

Rc Red Cafe

Monday

Snack: beef sausage roll & fresh fruit

Meal: chicken ala king, butternut & white rice

Tuesday

Snack: bran muffin & fresh fruit

Meal: napolitana, spaghetti & carrot sticks

Wednesday

Snack: chicken mayo roll & fresh fruit

Meal: fish fingers, mashed potato & gravy

Dessert: malva pudding & custard

Thursday

Snack: chicken quiche & fresh fruit

Meal: vegetarian nuggets, rice & gravy

Friday

Snack: cocktail chicken hotdog & fresh fruit

Meal: chicken burger & chips

Veg, Vegan, No Beef and Gluten Free options

Monday

Snack: chicken sausage roll/cheesy pie/gluten free sandwich & fresh fruit

Meal: veg ala king, butternut & white rice

Tuesday

Snack: gluten free muffin & fresh fruit

Meal: napolitana with gluten free spaghetti & carrot sticks

Wednesday

Snack: gluten free sandwich & fresh fruit

Meal: fries nuggets/grilled chicken breast, mashed potato & gravy

Dessert: gluten free pudding & custard

Thursday

Snack: cheese quiche/gluten free chicken quiche & fresh fruit

Meal: gluten free vegetable stew served with rice

Friday

Snack: cocktail fries hotdog/gluten free chicken hotdog & fresh fruit

Meal: fries vegetarian burger/gluten free chicken burger & chips

Rc ELS Menu

Week 1

salad valley and beverage offered daily

Rc Red Cafe

Monday

Snack: vanilla muffin & fresh fruit

Meal: grilled chicken breast, rice, gravy & pumpkin

Tuesday

Snack: savoury scones & fresh fruit

Meal: macaroni and cheese served with carrot sticks

Wednesday

Snack: banana bread & fresh fruit

Meal: fish fingers and roasted potato wedges

Dessert: cheese cake

Thursday

Snack: beef sausage roll & fresh fruit

Meal: vegetarian stew, savoury rice & cucumber sticks

Friday

Snack: lemon square & fresh fruit

Meal: chicken hot dog & roasted potato

Veg, Vegan, No Beef and Gluten Free options

Monday

Snack: gluten free muffin & fresh fruit

Meal: gluten free grilled chicken breast/frys chicken schnitzel, rice, gravy & pumpkin

