

Winter 2019

Week ending:

	Morning tea	Lunch	Afternoon tea
Monday	Fruit salad Milk or water	Mild beef curry with mixed vegetables & rice Bread and margarine Water	Orange and Poppy seed cake Milk or water
Tuesday	Raisin toast Milk or water	Roast vegetable pizza including sweet potato, zucchini, mushrooms, carrot, cheese and tomato Bread and margarine Water	Fruit platter & custard Milk or water
Wednesday	Banana Oatmeal muffins Milk or water	Chicken, Vegetables and rice noodle Soup Water	Fruit platter & cheese Milk or water
Thursday	Assorted cereal – Weetbix or cornflakes with milk Water	Cheesy beef and aromatic vegetable lasagne Bread and margarine Water	Fruit platter Milk or water
Friday	Warm fruit crumble with custard Milk or water	Tuna Patties including potatoes, zucchini, parsley, onion with Steamed Broccoli in a Napoli sauce Bread and margarine Water	Fruit platter Milk or water

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	Morning tea	Lunch	Afternoon tea
Monday	Wholemeal toast with jam or vegemite Milk or water	Apricot chicken served with carrot, celery, peas and rice Bread and margarine Water	Fruit platter Milk or water
Tuesday	Mango and peach Yoghurt Milk or water	Beef broth incorporating carrots, zucchini, broccoli, tomato and barley Bread and margarine Water	Carrot Cake Milk or water
Wednesday	English muffins with a cheese topping Milk or water	Sweet potato and black bean vegetarian meatball enchilada cheese bake Bread and margarine Water	Fruit platter Milk or water
Thursday	Salada biscuits with jam or vegemite Milk or water	Roast beef and Cous cous salad with sundried tomato and fetta Bread and margarine Water	Fruit platter with custard Milk or water
Friday	Mixed Cereals with milk Water	Assorted sandwiches including ham, chicken, cheese, egg and carrots Water	Fruit platter Milk or water

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	Morning tea	Lunch	Afternoon tea
Monday	Veggie Quesadillas with Cheese Milk or water	Beef, beans, tomato and spiral pasta ragout Bread and margarine Water	Fruit platter Milk or water
Tuesday	Cornflakes or Weetbix served with milk Water	Tuna and corn cheese quesadillas Bread and margarine Water	Fruit platter Milk or water
Wednesday	Fruit platter and cheese Milk or water	Curried cauliflower and potato soup with crispy chickpeas and lavoche Bread and margarine Water	Homemade rock cakes Milk or water
Thursday	English muffins with jam or vegemite Milk or water	Sweet and sour chicken served with snowpeas, bell peppers, zucchini, carrots and rice Bread and margarine Water	Fruit Yoghurt Water
Friday	Rice cakes with jam, vegemite and cream cheese Milk or water	Grilled Sausage with Sweet potato mash and Steamed beans Bread and margarine Water	Fruit platter Milk or water

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	Morning tea	Lunch	Afternoon tea
Monday	Crumpets with jam or vegemite Milk or water	Butter chicken with pumpkin, french beans, carrots & rice Bread and margarine Water	Fruit platter and cheese Milk or water
Tuesday	Savoury Cheese and Chives Scones Milk or water	Assortment of sandwiches with ham, chicken, egg, carrot and cheese Water	Fruit Salad Milk or water
Wednesday	Salada biscuits with jam, Vegemite and cream cheese Milk or water	Honey, soy and garlic beef stir fry served with noodles Bread and margarine Water	Fruit platter Milk or water
Thursday	Fruit platter Milk or water	Creamy pumpkin & sweet potato soup with croutons Bread and margarine Water	Chicken and Cheese Scrolls Milk or water
Friday	Wholemeal toast with smashed avocado Milk or water	Beef meatballs in tomato sauce served with spaghetti pasta Bread and margarine Water	Fruit salad yoghurt Milk or water

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	Morning tea	Lunch	Afternoon tea
Monday	Raisin Toast Milk or water	Beef Chow mein with zucchini, carrots, snowpeas, bell peppers, celery and noodles Bread and margarine Water	Fruit and cheese platter Milk or water
Tuesday	Rice Cakes with jam, vegemite and Cream cheese Milk or water	Baked fish fillet with chips and salad Bread and margarine Water	Fruit platter Milk or water
Wednesday	Wholemeal Cheese Toast Milk or water	Beef Goulash with mash and steamed vegetables Bread and margarine Water	Fruit platter Milk or water
Thursday	French toast Milk or water	Gnocchi broccoli and white bean cheesy bake Bread and margarine Water	Fruit platter Milk or water
Friday	Fruit salad with custard Milk or water	Chicken, spinach and sweet potato curry served with rice Bread and margarine Water	Orange cranbeery healthy baked oatmeal cups Milk or water

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Week ending:

	Morning tea	Lunch	Afternoon tea
Monday	Mixed cereal / porridge with warm milk Milk or water	Stir fry tofu with vegetables in honey soy and garlic sauce and Rice Bread and margarine Water	Fruit Platter Milk or water
Tuesday	Salada crackers with jam or vegemite Milk or water	Curried chicken risotto with mixed vegetables Bread and margarine	Fruit platter Milk or water
Wednesday	Fruit salad yoghurt Milk or water	Saucy beef loaf made with breadcrumbs, egg, carrots, zucchini, onion and tomato sauce served with potato mash Bread and margarine Water	Fruit platter Milk or water
Thursday	Savoury cheese and chive Scones Milk or water	Assorted sandwiches with ham, chicken, egg, carrots and cheese Water	Fruit Salad Milk or water
Friday	Crumpets with honey Milk or water	Asian beef stir-fry in black bean sauce with vegetables and noodles Bread and margarine Water	Fruit platter and Cheese Milk or water