


AFTERCARE

DURBANVILLE


WEEK
ONE

Monday

Meal
Vegetarian 
GF EF
Spaghetti bolognese
Napolitana veg sauce pasta
Spaghetti bolognese gluten free pasta


Snack
Flapjacks

Tuesday

Meal
Vegetarian 
GF EF
Chicken ala king & rice
Mushroom & napolitana stew with rice
Chicken napolitana stew with rice


Snack
Yoghurt & fresh fruit

Wednesday

Meal
Vegetarian 
GF EF
Fish fingers, corn & Peas
Home-made veg nuggets, corn & potato wedges
Meat balls, corn & potato wedges


Snack
Banana muffin

Thursday

Meal
Vegetarian 
GF EF
Beef lasagne with vegetables
Veg lasagne with vegetables
Chicken napolitana gluten free pasta

Snack
Health crunchie

Friday

Meal
Vegetarian 
GF EF
Chicken strips & potato chips
Home-made veg nuggets & potato wedges
Grilled chicken strips & potato wedges

Snack
Rice Crispy treat

AFTERCARE

DURBANVILLE

Monday

Meal

Vegetarian 

GF EF

Chicken lasagne, Broccoli & cauliflower bake

Napolitana gluten free pasta

Chicken napolitana gluten free pasta

Snack

Provitas & cheese

Tuesday

Meal

Vegetarian 

GF EF

Beef chipolatas, butternut, mash & peas

Vegetarian sausage & Vegetables

Vegetarian sausage & Vegetables

Snack

Yoghurt & fresh fruit

Wednesday

Meal

Vegetarian 

GF EF

Mini BBQ chicken pita pockets & glazed baby carrots

Veg nuggets & glazed baby carrots

Meatballs & veg

Snack

Rice cakes & cheese

Thursday

Meal

Vegetarian 

GF EF

Beef stroganoff & rice

Stir fry Veg & Noodles

Beef stroganoff & rice

Snack

French toast

Friday

Meal

Vegetarian 

GF EF

Chicken burgers & wedges

Veg burgers & wedges

Bun-less chicken burger & wedges

Snack

Jelly & custard

WEEK
TWO

AFTERCARE

DURBANVILLE

Monday

Meal

Vegetarian 

GF EF

Spaghetti bolognese & roasted butternut
Spaghetti napolitana
Gluten free spaghetti bolognese

Snack

Banana bread

**WEEK
THREE**

Tuesday

Meal

Vegetarian 

GF EF

BBQ Meatballs, Stir fry Veg on noodles
Veg Salad Wrap with Carrot Sticks
BBQ Meatballs, Stir fry Veg

Snack

Provitas & cheese

Wednesday

Meal

Vegetarian 

GF EF

Fish fingers, corn & peas
Veg nuggets, corn & peas
Chicken skewer, corn & peas

Snack

Chocolate Muffin

Thursday

Meal

Vegetarian 

GF EF

Chicken strips, mash & cauliflower cheese sauce
Veg schnitzel, mash & cauliflower cheese sauce
Grilled chicken, mash, peas & corn

Snack

Yoghurt & Fresh Fruit

Friday

Meal

Vegetarian 

GF EF

Pizza & fresh fruit
Pizza & fresh fruit
Grilled chicken strips & potato wedges

Snack

Popcorn