

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

menu



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				
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 twirls (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)