

SIR KEITH PARK

2022 TERM 3

WEEK 1,3,5,7,9

Monday

**Beef casserole with mash
potato**

Tuesday

Vegetable curry & mixed rice

Wednesday

Chicken teriyaki & fried rice

Thursday

**Spaghetti meatballs with
vegetable stew**

Friday

Thai yellow curry & rice

SIR KEITH PARK

2022 TERM 3

WEEK 2,4,6,8,10

Monday

Beef chilli with rice

Tuesday

Butter chicken curry & rice

Wednesday

**Chicken satay with rice &
vegetables**

Thursday

**Pork & lentil casserole with
spiral pasta**

Friday

**Chicken stir fry with egg
noodles**