



MENU

MONDAY WORKSHOP MENU

MT- MORNING TEA AT- AFTERNOON TEA

MT: Raisin Toast with Jam or Honey, Oranges, Water or Cordial

LUNCH: Pasta Penne with Tuna and Corn, Carrot Sticks, Oranges, Water or Cordial

AF: Corn Chips with Guacamole Dip, Watermelon Slices Water or Cordial

TUESDAY WORKSHOP MENU

MT: Blueberry Muffins (medium size), Oranges, Water or Cordial

LUNCH: Vegetarian Fried Rice with carrot, celery, green peas, red onion), Carrot sticks, Oranges, Water or Cordial

AF: Vanilla Cake with Sprinkles, Watermelon Slices, Water or Cordial

WEDNESDAY WORKSHOP MENU

MT: Honey, Vegemite, Jam Sandwiches, Oranges ,Water or Cordial

LUNCH: Roast Chicken Salad Rolls with Gravy, Carrot Sticks, Oranges , Water or Cordial

AF: Cheese, Crackers, Vegie Sticks, Hummus ,Watermelon Slices , Water or Cordial



THURSDAY WORKSHOP MENU

MT : Yoghurt and Muesli in Cup , Oranges , Water or Cordial

LUNCH : Spaghetti Bolognese with Cheese , Carrot Sticks , Oranges , water or Cordial

AF : Lamingtons , Watermelon Slices

FRIDAY WORKSHOP MENU

MT : Muffins Blueberry or Raspberry , Oranges , Water or Cordial

LUNCH : Chicken Noodles (capsicum , carrot , green pea , red onion), Carrot Sticks, Oranges, Water or Cordial

AF : Healthy Popcorn (light and filling food) , watermelon Slices