and Rice Sweet potato, potato, celery, beans, cauliflower, pumpkin, tinned tomato, house made curry powder and coriander. | Zucchini Slice & Garden Salad Zucchini, onion, cheese, eggs, flour, parsley and potato. | Falafel Ball Tacos with fresh salad soft tacos, falafel balls, tomato salsa, lettuce, cheese and side salad | Chickpea and Lentil Burgers and Vegetables Chickpea and lentil burgers served with roast potatoes, and seasonal vegetables served with gravy |
| AFTERNOON TEA | Yoghurt, Berries and Muesli | Seasonal Fruit Platter | Cheese and Veggie Platter | Rice Cakes with Cream Cheese and Sultanas | Veggie Sticks, Rice Crackers & Beetroot Dip |

| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|--|---|--|---|--|
| MORNING TEA | Seasonal Fruit Platter and Milk | Raisin Toast | Weetbix | Seasonal Fruit Platter and Milk | Seasonal Fruit Platter and Milk |
| LUNCH | Coconut chicken curry served on rice noodles chicken thigh, carrot, onion, green beans, turmeric, rice noodles | Spaghetti Bolognese with Lentils beef, mushrooms, oil, onion, celery, garlic, tomato, brown lentils, passata, stock, oregano, bay leaves, sugar, basil, parsley, pasta | Thai Fish Curry served on rice Basa fillets, pumpkin, sweet potato, broccoli, green beans, carrots, coconut milk, curry paste rice | Loaded Potatoes with garlic butter, homemade baked beans and assorted toppings with a salad | Homemade chicken hamburgers with wedges and salad chicken mince, parsley, breadcrumbs, potatoes, salad |
| VEGETARIAN LUNCH | Mild Vegetable and tofu curry served with rice | Vegetarian Spaghetti Bolognese with Lentils Mushrooms, oil, onion, celery, garlic, tomato, brown lentils, passata, stock, oregano, bay leaves, sugar, basil, parsley, pasta | Coconut Falafel curry served on rice noodles Falafel balls, carrot, onion, green beans, turmeric, rice noodles | Loaded Potatoes, with garlic butter, homemade baked beans and assorted toppings with a salad | Veggie Burger with wedges and salad |
| AFTERNOON TEA | Yoghurt and Muesli | Seasonal Fruit Platter and Milk | Veggie Sticks, Sultanas and Apricots | Wafer Crackers with Beetroot Dip | Rice Cakes and Assorted Spreads |

| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|--|--|---|---|---|
| MORNING TEA | Weetbix | Seasonal Fruit Platter and Milk | Seasonal Fruit Platter and Milk | English Muffins | Seasonal Fruit Platter and Milk |
| LUNCH | Vegetable Fried Rice Rice, capsicum, corn, peas, carrots, soy sauce, egg | Fish Pie with Salad Fish, potato, onion, flour, milk, cheese, lettuce, cucumber, tomato | Beef San Choy Bau Rice noodles, mince beef, cabbage, carrot, green beans, capsicum, ginger, soy sauce, ice berg lettuce | Chicken Pasta Bake served with broccoli chicken, pasta, pumpkin, cheese, butter, flour, baby spinach & broccoli | Greek Lamb, salad and pita bread and tzatziki dip Lamb, garlic, lemons, red onion, herbs, pepper, cucumber, Greek yoghurt, garlic, olive oil, vinegar, Pita bread and feta cheese |
| VEGETARIAN LUNCH | Vegetable Fried Rice Rice, capsicum, corn, peas, carrots, soy sauce | Vegetable Pie with Salad Vegetables, potato, onion, flour, milk, cheese, lettuce, cucumber, tomato | Tofu San Choy Bau Rice noodles, firm tofu, cabbage, carrot, green beans, capsicum, ginger, soy sauce, ice berg lettuce | Vegetable pasta bake | Veggie Burger and salad and pita bread and tzatziki dip |
| AFTERNOON TEA | Seasonal Fruit Platter and Milk | Fruit Scones | Yoghurt and Muesli | Seasonal Fruit Platter and Milk | Veggie Sticks, Sultanas and Apricots |

| Week 4 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|---|--|--|--|--|
| MORNING TEA | Rice Cakes and Cream cheese spread and milk | Seasonal Fruit Platter and Milk | Seasonal Fruit Platter and Milk | Toast and assorted spreads with milk | Seasonal Fruit Platter and Milk |
| LUNCH | Tofu and Vegetable Curry with Rice and Greek Yoghurt tofu, carrots, green beans, pumpkin, house made curry powder, coconut milk and coriander | Apricot Chicken served with Rice Chicken, flour, oil, onion, garlic, house made moroccan seasoning, apricot nectar, dried apricots, cous cous, parsley | Baked Pumpkin Risotto with Asparagus Arborio rice, onion, pumpkin, asparagus, parsley and cheese | Seasoned Chicken Drumsticks served with sweet potato mash and vegetables | Beef Chow Mein with Noodles Mince, onion, garlic, curry powder, carrots, cabbage, oyster sauce, soy sauce hokien noodles |
| VEGETARIAN LUNCH | Tofu and Vegetable Curry with Rice and Greek Yoghurt tofu, carrots, green beans, pumpkin, house made curry powder, coconut milk and coriander | Apricot falafel balls with Rice Falafel ball, flour, oil, onion, garlic, Moroccan seasoning, apricot nectar, dried apricots, cous cous, parsley | Baked Pumpkin Risotto with Asparagus Arborio rice, onion, pumpkin, asparagus, parsley and cheese | Seasoned Tofu Served with sweet potato mash and vegetables | Tofu Chow Mein with Noodles Tempeh, onion, garlic, curry powder, carrots, cabbage, vegetarian oyster sauce, soy sauce hokien noodles |
| AFTERNOON TEA | Tomato and cheese Sandwiches | Veggie platter with crackers and hummus. | Fruity crumble with Greek yoghurt Wholemeal flour, rolled oats, margarine, seasonal fruits and Greek yogurt | Seasonal Fruit Platter and Milk | Banana Bread and Watermelon |