



# Kate's Wholefood Kitchen

ABN: 50105313015

Hi my name is Kate Robert, I am a mum, chef, functional nutrition consultant and founder of Kate's Wholefood Kitchen.

I'm really excited to be working with Drouin South Primary School to bring healthy lunches for term 4. We are looking forward to the children being able to order not only a cooked meal over the coming months, but also something that is nutritious and packed full of wholefoods, that will give them a good boost for the remainder of the day and a healthy serve of veg. The menu has some familiar meals and also perhaps something new to try. I hope you will encourage your child to try some of the delicious meals over the term.

## TERM 4 LUNCH MENU

FRIDAY 19th October: Baked Potatoes with Chilli Con Carne – diced baked potatoes topped with beef mince, tomatoes, kidney beans, spices & melted cheese. Served with sour cream on the side.

FRIDAY 2nd November: Tuna Pasta Bake with a Green Salad – tuna, tomatoes, fresh basil & a touch of chilli tossed in penne pasta, sprinkled with cheese & baked. Served with a fresh green salad.

FRIDAY 16th November: Asian Lettuce Cups – chicken mince, red onion, mushrooms carrots & capsicum cooked in an Asian style sauce & served in lettuce cups.

FRIDAY 30th November: House made Fish Fingers with Potato Wedges & Salad – white fish fillets cut & coated in a polenta crumb, served with home cut potato wedges & a green salad.

FRIDAY 14th December: Mexican Beef Tacos – minced beef cooked in mild Mexican spices, crispy corn taco shells, lettuce, tomato, mild salsa & cheese.

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## **FRIDAY 19th October:** Baked Potatoes With Chilli Con Carne

- Diced baked potatoes topped with beef mince, tomatoes, kidney beans, spices & melted cheese. Served with sour cream on the side.

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Return the below slip with correct money \$5.50 (*no change will be given*) to the office before Wednesday 17<sup>th</sup> October 2018 – next Wednesday.

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Name:

Class:

COST: \$5.50