

FEBRUARY MENU NAISR

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|----------------|---------------------------------------------------------------|
| Monday 3/2 | Fish or spinach/cheese slice (V) potatoes, peas and carrots |
| Tuesday 4/2 | Chicken sesame or non-chicken sesame (V), rice and vegetables |
| Wednesday 5/2 | Omelet, potatoes and vegetables (V) |
| Thursday 6/2 | Beef burger bun or veggie burger bun (V) |
| Friday 7/2 | Pasta special-macaroni and cheese, cucumber salad on the side |
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| Monday 10/2 | Meat-ball or plant-based (V), potatoes and vegetables |
| Tuesday 11/2 | Chicken or non-chicken teriyaki (V) noodles and vegetables |
| Wednesday 12/2 | Tender chicken or veggie flower(V) potatoes and vegetables |
| Thursday 13/2 | Pita pizza special tuna or veggie (v) |
| Friday 14/2 | Pasta special – Mexican beef or non-beef (V) |
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| Monday 17/2 | Tender chicken or veggie slice (V) potatoes and vegetables |
| Tuesday 18/2 | Omelet special, rice and vegetables (V) |
| Wednesday 19/2 | Fish or alternate (V), potatoes peas and carrots |
| Thursday 20/2 | Saoto full meal soup |
| Friday 21/2 | Lasagna Bolognese or florentina (V) |
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| Monday 24/2 | Mid-Term Break |
| Tuesday 25/2 | |
| Wednesday 26/2 | |
| Thursday 27/2 | |
| Friday 28/2 | |

***All meals are made by Catermaat staff daily, using fresh ingredients.**

***All subscribed meals include a “dessert delight” of fresh fruit, yoghurt or pudding.**

***All warm meals may be substituted for a “bread meal” which includes a sandwich/wrap, fresh vegetables, fruit or yoghurt.**