

Calendar 2021



***Closed on Public holidays**

WEEK 1
 WEEK 2
 WEEK 3
 WEEK 4
 WEEK 5
 WEEK 5
 (Week 1 repeat) (Week 4 repeat)

OCTOBER	NOVEMBER	DECEMBER															
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25	26	27	28	29													
29	30																
31																	

Calendar 2022



***Closed on Public holidays**

JANUARY

S	M	T	W	T	F	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

FEBRUARY

S	M	T	W	T	F	S
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	1	2	3	4	5
6	7	8	9	10	11	12

MARCH

S	M	T	W	T	F	S
27	28	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

APRIL

S	M	T	W	T	F	S
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
1	2	3	4	5	6	7

MAY

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	7	8	9	10	11

JUNE

S	M	T	W	T	F	S
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

JULY

S	M	T	W	T	F	S
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

AUGUST

S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

SEPTEMBER

S	M	T	W	T	F	S
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

OCTOBER

S	M	T	W	T	F	S
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

NOVEMBER

S	M	T	W	T	F	S
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

DECEMBER

S	M	T	W	T	F	S
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
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1	2	3	4	5	6	7

WEEK 1
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 (Week 1 repeat) (Week 4 repeat)

Summer menu 2022

Week 1

Mon

Veggie Balls
Fried veggie dumplings in sweet and sour sauce + Brown rice
GF

Semolina Pancakes
Savory Semolina pancakes with veggies

Tues

Biryani
Aromatic combination of rice and veggies.
GF

Sushi Bowl
Soybeans, fresh veggies, sushi brown rice, nori, gari
GF

Wed

Herbed potatoes
Potatoes tossed in spices with lot of herbs
GF

Mediterranean plate
Chickpeas, brown rice, olives, cucumber, tomato, red onion, herbs
GF

Thu

Mung Dahl
Mung beans in tomato and onion gravy with asian spices. With Brown rice
GF

Lentil Shepherd's pie
Lentils with veggies baked and a layer of potatoes
GF

Fri

Spicy Sorghum fluff
Veggies and red sorghum tossed in special spices
GF

Ful Medames
Egyptian traditional, fava beans with tomatoes, garlic and lemon + Turkish bread
gf

Week 2

Mon

Pink hummus bowl
Beetroot Hummus, cous cous, carrot, tomato, capsicum
gf

Pea and sweet potato pilaf
Peas, sweet potato, rice
GF

Tues

Veggie stir fry
Stir fried seasonal veggies with, chili and garlic oil.
Brown rice
GF, S

Quesidilla
Mexican special Fava beans and rice filled wraps with salsa and nut based sour cream
N

Wed

Veggie spud with muhamarra
Seasonal veggies, potatoes with special homemade walnut and grilled capsicum dip
GF

Asian bowl
Crunchy activated Mung beans, brown rice, veggies, peanuts, lemony coconut dip
GF

Thu

Curried Veg Mince
Veggies minced tossed in spices and tomato sauce
Brown rice
GF

Tangy Bean Salad
Sweet and sour salad fava bean, chickpea, brown chickpea, veggies
N, GF

Fri

Eggplant curry with polenta
Eggplant, onion, tomato curry
GF

Brown chickpea curry
Brown small chickpeas in onion and tomato curry.
Brown rice
GF

Week 3

Mon

Kofta Curry
Fried Potato dumplings in a creamy tomato sauce. Brown rice
GF

Paella
A classic Spanish dish -rice, veggies cooked with rosemary and thyme
GF

Tues

Indian Bowl
Spiced up brown chickpeas, veggies, Brown rice, pickle and chutney
GF, S

Lentil Pancakes
Traditional Indian pancakes made with whole Bengal gram and mung beans
GF

Wed

Potato and pea curry
Potato and peas in the traditional Indian style
GF

Kungpao chickpea
Chickpeas in a Korean sweet and sour sauce. Brown rice
N, S, GF

Thu

Samosa wrap
Wraps with samosa filling

Yellow dahl
Dahl with veggies, curry leaves, tamarind. White rice
GF

Fri

Sorghum Field Pea salad
Field pea, tomato, onions, and red sorghum
GF

Red lentil daal
Dahl and white rice
GF, N

Week 4

Mon

Chole bhature
Spicy chickpeas in gravy with a traditional fried Indian bread
gf

Beetroot lemon rice
Lemony rice with beetroot and peanuts
GF

Tues

Mexican bowl
Fava beans, brown rice, veggies, homemade nut based sour cream
GF

Onion parantha
Pan toasted Indian bread with a filling of spiced potatoes and onions

Wed

Potato Salad
Potatoes, celery, apples, nut based creamy dressing
GF

Masala eggplant with lavash
Spicy Eggplants with lebanese bread Lavash
gf

Thu

Thai curry
Seasonal veggies in coconut milk and kafir lime. White rice
GF

Chickpea curry
Chickpea curry with white rice
GF

Fri

Polenta fluff
Dukkah seasoned fluffy polenta and veggies
N, GF

Mujjadra
Middle eastern favorite, Red Lentils with spiced rice and fried onions
GF