

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Fresh Fruit and sultanas + Yoghurt Cones	Fresh Fruit and sultanas + Raison Toast	Fresh Fruit and sultanas + Weet Bix Cornflakes	Fresh Fruit and sultanas + Hummus Dip with Toasted Lebanese bread	Fresh Fruit and Sultanas + Rice Cakes and Crème Cheese
Lunch	Vegetarian Chickpea Noodles with a side of buttered bread Dental Hygiene: Apple Slices	Beef Burritos with lettuce, tomato, guacamole, and cheese Dental Hygiene: Apple Slices	Chicken and Cauliflower Pasta Bake Dental Hygiene: Apple Slices	Massaman Beef Curry and Rice Dental Hygiene: Apple Slices	Beef and Vegetable Subs Dental Hygiene: Apple Slices
Afternoon Tea	Mixed Wholemeal Sandwiches & Veggie Sticks	Weetbix Slice & Veggie Sticks	Banana and Cinnamon Muffins & Veggie Sticks	Sultana Scones & Veggie Sticks	Cheese and Biscuits & Veggie Sticks

- Milk served at Morning Tea and lunch and water offered at every meal + all throughout the day
- Late afternoon snack served at 5.30pm (Arrowroots and Milo)



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Fresh Fruit and sultanas + Homemade French Onion dip and Crackers	Fresh Fruit and sultanas + Yoghurt Cones	Fresh Fruit and sultanas + Rice cakes with vegemite/cheese	Fresh Fruit and sultanas + Weet-Bix and Cornflakes	Fresh Fruit and Sultanas + Raisin Toast
Lunch	Crumbed fish and salad wraps Dental Hygiene: Apple Slices	Vegetable and Beef Chow Mein with Noodles Dental Hygiene: Apple Slices	Home Made Beef Cottage Pies with Seasonal Vegetables and mash potato. Dental Hygiene: Apple Slices	Thai Chicken Curry Dental Hygiene: Apple Slices	Beef Stroganoff and Wholemeal Pasta Dental Hygiene: Apple Slices
Afternoon Tea	Cheese and Biscuits Veggie Sticks	Wholemeal Vegemite and Cheese scrolls Veggie Sticks	Wholemeal Apple Muffins Veggie Sticks	Wholemeal Carrot and Banana Muffins Veggie Sticks	Cornflake Slice Veggie Sticks

- Milk served at Morning Tea and lunch and water offered at every meal + all throughout the day
- Late afternoon snack served at 5.30pm (Arrowroots and Milo)



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Fresh Fruit and Sultanas + Cereals WeetBix/Cornflakes	Fresh Fruit and sultanas + Rice Cake with vegemite/crème cheese spread	Fresh Fruit and sultanas + Yogurt Cones	Fresh Fruit and sultanas + Toasted Lebanese Bread with hummus dip	Fresh Fruit and Sultanas + Raisin Toast
Lunch	Chicken Chipolatas and corn salad and cheese served with wholemeal bread Dental Hygiene: Apple Slices	Beef and Vegetable Lasagna and Garlic Bread Dental Hygiene: Apple Slices	Beef and Vegetable Sausage Rolls Dental Hygiene: Apple Slices	Mexican Mince with kidney beans, tomato, avocado, sour cream and cheese with wholemeal pasta Dental Hygiene: Apple Slices	Tuna Pasta Bake with seasonal Vegetables Dental Hygiene: Apple Slices
Afternoon Tea	Weet-Bix Slice Veggie Sticks	Cheese and Biscuits Veggie Sticks	Cheese and Vegemite Wraps Veggie Sticks	Wholemeal Mixed Berry Muffins Veggie Sticks	Vegemite and Cheese Scrolls Veggie Sticks

- Milk served at Morning Tea and lunch and water offered at every meal + all throughout the day
- Late afternoon snack served at 5.30pm (Arrowroots and Milo)



WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Fresh Fruit and Sultanas + Rice Cakes with vegemite/crème cheese	Fresh Fruit and sultanas + Wholemeal Toast with Crème Cheese spread	Fresh Fruit and sultanas + Weetbix/Cornflakes	Fresh Fruit and sultanas + Cheese, Crackers and Vegie Sticks	Fresh Fruit and Sultanas + Yogurt Cones
Lunch	Spaghetti Bolognese with Garlic Bread Dental Hygiene: Apple Slices	Beef San Choy Bao Dental Hygiene: Apple Slices	Tomato Vegetarian Pasta Dental Hygiene: Apple Slices	Marinated Chicken and Savory Rice Dental Hygiene: Apple Slices	Beef and Vegetable Wraps Dental Hygiene: Apple Slices
Afternoon Tea	Wholemeal Cheese and Vegemite Scrolls Veggie Sticks	Carrot and Apple Muffins Veggie Sticks	Mixed Wholemeal Sandwiches Veggie Sticks	Wholemeal Banana and Cinnamon Muffins Veggie Sticks	Wholemeal Mixed Berry Muffins Veggie Sticks

- Milk served at Morning Tea and lunch and water offered at every meal + all throughout the day
- Late afternoon snack served at 5.30pm (Arrowroots and Milo)

