

Kate's Wholefood Kitchen

ABN: 50105313015



Hello everybody. My name is Kate Robert.

I am a Mum, a chef with over 20 years of experience, a qualified Functional Nutrition Consultant and the founder of "Kate's Wholefood Kitchen".

I'm really excited to be working alongside the Drouin South Primary School, to bring good old fashioned "hot lunches" to the school for Term 3.

The school and I are looking forward to the children being able to order not only a hot meal over the colder months, but also something that is nutritious and packed full of wholefoods. Something that will give the children a good boost of mental and physical energy for the remainder of the school day, as well as a good dose of vegetables.

It may also be a good thing for those of you whose children refuse to eat their vegetables at home, but will do so when in the presence of others. - Remember, the old saying of "when in Rome", well this could be a great opportunity to get your children to eat more vegies when at school, whilst eating a hot meal with their friends.

The menu has some tried and tested children's favourites on it, along with some meals that may be new to them, but that I hope you will encourage them to try over the course of the term.

I look forward to embarking on this new adventure with you all.

Kate Robert

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TERM 3 MENU

FRIDAY 27th JULY: Penne Bolognese

* wholemeal pasta with beef mince, mushrooms, carrots and zucchini cooked in a rich tomato sauce and topped with cheese.

FRIDAY 10th AUGUST: Corn and Bacon Chowder with Garlic Bread

* corn, bacon, potato and celery cooked in a vegetable stock and finished with sour cream, served with 2 pieces of garlic bread.

FRIDAY 24th AUGUST: Chicken Curry & Rice

* diced chicken breast, potatoes, zucchini and beans cooked in a mild coconut curry and served with rice.

FRIDAY 7th SEPTEMBER: Vegetable Biryani

* carrots, peas, capsicum, broccoli, tomatoes and sultanas tossed with rice and cooked in a mild Indian spice mix.

FRIDAY 21st SEPTEMBER: Tuna Pasta Bake with a Green Salad

* tuna, tomatoes, fresh basil and a touch of chilli tossed in penne pasta, sprinkled with cheese and baked. Served with a fresh green salad.

ALL MEALS WILL COST \$5.50 EACH