

# Summer Menu

<p><b>Brekky</b> toast cereal smoothy</p> <p><b>Lunch</b> rolls snacks fruit</p> <p><b>afternoon tea</b> pasta/wraps</p> <p><b>Dinners</b></p> <ul style="list-style-type: none"> <li>• Burritos</li> <li>• Soup – pumpkin, sweet potato, cauliflower, potato, carrot, red lentils</li> <li>• home burgers</li> <li>• shepherd's pie</li> <li>• pizza – fetta, olives, mushroom, capsicum, onions, garlic, basil, tomato</li> <li>• sausages and mash</li> <li>• breakfast for dinner – eggs and facon</li> <li>• sausage rolls</li> <li>• Ravioli</li> <li>• tofu wraps</li> <li>• roast with veggies</li> </ul>	<p>Beans and legumes cheese pasta cream butter parmesan cheese fetta veggie sausages veggie roast tofu facon sour cream milk yoghurt puff pastry pesto ravioli</p> <p>taco stuff wraps burritos</p> <p>eggs</p> <p>carrots onion garlic tomatoes lettuce mushrooms potatoes sweet potato pumpkin capsicum basil sundried tomatoes lunch fruit</p> <p>olive oil vinegar soy sauce mayonnaise sweet chill sauce tomato sauce Worcestershire sauce olives</p>	<p>Tea coffee</p> <p>cereal flour yeast sugar cat food</p> <p>peanut butter vegemite honey</p> <p>poppy seeds sesame seeds pumpkin and thing seeds coconut cocoa stock</p> <p>shampoo conditioner soap toothpaste toothbrush razors shaving cream tampons pads sunscreen toilet paper iron tablets vinegar bicarb tea tree oil eucalyptus oil</p> <p>clothes detergent dishwashing detergent wipes duster</p> <p>pens pencils paper</p>
-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

