Monthly Meal Plan

World of Learning Springvale 1 • Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	**Whole Grain Cereals and Toast** *Served with Healthy Toppings, Milk and Water*	**Whole Grain Cereals and Toast** *Served with Healthy Toppings, Milk and Water*	**Whole Grain Cereals and Toast** *Served with Healthy Toppings, Milk and Water*	**Whole Grain Cereals and Toast** *Served with Healthy Toppings, Milk and Water*	**Whole Grain Cereals and Toast** *Served with Healthy Toppings, Milk and Water*
Morning Tea	**Very Berry Smoothie** *Served with Milk and Water*	**Blueberry Bircher Muesli** *Served with Fruit, Milk and Water*	**Festival of Fruit & Veggies** *Served with Cheese & Crackers, Milk and Water*	**Raisin Toast with Ricotta & Banana** *Served with Fruit, Milk and Water*	**Golden Fruits** *Served with Extra Crunch Granola, Milk and Water*
Lunch	**Nonna's Traditional Bolognese** *Served with Milk and Water*	**Crispy Fish Fingers** *Served with Veggie Rice, Milk and Water*	**Superhero Beef Casserole** *Served with Pasta Twirls, Milk and Water*	**Beef Burrito Bowl – Build Your Own** *Served with Milk and Water*	**Garlic Chicken & Veggie Stir-Fry with Rice** *Served with Milk and Water*
Vegetarian Alternative	**Nonna's Traditional Lentil Bolognese** *Served with Milk and Water*	**Homestyle Bakes Beans** *Served with Veggie Rice, Milk and Water*	**Superhero Bean Casserole** *Served with Pasta Twirls, Milk and Water*	**Bean Burrito Bowl – Build Your Own** *Served with Milk and Water*	**Garlic Tofu & Veggie Stir-Fry with Rice** *Served with Milk and Water*
Afternoon Tea	**Banana & Blueberry Muffins** *Served with Fruit & Veggies, Milk and Water*	**Zippy Hummus** *Served with Crackers, Veggie Dippers, Milk and Water*	**Strawberry Loaf** *Served with Fruit, Milk and Water*	**Tasty Cheese and Cucumber on Rice Cakes** *Served with Veggies Sticks, Milk and Water*	**Cheesy Sweet Potato Dip** *Served with Crunchy Carrot Dippers, Fruit, Milk and Water*

**Additional details can go here.*

Monthly Meal Plan

World of Learning Springvale 1 • Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	**Whole Grain Cereals and Toast** *Served with Healthy Toppings, Milk and Water*	**Whole Grain Cereals and Toast** *Served with Healthy Toppings, Milk and Water*	**Whole Grain Cereals and Toast** *Served with Healthy Toppings, Milk and Water*	**Whole Grain Cereals and Toast** *Served with Healthy Toppings, Milk and Water*	**Whole Grain Cereals and Toast** *Served with Healthy Toppings, Milk and Water*
Morning Tea	**Strawberry & Apple Bliss Yoghurt Bowl** *Served with Milk and Water*	**Zippy Hummus** *Served with Crackers, Veggie Dippers, Milk and Water*	**Fruit Crumble Delight** *Served with Milk and Water*	**Vanilla Fruit Sundaes** *Served with Milk and Water*	**Crunch & Much Veggie Platter** *Served with Cheese & Crackers, Milk and Water*
Lunch	**Beef & Creamy Mash Potato Pie** *Served with Milk and Water*	**Moroccan Chicken Tagine** *Served with Fluffy Couscous, Milk and Water*	**Easy Mexican Beef Bowls** *Served with Milk and Water*	**Go Thai Fish Curry** *Served with Rice, Milk and Water*	**Chicken & Lentil San Choy Bau** *Served with Milk and Water*
Vegetarian Alternative	**Brown Lentil & Creamy Potato Mash Pie** *Served with Milk and Water*	**Moroccan Tofu Tagine** *Served with Fluffy Couscous, Milk and Water*	**Easy Mexican Bean Bowls** *Served with Milk and Water*	**Thai Tofu Curry** *Served with Rice, Milk and Water*	**Tofu & Lentil San Choy Bau** *Served with Milk and Water*
Afternoon Tea	**Tasty Cheese & Baby Spinach Muffins** *Served with Fruit & Veggies, Milk and Water*	**Pineapple & Cheese Pizzas** *Served with Fresh Fruit, Milk and Water*	**Roasted Veggie Chips & Green Pea Dip** *Served with Fruit, Milk and Water*	**Avocado & Cheese Sandwiches** *Served with Fruit, Veggies, Milk and Water*	**Monkey Style Banana Bread** *Served with Fresh Fruit, Milk and Water*

