

# Week 1

## Week beginning:

	Morning Tea	Lunch	Afternoon Tea
<b>Monday</b>	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
<b>Tuesday</b>	Fruit platter with smoothies Milk/water	Spaghetti Bolognaise with beef, cheese and vegetables Bread and butter Water	Mushroom and spinach quesadillas Milk/water
<b>Wednesday</b>	Tomato and mozzarella cheese whole meal toast Milk/water	Lentil and sweet potato shepherd's pie with carrots, celery, tomatoes served with fresh salad Bread and butter Water	Fruit platter with custard Milk/water
<b>Thursday</b>	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
<b>Friday</b>	Fruit and Salada pizza with cream cheese spread 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
<b>Monday</b>	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
<b>Tuesday</b>	Toasted crumpets served with vegemite or maple syrup glaze  Milk/water	Platter of assorted sandwiches  Water	Fruit and vegetable platter with tzatziki dip  Milk/water
<b>Wednesday</b>	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	Zucchini and garlic bites with egg, parmesan cheese crumbs  Milk/water
<b>Thursday</b>	Whole meal toasted with honey and mashed bananas  Milk/water	Fish tacos with cabbage slaw, coriander, apples and carrots  Bread and butter Water	Fruit platter with cheese  Milk/water
<b>Friday</b>	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
<b>Monday</b>	Avocado cream cheese whole meal toast  Milk/ water	Cajun chicken jambalaya with sausage, capsicums, onions, celery, tomatoes and brown rice  Bread and butter Water	Berry baked oatmeal slice  Milk/water
<b>Tuesday</b>	Cinnamon banana tortilla roll with cream cheese  Milk/water	Black bean noodles with onions, celery, snow peas, bell peppers, zucchini and spring onions  Bread and butter Water	Fruit platter with custard  Milk/water
<b>Wednesday</b>	Rice cakes with cream cheese and fruit toppings  Milk/water	Platter of assorted sandwiches  Water	Fruit and vegetable platter with beetroot dip  Milk/water
<b>Thursday</b>	Raisin toast  Milk/water	Summer veggie frittata with asparagus, red capsicums, onions, green peas, cheese, cherry tomatoes and pumpkin seeds served with apple slaw  Bread and butter Water	Fruit salad and natural yogurt  Milk/water
<b>Friday</b>	Assorted cereals with Weetbix or Cornflakes and optional fruit  Milk/water	Ginger pork rice noodle soup  Bread and butter Water	Home made apple pies  Milk/water



# Week 4

Week beginning:

	Morning Tea	Lunch	Afternoon Tea
<b>Monday</b>	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
<b>Tuesday</b>	Rice cakes with jam, cream cheese or vegemite  Milk/water	Mongolian beef with flank steak, capsicum, broccoli, snow peas, carrots served with rice  Bread and butter Water	Fruit salad with Greek yogurt  Milk/water
<b>Wednesday</b>	Toasted crumpets served ricotta cheese and maple syrup glaze  Milk/water	Mild Korma fish curry with tomatoes, green beans, chickpeas and coriander served with noodles  Bread and butter Water	Fruit platter with yogurt  Milk/water
<b>Thursday</b>	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, bell peppers, cabbage, onions served with sweet chilly sauce  Milk/water
<b>Friday</b>	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
<b>Monday</b>	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 yogurt  Milk/water
<b>Tuesday</b>	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
<b>Wednesday</b>	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
<b>Thursday</b>	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
<b>Friday</b>	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
<b>Monday</b>	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
<b>Tuesday</b>	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
<b>Wednesday</b>	Assorted cereals with Weetbix or Cornflakes and optional fruit  Milk/water	Pork San Choy bau with rice noodles, cabbages, carrots, snow peas and lettuce  Bread and butter Water	Loaded taco bake with onion, tomato, beans, corns, mozzarella cheese and coriander  Milk/water
<b>Thursday</b>	English muffins with cheese and tomato 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
<b>Friday</b>	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 yogurt  Milk/water