

## Lunch Menu - Week 4



### MONDAY

Flaked salmon served in a tomato based sauce with mushrooms and kidney beans and accompanied with quinoa.

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Sliced apples and bananas.

### TUESDAY

Chopped tomato, onion and mixed bean wraps accompanied with grated cheese, olives, cucumber and lettuce.

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Vanilla ice cream.

### WEDNESDAY

Lamb, spinach and red lentil curry served with brown rice.

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Sliced nectarines served with fresh blueberries.

### THURSDAY

Homemade beef meatballs pasta bake served in a passata sauce with onions, garlic and spinach.

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Orange segments with grape quarters.

### FRIDAY

Roast chicken and roast potatoes served with cauliflower florets and cabbage.

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Sliced peaches served with raisins.