



Weekly Menu

Week One

Monday	Breakfast	Morning Tea	Lunch	Afternoon Tea
	Wholemeal Toast with a variety of spreads. A variety of cereals including weetbix, rice bubbles and Cornflakes served with milk	Fresh Seasonal Fruit Platter Milk	Tuna, Broccoli and Corn Pasta Bake	Multigrain Rice Cakes topped with Assorted Spreads

Tuesday	Breakfast	Morning Tea	Lunch	Afternoon Tea
	Wholemeal Toast with a variety of spreads. A variety of cereals including weetbix, rice bubbles and Cornflakes served with milk	Fresh Seasonal Fruit Platter Milk	Chicken and Vegetable Loaded Fried Rice	Cheese and Vegemite Pastry Scrolls

Wednesday	Breakfast	Morning Tea	Lunch	Afternoon Tea
	Wholemeal Toast with a variety of spreads. A variety of cereals including weetbix, rice bubbles and Cornflakes served with milk	Fresh Seasonal Fruit Platter Milk	Chilli Con Carne with Cous-Cous and Natural Greek Yogurt	Homemade Hummus Dip with Pita Bread Wraps and cucumber slices

Thursday	Breakfast	Morning Tea	Lunch	Afternoon Tea
	Wholemeal Toast with a variety of spreads. A variety of cereals including weetbix, rice bubbles and Cornflakes served with milk	Fresh Seasonal Fruit Platter Milk	Mini Beef Sliders with Cheese, Lettuce and Beetroot Slices	Freshly baked banana bread

Friday	Breakfast	Morning Tea	Lunch	Afternoon Tea
	Wholemeal Toast with a variety of spreads. A variety of cereals including weetbix, rice bubbles and Cornflakes served with milk	Fresh Seasonal Fruit Platter Milk	Minestrone Soup with Bread and Butter Triangles	Orange and Poppyseed Muffins



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Monday	Breakfast Wholemeal Toast with a variety of spreads. A variety of cereals including weetbix, rice bubbles and Cornflakes served with milk	Morning Tea Fresh Seasonal Fruit Platter Milk	Lunch Pork San Choy Bow Noodle Stirfry	Afternoon Tea Fruity Oat Crumble
Tuesday	Breakfast Wholemeal Toast with a variety of spreads. A variety of cereals including weetbix, rice bubbles and Cornflakes served with milk	Morning Tea Fresh Seasonal Fruit Platter Milk	Lunch Yellow Fish Curry with Cous-Cous and Vegetables	Afternoon Tea Whole meal Pikelets with strawberry Jam
Wednesday	Breakfast Wholemeal Toast with a variety of spreads. A variety of cereals including weetbix, rice bubbles and Cornflakes served with milk	Morning Tea Fresh Seasonal Fruit Platter Milk	Lunch Tomato and vegetable Loaded Spaghetti Bolognaise	Afternoon Tea Carrot Cake with Cream Cheese Spread
Thursday	Breakfast Wholemeal Toast with a variety of spreads. A variety of cereals including weetbix, rice bubbles and Cornflakes served with milk	Morning Tea Fresh Seasonal Fruit Platter Milk	Lunch Sausage and baked bean pie with Mash potato and Cheese crust	Afternoon Tea Homemade Weetbix Slice with Sliced Apples
Friday	Breakfast Wholemeal Toast with a variety of spreads. A variety of cereals including weetbix, rice bubbles and Cornflakes served with milk	Morning Tea Fresh Seasonal Fruit Platter Milk	Lunch Sticky Glazed Chicken Meatballs with Tomato Salsa and Green Beans	Afternoon Tea Pita Chips with fresh homemade tzatziki Dip and Veggie Dippers



Weekly Menu

Week Three

Monday	Breakfast	Morning Tea	Lunch	Afternoon Tea
	Wholemeal Toast with a variety of spreads. A variety of cereals including weetbix, rice bubbles and Cornflakes served with milk	Fresh Seasonal Fruit Platter Milk	Mexican Beef Burrito Wraps with salad, bean mix and Greek yogurt	Whole meal Pancakes strawberry Jam and Sliced Banana

Tuesday	Breakfast	Morning Tea	Lunch	Afternoon Tea
	Wholemeal Toast with a variety of spreads. A variety of cereals including weetbix, rice bubbles and Cornflakes served with milk	Fresh Seasonal Fruit Platter Milk	Creamy Tuna, Corn and Spinach Pasta Bake	Multigrain Rice Cakes with assorted Spreads

Wednesday	Breakfast	Morning Tea	Lunch	Afternoon Tea
	Wholemeal Toast with a variety of spreads. A variety of cereals including weetbix, rice bubbles and Cornflakes served with milk	Fresh Seasonal Fruit Platter Milk	Crispy Chicken Tenders with homemade potato's, Peas and Corn	Vanilla Yogurt with Seasonal fruit Salad

Thursday	Breakfast	Morning Tea	Lunch	Afternoon Tea
	Wholemeal Toast with a variety of spreads. A variety of cereals including weetbix, rice bubbles and Cornflakes served with milk	Fresh Seasonal Fruit Platter Milk	Shepherds Pie with Creamy Mash and Mixed Vegetables	Savory Platter with French onion Dip, veggie sticks and brown rice crackers

Friday	Breakfast	Morning Tea	Lunch	Afternoon Tea
	Wholemeal Toast with a variety of spreads. A variety of cereals including weetbix, rice bubbles and Cornflakes served with milk	Fresh Seasonal Fruit Platter Milk	Teriyaki Chicken Noodle Stir-fry	Whole meal Pizzas Pitas with Pineapple and Ham



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Week Four

Monday	Breakfast	Morning Tea	Lunch	Afternoon Tea
	Wholemeal Toast with a variety of spreads. A variety of cereals including weetbix, rice bubbles and Cornflakes served with milk	Fresh Seasonal Fruit Platter Milk	Creamy Mushroom Alfredo Fettuccini	Ham and Salad Multigrain Wraps

Tuesday	Breakfast	Morning Tea	Lunch	Afternoon Tea
	Wholemeal Toast with a variety of spreads. A variety of cereals including weetbix, rice bubbles and Cornflakes served with milk	Fresh Seasonal Fruit Platter Milk	Mexican Beef Burrito Wraps with salad and Greek Yogurt	Cheese and Zucchini Savory Muffins

Wednesday	Breakfast	Morning Tea	Lunch	Afternoon Tea
	Wholemeal Toast with a variety of spreads. A variety of cereals including weetbix, rice bubbles and Cornflakes served with milk	Fresh Seasonal Fruit Platter Milk	Vegetarian Singapore Vermicelli Noodles	Vanilla Yogurt with Fruit, oat and sultana Toasted Granola

Thursday	Breakfast	Morning Tea	Lunch	Afternoon Tea
	Wholemeal Toast with a variety of spreads. A variety of cereals including weetbix, rice bubbles and Cornflakes served with milk	Fresh Seasonal Fruit Platter Milk	Beef and vegetable Lasagna with bechamel sauce	Turkish Flat Bread with homemade beetroot dip and Veggie Sticks

Friday	Breakfast	Morning Tea	Lunch	Afternoon Tea
	Wholemeal Toast with a variety of spreads. A variety of cereals including weetbix, rice bubbles and Cornflakes served with milk	Fresh Seasonal Fruit Platter Milk	Butter Chicken with basmati rice and Greek Yogurt	Apple and Oat Cookies