

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weet Bix, Corn Flakes, Wholemeal Toast Served with Milk	Weet Bix, Corn Flakes, Wholemeal Toast Served with Milk	Weet Bix, Corn Flakes, Wholemeal Toast Served with Milk	Weet Bix, Corn Flakes, Wholemeal Toast Served with Milk	Weet Bix, Corn Flakes, Wholemeal Toast Served with Milk
Morning Tea	Seasonal Fresh Fruit Platter Served with Milk	Seasonal Fresh Fruit Platter Served with Milk	Seasonal Fresh Fruit Platter Served with Milk	Seasonal Fresh Fruit Platter Served with Milk	Seasonal Fresh Fruit Platter Served with Milk
Lunch	Mild chicken and vegetable curry with rice (<i>Chicken breast, potato, peas, carrot, coconut milk, mild curry paste</i>)	Vegetable pasta bake with cheese (<i>Zucchini, spinach, carrot, tomato passata, penne pasta, mozzarella</i>)	Mexican-style beef & veggie rice bowl (<i>Beef mince, corn, capsicum, tomato, rice</i>)	Tuna and sweet corn fritters served with (<i>Tinned tuna in springwater, corn, egg, flour, milk</i>)	Homemade vegetable pizzas on pita bread (<i>Wholemeal pita, tomato paste, capsicum, mushroom, cheese</i>)
Afternoon Tea	Wholemeal corn thins with cream cheese and cucumber	Raisin Bread	Vanilla Yoghurt with Blueberry Puree	Savoury Platter (Wholemeal crackers, carrot sticks, cucumber sticks, corn relish)	Oven baked Cheese & Vegemite Pinwheels (Puff pastry, vegemite, cheese)
Late Snack	Crackers & Cheese	Crackers & Cheese	Crackers & Cheese	Crackers & Cheese	Crackers & Cheese

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weet Bix, Corn Flakes, Wholemeal Toast Served with Milk	Weet Bix, Corn Flakes, Wholemeal Toast Served with Milk	Weet Bix, Corn Flakes, Wholemeal Toast Served with Milk	Weet Bix, Corn Flakes, Wholemeal Toast Served with Milk	Weet Bix, Corn Flakes, Wholemeal Toast Served with Milk
Morning Tea	Seasonal Fresh Fruit Platter Served with Milk	Seasonal Fresh Fruit Platter Served with Milk	Seasonal Fresh Fruit Platter Served with Milk	Seasonal Fresh Fruit Platter Served with Milk	Seasonal Fresh Fruit Platter Served with Milk
Lunch	Baked crumbed fish fingers with sweet potato mash & peas	Mini chicken & veggie burgers on wholemeal buns (Chicken mince, grated carrot, lettuce, tomato, cheese slice)	Vegetarian Fried Rice (White rice, grated carrot, corn, peas, capsicum, tamari)	Assorted Mixed Sandwiches	Spaghetti Bolognese with hidden vegetables (Lean beef mince, onion, carrot, celery, tomato sauce, spaghetti)
Afternoon Tea	Wholemeal Corn Thins with cream cheese and cucumber	Raisin Bread	Vanilla Yoghurt with Blueberry Puree	Savoury Platter (Wholemeal crackers, carrot sticks, cucumber sticks, corn relish)	Oven baked Cheese & Vegemite Pinwheels (Puff pastry, vegemite, cheese)
Late Snack	Crackers & Cheese	Crackers & Cheese	Crackers & Cheese	Crackers & Cheese	Crackers & Cheese

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weet Bix, Corn Flakes, Wholemeal Toast Served with Milk	Weet Bix, Corn Flakes, Wholemeal Toast Served with Milk	Weet Bix, Corn Flakes, Wholemeal Toast Served with Milk	Weet Bix, Corn Flakes, Wholemeal Toast Served with Milk	Weet Bix, Corn Flakes, Wholemeal Toast Served with Milk
Morning Tea	Seasonal Fresh Fruit Platter Served with Milk	Seasonal Fresh Fruit Platter Served with Milk	Seasonal Fresh Fruit Platter Served with Milk	Seasonal Fresh Fruit Platter Served with Milk	Seasonal Fresh Fruit Platter Served with Milk
Lunch	Creamy Tuna Pasta Bake (Penne pasta, tuna in springwater, cream, vegetable stock, cheese, zuchinni, broccoli)	Mini beef & veggie meatballs with tomato sauce & pasta spirals (Lean mince, grated carrot, onion, breadcrumbs, tomato sauce, pasta)	Roast Chicken served with Roast Pumpkin, Potato's, Steamed Peas & Gravy	Mild Beef Chilli Con Carne served with Fluffy White Rice (White rice, minced beef, garlic, tomato puree, kidney beans, mild chilli, beef stock, cheese)	Vegetarian Singapore Noodles (Hokkien noddles, hoisin sauce, beans, capsicum, broccoli, zucchini, corn, peas)
Afternoon Tea	Wholemeal corn thins with cream cheese and cucumber	Raisin Bread	Vanilla Yoghurt with Blueberry Puree	Savoury Platter (Wholemeal crackers, carrot sticks, cucumber sticks, corn relish)	Oven baked Cheese & Vegemite Pinwheels (Puff pastry, vegemite, cheese)
Late Snack	Crackers & Cheese	Crackers & Cheese	Crackers & Cheese	Crackers & Cheese	Crackers & Cheese