



THE WILLOWS PRESCHOOL *and* EARLY LEARNING CENTRE

THE WILLOWS MONTHLY MENU

WEEK ONE

Beef Lasagne
Macaroni Cheese with Corn and Peas
Beef Sausages with Pumpkin and Potato Mash (100 sausages)
Tuna, Rice and Broccoli/Cauliflower Bake
Little Chicken and Vegetable Balls with Pasta in Tomato Sauce

WEEK TWO

Vegetable Hot Pot with Sausage Bites
Spaghetti Bolognaise
Chicken Mornay with Rice and Vegetables
Butter Chicken with Rice and Chick Peas
Hokkien Noodles with Stir Fried Chicken and Vegies

WEEK THREE

Chicken and Vegetable Patties with fresh Tomato Sauce and Rice
Little Lamb Balls with Moroccan Tomato Sauce and Couscous
Macaroni Cheese with Corn and Peas
Chicken and Roast Pumpkin Risotto
Curried Tuna and Potato Pasta Bake

WEEK FOUR

Chicken and Vegie Fried Rice
Little Sausages in gravy with mashed kumera and potato (100 sausages)
Vegetable Lasagne
Beef Lasagne
Cottage Pie with added Vegetables

DOES YOUR CHILD HAVE ANY DIETARY REQUIREMENTS?

If you require a specialised menu to meet your child's dietary needs, please contact the Willows so we can work together to formulate a meal plan.

DO YOU HAVE SUGGESTIONS?

The Willows is dedicated to ensuring that our menu reflects the cultures, needs and preferences of our families. If you have suggestions for changes or additions to our menu, we'd love to hear them!

The Willows is catered by the talented team at

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