

Week 1

Week beginning:

	Morning Tea	Lunch	Afternoon Tea
Monday	Fruit and Salada pizza with cream cheese spread Milk/ water	Platter of assorted sandwiches Water	Fruit platter with guacamole dip, whole meal crackers and cheese Milk/water
Tuesday	Fruit salad served with natural Greek yogurt Milk/water	Spaghetti Bolognese with beef, cheese and vegetables Bread and butter Water	Savory muffin with cheese, bacon and sweet corns Milk/water
Wednesday	Tomato and mozzarella cheese whole meal toast Milk/water	Garlic and cheese pasta combined with mushroom, spinach and capsicum Bread and butter Water	Fruit platter with custard Milk/water
Thursday	Assorted cereals with Weetbix or Cornflakes and optional fruit Milk/water	Chicken Caesar pasta salad with tomatoes, parmesan and avocados Bread and butter Water	Fruit smoothies with yogurt, pineapple, pear served with fruit platter and whole meal crackers Milk/water
Friday	English muffins with melted cheese and maple glaze Milk/water	Rice noodles with lamb, bok choy, carrots, ginger, basil, spring onions and mushrooms Bread and butter Water	Fruit platter with cheese Milk/water

Week 2

Week beginning:

	Morning Tea	Lunch	Afternoon Tea
Monday	Assorted cereals with Weetbix or Cornflakes and optional fruit Milk/ water	Curried beef fried rice with carrots, capsicum, peas, beans, corn and eggs Water	Fruit platter with custard Milk/water
Tuesday	Toasted crumpets served with jam, vegemite or maple syrup glaze Milk/water	Platter of assorted sandwiches Water	Fruit and vegetable platter with tzatziki dip Milk/water
Wednesday	English muffins served with vegemite or jam Milk/water	Beef goulash with onions, tomatoes, corn, carrots, green beans, garlic, parsley served with pasta Bread and butter Water	Vegan pear chocolate cake Milk/water
Thursday	Whole meal toasted with honey and mashed bananas Milk/water	Fish bake with watermelon rocket fetta cheese salad Bread and butter Water	Fruit platter with cheese Milk/water
Friday	Rice cake with vegemite and jam Milk/water	Crispy soy garlic tofu with broccoli, bok choy and carrot served with rice. Bread and butter Water	Berry smoothies with fruit platter and whole meal crackers Milk/water

Week 3

Week beginning:

	Morning Tea	Lunch	Afternoon Tea
Monday	Avocado cream cheese whole meal toast Milk/ water	Mediterranean chicken pasta with zucchini, tomato, onion, and mozzarella cheese Bread and butter Water	Garlic bread Milk/water
Tuesday	Cinnamon banana tortilla roll with cream cheese Milk/water	Beef with black bean noodles, onions, celery, snow peas, capsicum, zucchini and spring onions Bread and butter Water	Fruit platter with custard Milk/water
Wednesday	Rice cakes with cream cheese and fruit toppings Milk/water	Platter of assorted sandwiches Water	Fruit and vegetable platter with beetroot dip Milk/water
Thursday	Raisin toast Milk/water	Summer veggie frittata with asparagus, red capsicums, onions, green peas, cheese, cherry tomatoes and fetta cheese served with apple slaw Bread and butter Water	Fruit salad and natural yogurt Milk/water
Friday	Assorted cereals with Weetbix or Cornflakes and optional fruit Milk/water	Beef rice noodle salad with capsicum, lettuce, cucumber, spring onion, avocado, tomato, carrot and coriander with lemon soy dressing Bread and butter Water	Home made apple pies Milk/water

Week 4

Week beginning:

	Morning Tea	Lunch	Afternoon Tea
Monday	Fruit and Salada pizza with cream cheese spread Milk/ water	Creamy tuna pasta salad with cucumber, corn, capsicum with Greek yogurt dressing Bread and butter water	Fruit platter with cheese Milk/water
Tuesday	Rice cakes with jam, cream cheese or vegemite Milk/water	Mongolian beef with carrot, onion, capsicum, broccoli, snow peas, served with rice Bread and butter Water	Fruit salad with Greek yogurt Milk/water
Wednesday	Toasted crumpets with melted cheese and maple syrup glaze Milk/water	Summer veggie pasta with zucchini, capsicum, cannellini beans, tomato and onion Bread and butter Water	Fruit platter with rice crackers Milk/water
Thursday	Berry smoothies with fruit platter and whole meal cracker Milk/water	Platter of assorted sandwiches Bread and butter Water	Baked veggie spring rolls with carrots, red capsicum, cabbage, onions served with sweet chilly sauce Milk/water
Friday	French toast Milk/water	Sausage bake served with mashed potato, gravy and mixed steamed vegetable Bread and butter Water	Fruit platter with custard Milk/water

Week 5

Week beginning:

	Morning Tea	Lunch	Afternoon Tea
Monday	English muffins with melted cheese and tomato Milk/ water	Lamb ragu with fennel, onion, tomato, carrot and mushroom served with pasta Bread and butter Water	Fruit salad with Greek yogurt Milk/water
Tuesday	Assorted cereals with Weetbix or Cornflakes and optional fruit Milk/water	Creamy sundried tomato pasta with spinach, onions, mushrooms and capsicum Bread and butter Water	Fruit platter with cheese Milk/water
Wednesday	Raisin toast Milk/water	Maxican beef rice bake with capsicum, tomato, black beans, sweet corns and coriander Bread and butter Water	Fruit smoothies with fruit platter and whole meal crackers Milk/water
Thursday	Salada crackers with cream cheese, jam and vegemite Milk/water	Sweet and sour pork with capsicums, pineapples, onions served with noodle Bread and butter Water	Fruit platter and custard Milk/water
Friday	Fruit and veggie platter with tzatziki dip Milk/water	Platter of assorted sandwiches Bread and butter Water	Zucchini cheddar cheese bread Milk/water

Week 6

Week beginning:

	Morning Tea	Lunch	Afternoon Tea
Monday	Rice cakes with fruit toppings Milk/ water	Salmon pasta with onion, sundried tomato, green beans and parmesan cheese served with a creamy garlic sauce Bread and butter Water	Fruit and veggie platter with tzatziki dip Milk/water
Tuesday	Raisin toast Milk/water	Chicken risotto with pumpkin, spinach, green peas, carrot and green onions Bread and butter Water	Berry smoothies with fruit salad and whole meal crackers Milk/water
Wednesday	Assorted cereals with Weetbix or Cornflakes and optional fruit Milk/water	Whole meal vegetable pizza with tomato, spinach, fetta and caramelized onion Bread and butter Water	Cucumber and cream cheese sandwich Milk/water
Thursday	English muffins with cheese and bacon Milk/water	Beef San Choy Bau with rice noodles, cabbage, carrot, snow peas, lettuce and coriander Bread and butter Water	Fruit platter with cheese Milk/water
Friday	Sliced apple and peach with custard Milk/water	Lamb and potato curry with tomatoes, garlic, ginger, green beans, cauliflower served with rice Bread and butter Water	Fruit salad with Greek yogurt Milk/water