Tuesday

Snack: gluten free scones & fresh fruit

Meal: gluten free macaroni and cheese served with carrot sticks

Wednesday

Snack: gluten free sandwich & fresh fruit

Meal: frys vegetarian nuggets/grilled chicken drumstick & potato wedges

Dessert: cheese cake

Thursday

Snack: chicken sausage roll/cheesy pie/gluten free sandwich & fresh fruit

Meal: gluten free vegetarian stew, savoury rice & cucumber sticks

Friday

Snack: gluten free lemon square & fresh fruit

Meal: gluten free chicken hot dog/frys sausage hot dog & roasted potato wedges

Rc ELS Menu

Week 2

salad valley and beverage offered daily

Rc Red Cafe

Monday

Snack: cappuccino muffin & fresh fruit

Meal: chicken bolognese & carrot sticks

Tuesday

Snack: cheese sandwich & fresh fruit

Meal: vegetarian nuggets, rice & gravy

Wednesday

Snack: chicken pastry wheel & fresh fruit

Meal: fish fingers, mashed potato & gravy

Dessert: rice crispy treat

Thursday

Snack: carrot muffin & fresh fruit

Meal: napolitana penne & cucumber sticks

Friday

Snack: salad roll & fresh fruit

Meal: crumbed chicken strips & potato wedges

Veg, Vegan, No Beef and Gluten Free options

Monday

Snack: gluten free muffin & fresh fruit

Meal: frys strips napolitana sauce/gluten chicken bolognese & carrot sticks

Tuesday

Snack: gluten free sandwich & fresh fruit

Meal: gluten free vegetarian nuggets, rice & gravy

Wednesday

Snack: gluten free sandwich & fresh fruit

Meal: frys nuggets/grilled chicken breast, mashed potato & gravy

Dessert: rice crispy treat

Thursday

Snack: gluten free muffin & a fresh fruit

Meal: gluten free napolitana penne & cucumber sticks

Friday

Snack: gluten free salad roll & fresh fruit

Meal: frys crumbed strips/gluten free crumbed chicken strips & potato wedges

Rc ELS Menu

Week 3

salad valley and beverage offered daily

Rc Red Cafe

Monday

Snack: beef sausage roll & fresh fruit

Meal: chicken ball, napolitana sauce, spaghetti & carrot sticks

Tuesday

Snack: bran muffin & fresh fruit

Meal: vegetarian stew, rice & pumpkin

Wednesday

Snack: chicken mayo roll & fresh fruit

Meal: fish fingers & potato wedges

Dessert: jelly & custard

Thursday

Snack: chicken quiche & fresh fruit

Meal: macaroni and cheese served with cucumber sticks

Friday

Snack: cocktail chicken hotdog & fresh fruit

Meal: chicken burger & chips

Veg, Vegan, No Beef and Gluten Free options

Monday

Snack: chicken sausage roll/cheesy pie/gluten free sandwich & fresh fruit

Meal: frys balls, napolitana sauce, spaghetti/gluten free spaghetti & carrot sticks

Tuesday

Snack: gluten free muffin & fresh fruit

Meal: vegetarian stew, rice & pumpkin

Wednesday

Snack: gluten free sandwich & fresh fruit

Meal: frys nuggets/gluten free chicken drumsticks & potato wedges

Dessert: jelly & custard

Thursday

Snack: cheese quiche/gluten free chicken quiche & fresh fruit

Meal: gluten free macaroni and cheese & cucumber

Friday

Snack: cocktail frys hotdog/gluten free chicken hotdog & fresh fruit

Meal: frys vegetarian burger/gluten free chicken burger & chips

Rc ELS Menu

Week 4

salad valley and beverage offered daily

Rc Red Cafe

Monday

Snack: vanilla muffin & fresh fruit

Meal: chicken stew, savoury rice & cucumber sticks

Tuesday

Snack: savoury scones & fresh fruit

Meal: vegetarian nuggets, mashed potato & gravy

Wednesday

Snack: banana bread & fresh fruit

Meal: fish fingers & potato bake

Dessert: sticky chocolate cake

Thursday

Snack: beef sausage roll & fresh fruit

Meal: vegetarian alfredo pasta & carrot sticks

Friday

Snack: lemon square & fresh fruit

Meal: chicken hot dog & potato chips

Veg, Vegan, No Beef and Gluten Free options

Monday

Snack: gluten free muffin & fresh fruit

Meal: vegetarian stew/gluten free chicken stew, savoury rice & cucumber sticks

Tuesday

Snack: gluten free scones & fresh fruit

Meal: gluten free veg strips, mash & gravy

Wednesday

Snack: gluten free sandwich & fresh fruit

Meal: frys nuggets /grilled chicken breast & potato bake

Dessert: sticky chocolate cake

Thursday

Snack: chicken sausage roll/cheesy pie/gluten free sandwich & fresh fruit

Meal: gluten free vegetarian alfredo pasta & carrot sticks

Friday

Snack: gluten free lemon square & fresh fruit

Meal: gluten free chicken hot dog/frys vegetarian sausage hot dog & potato chips

Rc ELS Menu

Week 5

salad valley and beverage offered daily

Rc Red Cafe

Monday

Snack: cappuccino muffin & fresh fruit

Meal: chicken bolognese & carrot sticks

Tuesday

Snack: cheese sandwich & fresh fruit

Meal: vegetarian nuggets, rice & gravy

Wednesday

Snack: chicken pastry wheel & fresh fruit

Meal: fish fingers, mashed potato & gravy

Dessert: rice crispy treat

Thursday

Snack: carrot muffin & fresh fruit

Meal: napolitana penne & cucumber sticks

Friday

Snack: salad roll & fresh fruit

Meal: crumbed chicken strips & potato wedges

Veg, Vegan, No Beef and Gluten Free options

Monday

Snack: gluten free muffin & fresh fruit

Meal: frys strips napolitana sauce/gluten chicken bolognese & carrot sticks

Tuesday

Snack: gluten free sandwich & fresh fruit

Meal: gluten free vegetarian nuggets, rice & gravy

Wednesday

Snack: gluten free sandwich & fresh fruit

Meal: frys nuggets/grilled chicken breast, mashed potato & gravy

Dessert: rice crispy treat

Thursday

Snack: gluten free muffin & a fresh fruit

Meal: gluten free napolitana penne & cucumber sticks

Friday

Snack: gluten free salad roll & fresh fruit

Meal: frys crumbed strips/gluten free crumbed chicken strips & potato wedges

Rc REELS Menu

Week 6

salad valley and beverage offered daily