

SIR KEITH PARK

2022 TERM 4

WEEK 1,3,5,7,9

Monday

Thai yellow curry & rice

Tuesday

Spaghetti bolognese

Wednesday

Butter chicken curry & rice

Thursday

**Spaghetti meatballs with
vegetable stew**

Friday

Mac & cheese with ham

SIR KEITH PARK 2022 TERM 4 WEEK 2,4,6,8,

Monday

**Pork & lentil casserole with
spiral pasta**

Tuesday

Beef stir fry with egg noodles

Wednesday

**Chicken teriyaki with rice &
vegetables**

Thursday

Chicken chop suey & rice

Friday

Beef chilli & rice