

Week One

MENU



Meals /Days	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Wholemeal Cheese Toastie	Crumpets	Toasted Fruit Bread	Wholemeal Cheese Sandwich	Fruit Smoothie with Crackers & Cottage cheese
Lunch	Chickpea & Lentil Curry Over Rice	Tomato & Tuna Penne Pasta with Melted Cheese	Beef & Vege. Casserole with Spiral Pasta	Tomato & Vegetable Risotto	Variety of fresh Wholemeal Sandwiches
Afternoon Tea	Crackers & Spreads	ANZAC Slice	Afternoon Sandwich	Pikelets	Apple & Sultana Loaf

Morning tea and afternoon tea is served with fresh fruit & milk is offered



Week Two

MENU



Meals /Days	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fruit Smoothie with Crackers & Spreads	English Muffins	Wholemeal Cheese Toasties	Toasted Fruit Bread	Wholemeal Cheese Sandwiches
Lunch	Lentil & Coconut Curry Over Rice	Vegetable Soup Served with Wholemeal Bread	Tuna & Vege. Pasta	Roast Potatoes with Baked Beans & Cheese	Beef & Kidney Bean Casserole with Pasta
Afternoon Tea	Wholemeal Cheese Scones	Date & Bran Loaf	Crackers With Spreads	Surprise Cookies	Fruit Loaf

Morning tea and afternoon tea is served with fresh fruit & milk is offered



Week Three

MENU



Meals /Days	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Wholemeal Garlic Toast	Fruit Smoothies with Crackers & Spreads	Toasted English Muffins	Crumpets	Wholemeal Cheese Sandwiches
Lunch	Sausage & Vegetable Casserole Over Noodles	Variety of Fresh Wholemeal Sandwiches	Chicken & Vegetable Curry Over Rice	Tomato & Vegetables Over Spiral Pasta	Beef & Vegetable Cottage Pie
Afternoon Tea	Wholemeal Cheese Scones	Banana Loaf	Bran Muffins	Vegetable Fritters	Crackers & Spreads

Morning tea and afternoon tea is served with fresh fruit & milk is offered



Week Four

MENU



Meals /Days	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Toasted Fruit Bread	English Muffins	Wholemeal Cheese Sandwiches	Fruit Smoothies with Crackers & Spreads	Crumpets
Lunch	Sweet & Sour Pork Over Rice	Macaroni Cheese	Chicken & Vegetable Casserole with Mashed Potatoes	Variety of Homemade Pizzas	Vegetable Soup Served with Wholemeal Bread
Afternoon Tea	Cheese Muffin	Ginger Loaf	ANZAC Slice	Coconut Loaf	Crackers with Spreads & Cheese

Morning tea and afternoon tea is served with fresh fruit & milk is offered

