

## North Star Academy Lunch Menu 2018-19

<b>Week 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	Cheese tortellini rosé with Mediterranean mixed bean & quinoa salad and a bun	Chicken burgers with oven baked potatoes and corn & cucumber salad	Hot chicken parmesan sub with soup and mixed green salad	BBQ chicken drumsticks with gravy mashed potatoes and coleslaw	Chicken souvlaki stick with potato wedges, rice & Greek salad
<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	Fusilli Bolognese with garden salad and a bun	Hot Italian meatball sub with ceaser salad & soup	Chicken fajitas with seasoned rice and corn & bean salad	Chicken Cacciatore with mashed potatoes and mixed vegetables	Shepard's pie with lentils served with quinoa & green salad
<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	Cheesy rigatoni with tomato sauce and spinach, cranberry & feta salad and a bun	Chicken breast stuffed with ham and cheese served with pasta & lentils and chickpea & corn salad	Spring rolls and rice with season vegetables served with Asian salad	Honey balsamic chicken with mashed potatoes and green bean & broccoli salad	Beef tacos served with salsa and sour cream, with rice and bean salad
<b>Week 4</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	Cheese and spinach ravioli with creamy tomato sauce and baby romaine & Kale salad and a bun	Chicken parmesan and shell pasta with tomato sauce, and spinach & cucumber salad	Cheeseburger with coleslaw & seasoned potato wedges	Teriyaki chicken with veggie stir fried rice and broccoli	Garlic roasted tomato and spinach pizza on flatbread with soup and garden salad