

WINTER MENU

WEEK 1

WEEK ENDING:

	MORNING TEA	LUNCH	AFTERNOON TEA
MONDAY	Assorted cereals with optional fruit Milk or Water	Lamb Ragu served with potatoes, onions, capsicum, carrots, celery, and tomatoes, with a side of basmati rice Bread & butter Water	Hummus dip accompanied by veggie and fruit platter and cheese Milk or Water
TUESDAY	Raisin toast Milk or Water	Baked fish fillet with potato chips served with apple coleslaw Bread & butter Water	Assorted fruit platter served with vanilla custard Milk or Water
WEDNESDAY	Salada biscuits spread with an option of cream cheese, jam or vegemite Milk or Water	Chicken, vegetable and rice noodle soup with onions, carrots, bok choy, mushrooms and zucchini Bread & butter Water	Banana bread with lemon myrtle infusion. Milk or Water
THURSDAY	French toast Milk or Water	Beef stroganoff pasta with mushroom, broccoli, green beans, snowpeas, cream and parsley Bread & butter Water	Fruit platter with Greek yogurt Milk or Water
FRIDAY	English muffins with melted cheese and tomatoes Milk or Water	Winter vegetable pizza with capsicum, olives, mushrooms, mozzarella cheese and tomatoes Bread & butter Water	Assorted fruit platter with cheese Milk or Water

WINTER MENU

WEEK 2

WEEK ENDING:

	MORNING TEA	LUNCH	AFTERNOON TEA
MONDAY	Fruit salad Greek yogurt with Davidson plum Milk or Water	Assorted whole meal sandwiches with a variety of fillings: egg, chicken, ham, tomato, cucumber and cheese Water	Fruit platter with wholemeal crackers and cheese Milk or Water
TUESDAY	English muffins topped with melted cheese and bacon Milk or Water	Butternut squash and sage macaroni, with cream, onion, green beans and cheese Bread with margarine Water	Tzatziki dip served with veggie sticks and an assortment of fruit Milk or Water
WEDNESDAY	Wholemeal toast topped with avocado and feta cheese Milk or Water	Sweet and sour pork with capsicums, green beans, onions, pineapple, carrot served with rice Bread with margarine Water	Assorted fruit platter accompanied with vanilla custard Milk or Water
THURSDAY	Toasted crumpet served with cream cheese, jam or vegemite Milk or Water	Chicken corn chowder with potatoes, eggs, carrots, spring onion and baby peas. Bread with margarine Water	Homemade garlic bread Milk or Water
FRIDAY	Assorted cereals (weetbix, rice bubbles or cornflakes) with optional fruit Water	Beef Chow Mein with zucchini, carrot, snow peas, capsicum, cabbage, celery and noodles Bread with margarine Water	Fruit salad served with a natural Greek yogurt Milk or water

WINTER MENU

WEEK 3

WEEK ENDING:

	MORNING TEA	LUNCH	AFTERNOON TEA
MONDAY	Wholemeal grilled cheese toastie Milk or Water	Chicken noodle stirfry with capsicums, onions, carrots and broccoli. Bread with margarine Water	Fruit salad and natural Greek yogurt Milk or Water
TUESDAY	Assorted cereals (weetbix, rice bubbles or cornflakes) with optional fruit Milk or Water	Mongolian beef with broccoli, capsicum, snow peas, carrots and green onions served with rice Bread with margarine Water	Fruit platter with cheese Milk or Water
WEDNESDAY	Rice cake with vegemite or jam Milk and water	Mild fish curry with white fish, ginger, eggplant, pumpkin, cauliflower served with rice noodle Bread with margarine Water	Bush apple cake with custard Milk or Water
THURSDAY	English muffins topped with melted cheese and tomato Milk or Water	Cauliflower, potato and cheddar cheese soup with garlic bread Bread with margarine Water	Assorted fruit platter served with pineapple and mango smoothies Milk or Water
FRIDAY	Salada biscuits spread with an option of jam or vegemite Milk or Water	Mild spiced pork stew with polenta dumplings including onions, tomatoes, beans, parmesan cheese and parsley Bread with margarine Water	Baked veggie spring rolls with tomato sauce Milk or water

