

menu



Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix, Rice Bubbles & Cornflakes, Wholemeal Bread, Toasted served with a choice of butter, jam, cheese spread, Milk and Water	Weetbix, Rice Bubbles & Cornflakes, Wholemeal Bread, Toasted served with a choice of butter, jam, cheese spread, Milk and Water	Weetbix, Rice Bubbles & Cornflakes, Wholemeal Bread, Toasted served with a choice of butter, jam, cheese spread, Milk and Water	Weetbix, Rice Bubbles & Cornflakes, Wholemeal Bread, Toasted served with a choice of butter, jam, cheese spread, Milk and Water	Weetbix, Rice Bubbles & Cornflakes, Wholemeal Bread, Toasted served with a choice of butter, jam, cheese spread, Milk and Water
Morning Tea	Fresh Fruit Plater & Milk and Water for drinks	Fresh Fruit Plater & Milk and Water for drinks	Fresh Fruit Plater & Milk and Water for drinks	Fresh Fruit Plater & Milk and Water for drinks	Fresh Fruit Plater & Milk and Water for drinks
Lunch	Chicken & Sunshine lentils with rice (A: Legumes)	Spaghetti Bolognese (A: Dairy, Gluten & Wheat)	Moroccan Lamb with rice (A: Legumes, Dairy)	Macaroni & cheese (A: Dairy, Wheat, gluten)	Minestrone soup with Bread (A: Legumes, wheat, gluten)
Afternoon Tea	Assorted Sandwiches (A: Dairy, Soy, Sesame, Wheat & Gluten)	Salad & Dip (A: wheat, Dairy, gluten, tree nuts)	Smoothies (A: Dairy)	Pancake (A: Dairy, Egg, Gluten)	Pinwheels (A: gluten, wheat, sesame, Dairy)
Late Snacks	Cucumber, Sultanas & Cheese sticks (A: Dairy)	Fruit Platter	Crackers with Cheese cubes (A: Dairy, Wheat & Gluten)	Fruit Platter	Cucumber, carrots, & Cheese cubes (A: Dairy)

menu



Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix, Rice Bubbles & Cornflakes, Wholemeal Bread, Toasted served with a choice of butter, jam, cheese spread, Milk and Water	Weetbix, Rice Bubbles & Cornflakes, Wholemeal Bread, Toasted served with a choice of butter, jam, cheese spread, Milk and Water	Weetbix, Rice Bubbles & Cornflakes, Wholemeal Bread, Toasted served with a choice of butter, jam, cheese spread, Milk and Water	Weetbix, Rice Bubbles & Cornflakes, Wholemeal Bread, Toasted served with a choice of butter, jam, cheese spread, Milk and Water	Weetbix, Rice Bubbles & Cornflakes, Wholemeal Bread, Toasted served with a choice of butter, jam, cheese spread, Milk and Water
Morning Tea	Fresh Fruit Plater & Milk and Water for drinks	Fresh Fruit Plater & Milk and Water for drinks	Fresh Fruit Plater & Milk and Water for drinks	Fresh Fruit Plater & Milk and Water for drinks	Fresh Fruit Plater & Milk and Water for drinks
Lunch	Crispy Fish Finger with rice (A: Dairy, soy)	Chicken Carbonara Spaghetti (A: Dairy, soy, wheat, Gluten)	Beef burrito bowl with nachos (A: Soy, legumes, Gluten)	Tofu Casserole with Rice (A: Soy)	Pizza (A: Dairy, Wheat, Gluten)
Afternoon Tea	Scones (A: Dairy, Gluten, Eggs)	Pikelets (A: Dairy, Egg, Gluten)	Mixed berries smoothies (A: Dairy)	Assorted Sandwiches (A: Soy, gluten, wheat, sesame)	Rice Thins
Late Snack	Fruit Platter	Cucumber, carrots & Cheese cubes (A: Milk)	Fruit Platter	Cucumber, Sultanas & Cheese sticks (A: Milk)	Fruit Platter

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix, Rice Bubbles & Cornflakes, Wholemeal Bread, Toasted served with a choice of butter, jam, cheese spread, Milk and Water	Weetbix, Rice Bubbles & Cornflakes, Wholemeal Bread, Toasted served with a choice of butter, jam, cheese spread, Milk and Water	Weetbix, Rice Bubbles & Cornflakes, Wholemeal Bread, Toasted served with a choice of butter, jam, cheese spread, Milk and Water	Weetbix, Rice Bubbles & Cornflakes, Wholemeal Bread, Toasted served with a choice of butter, jam, cheese spread, Milk and Water	Weetbix, Rice Bubbles & Cornflakes, Wholemeal Bread, Toasted served with a choice of butter, jam, cheese spread, Milk and Water
Morning Tea	Fresh Fruit Platter & milk and water for drinks	Fresh Fruit Platter & milk and water for drinks	Fresh Fruit Platter & milk and water for drinks	Fresh Fruit Platter & milk and water for drinks	Fresh Fruit Platter & milk and water for drinks
Lunch	Beef and creamy mushroom Stroganoff Pasta	Beef and creamy mushroom Stroganoff Pasta	Beef and creamy mushroom Stroganoff Pasta	Beef and creamy mushroom Stroganoff Pasta	Beef and creamy mushroom Stroganoff Pasta
Afternoon Tea	Crumpets	Veg Platter with dip	Scones	Assorted Sandwiches	Garlic Pizza Bites
Late Snack	Cucumber, carrots, & Cheese cubes	Fruit Platter	Cucumber, Sultanas & Cheese sticks	Fruit Platter	Crackers with Cheese cubes

menu



Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix, Rice Bubbles & Cornflakes, Wholemeal Bread, Toasted served with a choice of butter, jam, cheese spread, Milk and Water	Weetbix, Rice Bubbles & Cornflakes, Wholemeal Bread, Toasted served with a choice of butter, jam, cheese spread, Milk and Water	Weetbix, Rice Bubbles & Cornflakes, Wholemeal Bread, Toasted served with a choice of butter, jam, cheese spread, Milk and Water	Weetbix, Rice Bubbles & Cornflakes, Wholemeal Bread, Toasted served with a choice of butter, jam, cheese spread, Milk and Water	Weetbix, Rice Bubbles & Cornflakes, Wholemeal Bread, Toasted served with a choice of butter, jam, cheese spread, Milk and Water
Morning Tea	Fresh Fruit Plater & Milk and Water for drinks	Fresh Fruit Plater & Milk and Water for drinks	Fresh Fruit Plater & Milk and Water for drinks	Fresh Fruit Plater & Milk and Water for drinks	Fresh Fruit Plater & Milk and Water for drinks
Lunch	Hungarian Beed Goulash with veggies (A: Legumes, soy)	Superhero lamb casserole with pasta swirls (A: Wheat, gluten, soy)	Mexican Chicken Rice (A: Dairy, soy, legumes)	Asian beef & broccoli noodles (A: Wheat, gluten, soy)	Mighty lentil & chickpea with rice (A: Soy, legumes)
Afternoon Tea	Assorted Sandwiches (A: Dairy, Soy, Sesame, Wheat & Gluten)	Vege sticks and fruit platter (A: Dairy, Gluten)	Yoghurt Pot (A: Dairy)	Banana Pikelets (A: Dairy, eggs)	Mixed Berries cake (A: Dairy, eggs, soy, sesame, wheat, gluten)
Late Snacks	Cucumber, Sultanas & Cheese sticks (A: Milk)	Fruit Platter	Crackers with Cheese cubes (A: Dairy, Wheat & Gluten)	Fruit Platter	Cucumber, carrots, & Cheese cubes (A: Dairy)