

Week 1

Week beginning:

	Morning Tea	Lunch	Afternoon Tea
Monday	Fruit Salad served with natural Greek yogurt Milk/ water	Platter of assorted sandwiches Water	Fruit platter with guacamole dip, whole meal crackers and cheese Milk/water
Tuesday	Fruit and Salada pizza with cream cheese spread Milk/water	Spaghetti Bolognese with beef, cheese and vegetables Bread and butter Water	Mushroom and spinach quesadillas Milk/water
Wednesday	Tomato and mozzarella cheese whole meal toast Milk/water	Sweet potato lentil chowder with celery, red kidney beans, silver beet served with macaroni pasta 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	Beef rice noodles with 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	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	Macaroni 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 cabbage slaw, coriander, apples and carrots Bread and butter Water	Fruit platter with cheese Milk/water
Friday	Rice cake with vegemite and jam Milk/water	Caramelized onions, potatoes, gratin dauphinoise served with salad 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	Cajun chicken jambalaya with sausage, capsicums, onions, celery, tomatoes and brown rice Bread and butter Water	Garlic bread Milk/water
Tuesday	Cinnamon banana tortilla roll with cream cheese Milk/water	Black bean noodles with 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	Crispy ginger pork rice noodle with miso broth, bok choy, mushroom, carrot and coriander 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	Summer veggie lasagne with mushrooms, spinach, red bell peppers, zucchini and ricotta cheese 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	Mild Korma fish curry with tomatoes, green beans, chickpeas, coriander, sweet peas served with rice noodles Bread and butter Water	Fruit platter with yogurt 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 with carrot, potato and gravy 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	Teriyaki beef rice noodle bowl with zucchini, onions, snow peas, carrots, spring onions and ginger 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	Chicken Lo Mein with capsicum, mushroom, snow peas, spring onion served with noodles 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 rice 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	Chicken parmesan crescent bread Milk/water

Week 6

Week beginning:

	Morning Tea	Lunch	Afternoon Tea
Monday	Rice cakes with fruit toppings Milk/ water	Whole meal pizza with tomato, spinach, fetta and caramelized onions 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	Pork San Choy bau with rice noodles, cabbages, carrots, snow peas, lettuce and coriander Bread and butter Water	Loaded taco bake with onion, tomato, beans, corns, mozzarella cheese and coriander Milk/water
Thursday	English muffins with cheese and bacon Milk/water	Tuna pasta bake with onions, garlic, green peas, corns, carrot and mozzarella cheese Bread and butter Water	Fruit platter with cheese Milk/water
Friday	Stewed 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