



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Fresh Fruit Yoghurt Cones	Fresh Fruit Wholemeal toast w/ vegemite & crème cheese spread	Fresh Fruit Weet Bix	Fresh Fruit Cheese & Biscuits	Fresh Fruit Custard cones
Lunch	Vegetarian Noodles with Chickpeas	Beef Stroganoff	Spaghetti Bolognaise + Garlic Bread	Roast Beef, Cheese and Salad Wraps	Chinese Marinated Chicken with Savoury Rice
Afternoon Tea	Mixed Wholemeal Sandwiches	Sultana & Cinnamon Muffins	Wholemeal saladas and Salsa Dip	Wholemeal Berry & Coconut Muffins	Wholemeal Sultana Bread

* Sliced Wholemeal bread served with lunch meal

- Milk served at Morning Tea and lunch and water offered at every meal + all throughout the day
- Breakfast Served 6.30am-7.30am. Late afternoon snack served at 5.15pm (Arrowroots and Milo)



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Fresh Fruit Wholemeal Rice cakes w/Vegemite and Cheese	Fresh Fruit Yoghurt Cones	Fresh Fruit Weet Bix	Fresh Fruit Vegetable sticks & dip	Fresh Fruit Custard Cones
Lunch	Beef Lasagne *	San-Choy bow & noodles served in lettuce cups *	Chicken Pilaf	Sausage and Salad Sandwiches * (served with corn on the cob)	Mexican Mince & Beans with Corn Chips
Afternoon Tea	Wholemeal Fruit Bread	Wholemeal Banana Muffins	Cheese, Biscuits and Sultanas	Wholemeal Apple and Cinnamon Muffins	Vitaweets with Tomato and Cheese

* Sliced Wholemeal bread served with lunch meal

- Milk served at Morning Tea and lunch and water offered at every meal + all throughout the day
- Breakfast Served 6.30am-7.30am. Late afternoon snack served at 5.15pm (Arrowroots and Milo)



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Fresh Fruit Custard Cones	Fresh Fruit Yoghurt Cones	Fresh Fruit Weet Bix	Fresh Fruit Wholemeal Lebanese bread & tzatziki dip	Fresh Fruit Cheese & biscuits
Lunch	Italian beef with Noodles & vegetables	Thai Chicken Curry with Rice & Vegetables	Tuna Mornay with Vegetables & Pasta *	Curry sausages with Vegetables & Rice	Wholemeal Mixed Sandwiches - Corn beef - Cheese - Salad
Afternoon Tea	Vegetable sticks, Dip and Biscuits	Wholemeal Sultana Scones	Wholemeal Mixed Berry Muffins	Vitaweets with Cheese	Weetbix Slice

* Sliced Wholemeal bread served with lunch meal

- Milk served at Morning Tea and lunch and water offered at every meal + all throughout the day
- Breakfast Served 6.30am-7.30am. Late afternoon snack served at 5.30pm (Arrowroots and Milo)



WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Fresh Fruit Vita-Weets with sliced cheese	Fresh Fruit Wholemeal Rice cakes w/ vegemite & crème cheese spread	Fresh Fruit Custard Cones	Fresh Fruit Weet-Bix	Fresh Fruit Crackers, Cheese and Salsa
Lunch	Spaghetti Bolognese with Garlic Bread	Apricot Chicken & Rice	Beef stir-fry with Hokkien noodles *	Vegetable Lasagne	Beef & Vegetable Sausage Rolls
Afternoon Tea	Raisin Bread	Vegemite and Cheese Scrolls	Mixed Berry Muffins	Carrot Sticks, Crackers & French onion dip	Cheese, Biscuits & Vegetable Sticks

- Milk served at Morning Tea and water offered at every meal + all throughout the day
- Breakfast Served 6.30am-7.30am. Late afternoon snack served at 5.30pm (Arrowroots and Milo)