**Additional details can go here.*

Monthly Meal Plan

World of Learning Springvale 1 • Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	**Whole Grain Cereals and Toast** *Served with Healthy Toppings, Milk and Water*	**Whole Grain Cereals and Toast** *Served with Healthy Toppings, Milk and Water*	**Whole Grain Cereals and Toast** *Served with Healthy Toppings, Milk and Water*	**Whole Grain Cereals and Toast** *Served with Healthy Toppings, Milk and Water*	**Whole Grain Cereals and Toast** *Served with Healthy Toppings, Milk and Water*
Morning Tea	**Vegemite Rice Cakes** *Served with Cheese, Oranges & Apples, Milk and Water*	**Raisin Toast** *Served with Ricotta, Banana, Fruit, Water & Milk*	**Mango Bircher Muesli** *Served with Fruit, Milk and Water*	**Very Berry Smoothie** *Served with Milk and Water*	**Festival of Fruit & Veggies** *Served with Cheese & Crackers, Milk and Water*
Lunch	**Indian Beef Curry** *Served with Fluffy Rice, Milk and Water*	**Beef & Vegetable Lasagne** *Served with Milk and Water*	**Softly Spiced Chicken & Cauliflower** *Served with Couscous, Milk and Water*	**Chilli Con Carne** *Served with Brown Rice, Milk and Water*	**Tuna Pasta Salad** *Served with Milk and Water*
Vegetarian Alternative	**Indian Chickpea Curry** *Served with Fluffy Rice, Milk and Water*	**Tofu & Vegetable Lasagne** *Served with Milk and Water*	**Softly Spiced Chickpea & Cauliflower** *Served with Couscous, Milk and Water*	**Chilli Lentil Con Carne** *Served with Brown Rice, Milk and Water*	**Lentil Pasta Salad** *Served with Milk and Water*
Afternoon Tea	**Beetroot Hummus** *Served with Veggie & Cracker Dippers, Milk and Water*	**Crunchy Rice Cakes** *Served with Cheese, Red-Ripe Tomatoes, Veggie Sticks, Milk and Water*	**Tasty Cheese and Cucumber Sandwiches** *Served with Veggies, Milk and Water*	**Strawberry Loaf** *Served with Fresh Fruit, Milk and Water*	**Banana & Blueberry Muffins** *Served with Fresh & Veggies, Milk and Water*

**Additional details can go here.*

Monthly Meal Plan

World of Learning Springvale 1 • Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	**Whole Grain Cereals and Toast** *Served with Healthy Toppings, Milk and Water*	**Whole Grain Cereals and Toast** *Served with Healthy Toppings, Milk and Water*	**Whole Grain Cereals and Toast** *Served with Healthy Toppings, Milk and Water*	**Whole Grain Cereals and Toast** *Served with Healthy Toppings, Milk and Water*	**Whole Grain Cereals and Toast** *Served with Healthy Toppings, Milk and Water*
Morning Tea	**Golden Fruits** *Served with Extra Crunch Granola, Milk and Water*	**Festival of Fruit & Veggies** *Served with Cheese & Crackers, Milk and Water*	**Sweet Banana & Ricotta Rice Cake** *Served with Fruit Platter ,Milk and Water*	**Baked Pear & Apple Coconut Crumble** *Served with Milk and Water*	**Strawberry & Apple Bliss Yoghurt Bowl** *Served with Milk and Water*
Lunch	**Asian Beef and Broccoli Stir-Fry** *Served with Rice Noodles Milk and Water*	**Colourful Pork Fried Rice Bowls** *Served Milk and Water*	**Sunshine Yellow Dahl** *Served with Basmati Rice, Milk and Water*	**Beef & Creamy Mushroom Stroganoff** *Served with Pasta Tubes, Milk and Water*	**Catch of the Day Tuna Bake** *Served with Milk and Water*
Vegetarian Alternative	**Asian Tofu and Broccoli Stir-Fry** *Served with Rice Noodles Milk and Water*	**Colourful Tofu Fried Rice Bowls** *Served with Milk and Water*	**Sunshine Yellow Dahl** *Served with Basmati Rice, Milk and Water*	**Bean & Creamy Mushroom Stroganoff** *Served with Pasta Tubes, Milk and Water*	**Soft Silken Tofu & Creamy Ricotta Pasta Bake** *Served with Milk and Water*
Afternoon Tea	**Oven Bakes Broccoli & Potato Chips** *Served with Fruit, Milk and Water*	**Monkey Style Banana Bread** *Served with Fresh Fruit, Milk and Water*	**Zippy Hummus** *Served with Veggie Sticks, Fruit & Crackers, Milk and Water*	**Roasted Veggies Chips & Green Pea Dip** *Served with Fruit, Milk and Water*	**Cheese & Tomato Pizzas** *Served with Fresh Fruit, Milk and Water*

**Additional details can go here.*