WINTER MENU

WEEK 4

WEEK ENDING:

	MORNING TEA	LUNCH	AFTERNOON TEA
MONDAY	Toasted crumpets served with mozzarella cheese Milk or Water	Beef and barley soup with onions, carrots, celery, zucchinis, cannellini beans and tomatoes Bread with margarine Water	Fruit and cheese platter Milk or Water
TUESDAY	Rice cakes with vegemite or jam Milk or Water	Assorted wholemeal sandwiches with a variety of fillings: Egg, chicken, ham, tomato and cucumber and cheese Bread with margarine Water	Fruit salad and natural greek yogurt with Desert lime Milk or Water
WEDNESDAY	English muffins with bacon, cheese Milk or Water	Beef spiral pasta ragout with beans, celery, carrots, tomatoes and sweet corn Bread with margarine Water	Fruit and veggie platter with wholemeal rice crackers Milk or Water
THURSDAY	Wholemeal toast spread with avocados Milk or Water	Creamy chicken mushroom risotto with green peas, pumpkin, mushroom, spinach and parmesan cheese Bread with margarine Water	Cinnamon myrtle bread pudding with custard Milk or Water
FRIDAY	Raisin toast Milk or Water	Vegetable quiche with sweet potatoes, spinach, broccoli, green peas, lentils, cherry tomatoes and cheddar cheese Bread with margarine Water	Beetroot dip with rice cracker and fruit platter Milk or water

WINTER MENU

WEEK 5

WEEK ENDING:

	MORNING TEA	LUNCH	AFTERNOON TEA
MONDAY	Rice cakes with a variety of bush tucker jams Milk and water	Beef rice noodle soup with bok choy, mushrooms, spring onions, ginger, with mint and coriander Bread with margarine Water	Lemon myrtle crumble with vanilla custard Milk and water
TUESDAY	Salada biscuits with cream cheese and fruit toppings Milk or Water	Fish pie with white fish, mushroom, cauliflower, peas, carrot and mashed potato Bread with margarine Water	Fruit platter with cheese Milk or Water
WEDNESDAY	Assorted cereals (weetbix, rice bubbles or cornflakes) with optional fruit Milk or Water	Pumpkin, ricotta, spinach lasagna with lentils and parmesan cheese Bread with margarine Water	Fruit platter with greek yoghurt Milk or Water
THURSDAY	Raisin toast Milk and water	Beef and mushroom goulash with onions, potatoes, carrots, green beans served with rice Bread with margarine Water	Tzatziki dip with rice crackers and fruit platter Milk and water
FRIDAY	Toasted crumpets served with mozzarella cheese Milk or Water	Chicken rice casserole with onion, mushroom, peas, carrot topped with bread crumb and pasley Bread with margarine Water	Fruit platter accompanied by blueberry and banana smoothies. Milk or Water

WINTER MENU

WEEK 6

WEEK ENDING:

	MORNING TEA	LUNCH	AFTERNOON TEA
MONDAY	Raisin toast Milk or Water	Creamy sundried tomato pasta with spinach, onion, mushrooms, capsicum and parmesan cheese Bread with margarine Water	Fruit platter with vanilla custard Milk or Water
TUESDAY	French toast Milk or Water	Teriyaki chicken with broccoli, snow peas, ginger, carrots and noodles Bread with margarine Water	Orange cranberry muffin with bush mint ricotta cheese Milk or Water
WEDNESDAY	Toasted crumpets with melted mozzarella cheese Milk or Water	Assorted wholemeal sandwiches with a variety of fillings: egg, chicken, ham, tomato, cucumber and cheese Bread with margarine Water	Fruit platter with beetroot dip, wholemeal crackers and cheese Milk or Water
THURSDAY	Assorted cereals (weetbix or cornflakes) with optional fruit Water	Crispy pork stir fry with egg plant, snow peas, carrot and spring onion served with rice Bread with margarine Water	Fruit platter with cheese Milk or Water
FRIDAY	English scones with cream and jam Milk or Water	Lamb pie with onions, mushrooms, rosemary, tomatoes and puff pastry Bread with margarine Water	Fruit and veggie platter with french onion dip and wholemeal crackers Milk or water