

Week 1 Week Beginning:

	Morning Tea	Lunch	Afternoon Tea
Monday	Assorted cereals with a choice of Weetbix or Cornflakes and optional fruit Water	Lamb ragu served with potatoes, onions, capsicum, carrots, celery, tomatoes with a side of basmati rice Bread and butter Water	Fruit platter with a selection of : apple, banana, pear, watermelon, cantaloupe and orange alongside veggie sticks, cheese and hummus dip Milk/water
Tuesday	Raisin toast Milk/water	Baked fish fillet with potato chips served with apple coleslaw Bread and butter Water	Assorted fruit platter including a selection of: apple, banana, pear, watermelon, cantaloupe and orange served with vanilla custard Milk/water
Wednesday	Salada biscuits served with the options of cream cheese, jam or vegemite Milk/water	Chicken vegetable rice noodle soup with onions, carrots, bok choy, mushrooms and zucchini Bread and butter Water	Homemade banana muffins infused with lemon myrtle Milk/water
Thursday	French toast Milk/water	Beef stroganoff pasta with mushroom, broccoli, green beans, snow peas, cream and parsley Bread and butter Water	Fruit salad consisting of: apple, banana, pear, watermelon, berries and orange served with natural Greek yogurt Milk/water
Friday	English muffins with melted cheese and tomatoes Milk/water	Winter vegetable pizza with a combination of capsicum, olives, mushrooms, mozzarella cheese and tomatoes Bread and butter Water	Assorted fruit platter including: apple, banana, pear, watermelon and Orange served with cheese Milk/water

Week 2 Week Beginning:

	Morning Tea	Lunch	Afternoon Tea
Monday	Salada biscuits served with the options of cream cheese, jam or vegemite Milk/ water	Assorted wholemeal sandwiches with a variety of fillings including: egg, chicken, ham, tomato, cucumber and cheese Water	Fruit salad consisting of apple, banana, pear, watermelon and orange served with natural Greek yogurt Milk/water
Tuesday	English muffins topped with melted cheese and bacon pieces Milk/water	Butternut squash and sage macaroni with cream, onion, green beans and cheese Bread and butter Water	Fruit platter including a selection of: apple, banana, melon, pear, watermelon and orange alongside veggie sticks, and tzatziki dip Milk/water
Wednesday	Wholemeal toast topped with avocado and feta cheese Milk/water	Sweet and sour pork with capsicum, green beans, onions, pineapple, carrots served on a bed of basmati rice Bread and butter Water	Assorted fruit platter including as election of: apple, banana, pear, watermelon and orange served with vanilla custard Milk/water
Thursday	Toasted crumpets served with a choice of cream cheese, jam or vegemite Milk/water	Chicken corn chowder with potatoes, eggs, carrots, spring onions and baby peas Bread and butter Water	Warm toasted garlic bread slices Milk/water
Friday	Assorted cereals with an option of Weetbix or Cornflakes and a side of optional fruits Water	Beef chow mein with zucchini, carrot, snow peas, capsicum, cabbage, celery and noodles Bread and butter Water	Fruit salad consisting of: apple, banana, pear, watermelon and orange served with cheese Milk/water

Week 3 Week Beginning:

	Morning Tea	Lunch	Afternoon Tea
Monday	Wholemeal grilled cheese toastie Milk/water	Chicken noodle stir-fry with capsicum, onions, carrots and broccoli Bread and butter Water	Bush apple cake served with vanilla custard Milk/water
Tuesday	Assorted cereals of Weetbix or Cornflakes and a side of optional fruits Water	Mongolian beef with broccoli, capsicum, snow peas, carrots and green onions served with rice Bread and butter Water	Assorted fruit platter including; apple, banana , pear, watermelon and orange served with cheese Milk/water
Wednesday	Rice cakes spread with a choice of vegemite or jam Milk/water	Mild fish curry with basa fillet, ginger, eggplant, pumpkin, cauliflower served with rice noodles Bread and butter Water	Fruit salad consisting of apple, banana, pear, watermelon and orange served with natural Greek yogurt Milk/water
Thursday	English muffins topped with melted cheese and tomato Milk/water	Butternut pumpkin coconut soup with celery, onion, carrot and thyme served with garlic bread Water	Assorted fruit platter served with pineapple and mango smoothies Milk/water
Friday	Salada crackers spread with an option of cream cheese, jam or Vegemite Milk/water	Mild spiced pork stew with polenta dumplings including onions, tomatoes, beans, parmesan cheese and parsley Bread and butter Water	Baked veggie spring rolls with tomato sauce Milk/water

