

Menu: Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Fresh fruit platter , Fruit toast Milk	Fresh fruit platter , & Crackers Milk	Fresh fruit platter , & Crackers/spreads Milk	Fresh fruit platter & Crackers Milk	Fresh fruit platter & fruit toast Milk
Lunch	Spaghetti Bolognaise(Beef) Water	Assorted sandwiches Meat and vegetarian varieties Water	Butter Chicken & Rice Water	Fish and Chips Tuna and Vegetable cakes with homemade baked chips. Water	Vegetarian Nachos Water
Dessert	Custard/yoghurt	Yoghurt	Custard	Yoghurt	Yoghurt
Afternoon Tea	Homemade Hummus with Vegetable sticks & rice crackers. Water / Milk	Freshly made muffins Fresh Fruit Platter Water / Milk	Variety of Sandwiches Fresh Fruit Platter Water / Milk	Homemade cake w/seasonal ingredients Fresh Fruit Platter Water / Milk	Sao Biscuits and spreads Fresh Fruit Platter Water / Milk
Late Snack	Fresh fruit and crackers	Fresh fruit and crackers	Fresh fruit and crackers	Fresh fruit and crackers	Fresh fruit and crackers

Please Note: water is also offered and available to the children throughout the day.

Last revised Aug 15

Menu: Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Fresh Fruit Platter with Crackers Milk	Fresh Fruit Platter With Fruit toast Milk	Fresh Fruit Platter with Crackers Milk	Fresh Fruit Platter with Fruit toast Milk	Fresh Fruit Platter with Crackers Milk
Lunch	Macaroni and cheese Pasta Bake Water	Savoury Mince loaded with vegetables with homemade potato wedges Water	Assorted sandwiches with meat and vegetarian fillings. Water	Chicken & vegetable Stroganoff with rice/couscous Water	Special Fried Rice Ham Omelette, vegetables and rice Water
Dessert	Custard	Yoghurt	Custard	yoghurt	Yoghurt
Afternoon Tea	Assorted Sandwiches Fresh Fruit Platter Water / Milk	Rice and corn thins With assorted spreads Fresh Fruit Platter Water / Milk	Homemade biscuits Fresh Fruit Platter Water / Milk	French onion dip Vegetable sticks with /rice crackers Fresh Fruit Platter Water / Milk	Freshly made scones with jam Fresh fruit platter Water / Milk
Late Snack	Fresh fruit and crackers	Fresh fruit and crackers	Fresh fruit and crackers	Fresh fruit and crackers	Fresh fruit and crackers

Please Note: water is also offered and available to the children throughout the day.

Last revised Aug 15

Menu: Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Fresh Fruit Platter & Crackers & Spreads Milk	Fresh Fruit Platter & Fruit toast Milk	Fresh Fruit Platter & Fruit Toast Milk	Fresh Fruit Platter & Crackers & spreads Milk	Fresh Fruit Platter. Crackers & spreads Milk
Lunch	Chicken Nuggets Chicken & vegetable Meatballs in tomato sauce and couscous. Water	Pizza Turkish /muffins /pizza bases With an assortment of fish, meat and vegetarian toppings Water	Chilli Con Carne Beef mince and vegetables with rice. Water	Assorted Sandwiches with meat and vegetarian fillings. Water	Tuna Pasta with Vegetables. Water
Dessert	Custard	Yoghurt	Yoghurt	Custard	Yoghurt
Afternoon Tea	Homemade biscuits Fresh Fruit Platter Water / Milk	Corn thins with spreads Fresh Fruit Platter Water / Milk	Cheese sultanas and crackers and spreads.. Fresh Fruit Platter Water / Milk	Homemade scones with jam Fresh Fruit Platter Water / Milk	Assorted sandwiches. Fresh Fruit Platter Water / Milk
Late Snack	Fresh fruit & crackers	Fresh fruit & crackers	Fresh fruit & crackers	Fresh fruit & crackers	Fresh fruit & crackers

Please Note: water is also offered and available to the children throughout the day.

Last revised Aug 15

Menu: Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Fresh Fruit Platter & fruit toast Milk	Fresh Fruit Platter & Fruit toast Milk	Fresh Fruit Platter & Crackers & spreads Milk	Fresh Fruit Platter & Crackers& spreads Milk	Fresh Fruit Platter & Crackers& spreads Milk
Lunch	Fish Pie Fish & vegetables with cheesy mashed potato Water	Asian Chicken Chicken& Vege w/ rice noodles Water	Pumpkin & Chickpea vegetable curry & rice pilaff Water	Sausage rolls Beef and vegetable sausage rolls. Water	Assorted sandwiches with meat/chicken and vegetarian fillings. Water
Dessert	Yoghurt	Custard	Yoghurt	Custard	Yoghurt
Afternoon Tea	Cheese, rice Crackers w/spreads vege sticks & sultanas Fresh Fruit Platter. Water / Milk	Saos with spreads Fresh Fruit Platter. Water / Milk	Freshly Made savoury Scones Fresh Fruit Platter. Water / Milk	Assorted sandwiches Fresh Fruit Platter. Water / Milk	Cake using seasonal ingredients. Fresh Fruit Platter. Water / Milk
Late Snack	Fresh fruit and crackers	Fresh fruit and crackers	Fresh fruit and crackers	Fresh fruit and crackers	Fresh fruit and crackers

Please Note: water is also offered to the children throughout the day.