

Week 1

Week beginning:

	Morning Tea	Lunch	Afternoon Tea
Monday	Raisin toast Milk/ water	Platter of assorted sandwiches Water	Fruit platter with guacamole dip, whole meal crackers and cheese Milk/water
Tuesday	Fruit Salad served with natural Greek yogurt Milk/water	Spaghetti Bolognaise with beef, cheese and vegetables Bread and butter Water	Round leaf mint muffins with cheese, bacon and sweet corn Milk/water
Wednesday	Tomato and mozzarella cheese whole meal toast Milk/water	Cheese and garlic pasta combined with mushrooms, capsicum and spinach Bread and butter Water	Fruit platter with custard Milk/water
Thursday	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 wholemeal crackers Milk/water
Friday	English muffins with melted cheese Milk/water	Cheesy taco pasta with lamb, tomato, capsicum, corn and black beans Bread and butter Water	Fruit platter with cheese and rice crackers Milk/water



Week 2

Week beginning:

	Morning Tea	Lunch	Afternoon Tea
Monday	Assorted cereals with Weetbix or Cornflakes and optional fruit Milk/ water	Fish bake with cabbage slaw, coriander, apples and carrots Water	Fruit platter with custard Milk/water
Tuesday	Toasted crumpets served with jam, vegemite or maple syrup glaze Milk/water	Platter of assorted sandwiches Water	Fruit and vegetable platter with tzatziki dip Milk/water
Wednesday	English muffins served with vegemite or jam Milk/water	Rich beef goulash with onions, tomatoes, corn, carrots, green beans, garlic, parsley served on a bed of pasta Bread and butter Water	Dessert lime carrot cake with cream cheese frosting Milk/water
Thursday	Wholemeal toasties with mashed bananas Milk/water	Curried beef fried rice with carrots, peas, capsicum, beans, corn and eggs Bread and butter Water	Fruit platter with cheese Milk/water
Friday	Rice cake with vegemite and jam Milk/water	Crispy soy garlic tofu with broccoli, bokchoy and carrot and served with brown rice Bread and butter Water	Pineapple and banana smoothies with fruit platter and wholemeal crackers Milk/water



Week 3

Week beginning:

	Morning Tea	Lunch	Afternoon Tea
Monday	Avocado and cream cheese on wholemeal toast Milk/ water	Chicken pasta with mushrooms and broccoli with a creamy white sauce Bread and butter Water	Garlic bread and watermelon Milk/water
Tuesday	Grilled cheese and tomato on wholemeal toast Milk/water	Beef with black bean noodles, onions, celery, snow peas, capsicum, zucchini and spring onions Bread and butter Water	Fruit platter with custard Milk/water
Wednesday	Rice cakes with jam and vegemite Milk/water	Platter of assorted sandwiches Water	Fruit and vegetable platter with French onion dip Milk/water
Thursday	Raisin toast Milk/water	Creamy vegetarian Red Dahl curry with onion, sweet potato, green beans with basmati rice Bread and butter Water	Fruit salad and natural yogurt Milk/water
Friday	Assorted cereals with Weetbix or Cornflakes and optional fruit Milk/water	Pork san choy bau with rice noodles, cabbage, carrots, snow peas, lettuce and coriander Bread and butter Water	Blueberry cottage cheese muffin with Davidson Plum. Milk/water



Week 4

Week beginning:

	Morning Tea	Lunch	Afternoon Tea
Monday	Wholemeal salada biscuits with cheese and apple slices Milk/ water	Creamy beef gnocchi with onion, capsicum, kales, green beans and broccoli Bread and butter Water	Fruit platter with cheese Milk/water
Tuesday	Rice cakes with jam, cream cheese or vegemite Milk/water	Creamy tuna pasta salad with cucumber, corn, capsicum, avocado and tomato with a Greek yoghurt dressing. Bread and butter Water	Fruit salad with Greek yogurt Milk/water
Wednesday	Toasted crumpets with melted cheese Milk/water	Summer veggie pasta with zucchini, cannellini beans, tomato, onion and capsicum Bread and butter Water	Fruit and veggie platter with hummus dip Milk/water
Thursday	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, red capsicum, cabbage, onions served with sweet chilly sauce Milk/water
Friday	French toast Milk/water	Sausage bake served with mashed potato gravy and steamed vegetable Bread and butter Water	Fruit platter with custard Milk/water



Week 5

Week beginning:

	Morning Tea	Lunch	Afternoon Tea
Monday	English muffins with melted cheese and tomato Milk/ water	Cheesy Mexican beef rice bake with capsicum, tomato, olive, black bean, sweet corns and coriander Bread and butter Water	Fruit salad with Greek yogurt Milk/water
Tuesday	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	Ham and cheese scrolls Milk/water
Wednesday	Raisin toast with ricotta cheese Milk/water	Chicken pie with leek, onion, carrot, potato and peas Bread and butter Water	Fruit smoothies with fruit platter and whole meal crackers Milk/water
Thursday	Salada crackers with cream cheese, jam and vegemite Milk/water	Sweet and sour pork with noodles, capsicums, pineapples and onions. Bread and butter Water	Fruit platter and custard Milk/water
Friday	Toasted crumpets with jam or vegemite Milk/water	Platter of assorted sandwiches Bread and butter Water	Fruit platter with cheese Milk/water



Week 6

Week beginning:

	Morning Tea	Lunch	Afternoon Tea
Monday	Rice cakes with avocado cream cheese sandwich Milk/ water	Lamb and sweet potato curry with tomatoes, chick peas, green beans, cauliflower served with rice Bread and butter Water	Fruit and veggie platter with tzatziki dip Milk/water
Tuesday	Raisin toast Milk/water	Chicken risotto with pumpkin, spinach, green peas, carrot and green onions Bread and butter Water	Mango smoothies with fruit salad and whole meal crackers Milk/water
Wednesday	Assorted cereals with Weetbix or Cornflakes and optional fruit Milk/water	Wholemeal vegetable pizza with tomato, spinach, fetta and caramelized onions Bread and butter Water	Cucumber and cream cheese Sandwich Milk/water
Thursday	English muffins with cheese and bacon Milk/water	Salmon pasta with onions, asparagus, and cheese served with a creamy garlic sauce. Bread and butter Water	Fruit platter with cheese Milk/water
Friday	Stewed apple and ricotta toasties Milk/water	Beef cheese macaroni with onion, tomato, cannellini beans and parsley Bread and butter Water	Fruit salad with Greek yogurt Milk/water