Week 4

Week Beginning:

	Morning Tea	Lunch	Afternoon Tea
Monday	Toasted crumpets with melted cheese and optional maple syrup glaze Milk/ water	Beef barley soup with onions, carrots, celery, zucchini, cannellini beans and tomatoes Bread and butter Water	Assorted fruit platter including; apple, banana , pear, watermelon and orange served with rice crackers Milk/water
Tuesday	Rice cakes spread with a choice of jam, cream cheese or Vegemite Milk/water	Assorted whole meal sandwiches, with a variety of fillings including; egg, chicken, ham, tomato, cucumber and cheese Water	Fruit salad consisting of apple, banana, pear, watermelon and orange served with natural Greek Yogurt and desert lime Milk/water
Wednesday	English muffins with melted cheese and topped with bacon pieces Milk/water	Teriyaki beef spaghetti with zucchini, broccoli, onion, snow peas, carrot, spring onions and ginger Bread and butter Water	Fruit platter including apple, banana, pear, watermelon and orange alongside veggie sticks and cheese Milk/water
Thursday	Wholemeal toast spread with smashed avocado Milk/water	Creamy chicken mushroom risotto with green peas, pumpkin, spinach and parmesan cheese Bread and butter Water	Cinnamon myrtle bread pudding served with vanilla custard Milk/water
Friday	Raisin toast Milk/water	Vegetable quiche with sweet potato, spinach, broccoli, green beans, lentils, cherry tomatoes and cheddar cheese Bread and butter Water	Fruit salad consisting of apple, banana, pear, watermelon , berries and orange served with guacamole dip and rice crackers Milk/water

Week 5

Week Beginning:

	Morning Tea	Lunch	Afternoon Tea
Monday	Rice cakes spread with a choice of jam, cream cheese or vegemite Milk/ water	Beef rice noodle soup with bok choy, mushroom, spring onions, ginger and coriander Bread and butter Water	Homemade zucchini cheddar bread Milk/water
Tuesday	Salada crackers spread with an option of cream cheese, jam or vegemite Milk/water	Fish pie with white fish, mushroom, cauliflower, peas, carrot and macaroni Bread and butter Water	Assorted fruit platter including; apple, banana, pear, watermelon and orange served with cheese Milk/water
Wednesday	Assorted cereals, with option of Weetbix or Cornflakes and a side of optional fruits Water	Pumpkin, ricotta and spinach lasagna with lentils and parmesan cheese Bread and butter Water	Fruit salad consisting of apple, banana, pear, watermelon and orange served with natural Greek yogurt Milk/water
Thursday	Rasin toast Milk/water	Beef and mushroom goulash with onion, potatoes, carrots, green beans served with pasta Bread and butter Water	Fruit platter including apple, banana, pear, watermelon and orange alongside rice crackers and tzatziki dip Milk/water
Friday	Toasted crumpets with melted mozzarella cheese Milk/water	Assorted wholemeal sandwiches with a variety of fillings including; egg, chicken, ham, tomato, cucumber and cheese Water	Banana and blueberry smoothies with a fruit platter and rice crackers Milk/water

Week 6

Week Beginning:

	Morning Tea	Lunch	Afternoon Tea
Monday	Raisin toast Milk/ water	Creamy sundried tomato pasta with spinach, onions, mushrooms, capsicum and parmesan cheese Bread and butter Water	Assorted fruit platter including: apple, banana, pear, watermelon and orange served with vanilla custard Milk/water
Tuesday	French toast Milk/water	Teriyaki chicken with broccoli, snow peas, ginger, carrot and served with noodles Bread and butter Water	Homemade orange and cranberry muffins served with bush mint ricotta cheese Milk/water
Wednesday	Toasted crumpets with melted mozzarella cheese Milk/water	Assorted wholemeal sandwiches with a variety of fillings including: egg, chicken, ham, tomato, cucumber and cheese Water	Assorted fruit platter including: apple, banana, pear, watermelon and orange served with rice crackers and French onion dip Milk/water
Thursday	Assorted cereals, with a choice of Weetbix or Cornflakes and a side of optional fruits Milk/water	Crispy pork stir fry with eggplant, snow peas, carrot and spring onion, served with rice Bread and butter Water	Assorted fruit platter including: apple, banana, pear, watermelon and orange served with cheese Milk/water
Friday	English scones served with cream and jam Milk/water	Hearty soup with sausages, cannelloni beans, kale, celery, onions, potatoes, carrots and orzo Bread and butter Water	Fruit platter including: apple, banana, pear, watermelon and orange alongside veggie sticks and tzatziki dip Milk/water