

Week 1 - Autumn/Winter

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Vegemite & Cheese Scrolls Fresh Fruit & Raw Vegetables	Rasin Toast with Fresh Fruit	Creamed Rice and Bananas	Grilled Cheese on Toast with Fresh Fruit	Bircher Muesli with Mixed Berries
Lunch	Chicken Chasseur with Rice	Beef Lasagna - with whole meal Pasta served with Garlic Bread	Mixed Fresh Meat and Salad Sandwiches. Bread – Wholemeal, White and Multigrain Variety	Fish Finger Wraps with Tartare sauce and salad	Beef Stroganoff with Mushrooms served with Rice
Afternoon tea	Zucchini and Cocoa Brownies with Strawberries and Blueberries	Avocado Smash Dip with Tortilla Flat Bread and Vegetable sticks	Flavoured Rice Thins with, dried fruit	Apple Crumble with Homemade Custard	Carrot and Coconut Muffins with Seasonal Fruit

Late Snack - Around 5/5.30pm – Choose from, Sao’s and Rice Crackers or fresh fruit, served with water

Drinks - Water is freely available throughout the day, Milk is served with morning and afternoon tea

Food - A variety of healthy foods are offered every day including iron-rich foods.

(meat, poultry, fish, legumes/beans, tofu, eggs) fruit, vegetables, grains, and milk products.

Allergies - Children with allergies or food intolerances are provided a tailored version of the regular menu to suit their individual needs

Seasonal Fruit & Vegetables - Broccoli, Cauliflower, Pumpkin, Peas, Beans, Cucumber, Carrot, Capsicum, Celery, Red & Green Apple, Banana, Orange, Pear, Pineapple, Watermelon

Alternative - Sandwiches are Offered

Week 2 - Autumn/Winter

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Wholemeal Raisin Bread with Fresh Fruit	Warm Porridge with Banana and Honey	Wholemeal Toast with spreads and Fresh Fruit	Vanilla Yogurt and Mixed Berries	Dried mix fruit with Cheese and crackers
Lunch	Fresh Meat and Salad Sandwiches. Bread: Wholemeal, White and Multigrain.	Tuna and Potato Patties with Steamed Broccoli and Carrots	Honey Mustard Chicken with Vegetables and rice	Cheese and Vegetable Noodle Slice with a side of Salad	Sheppard's Pie with mixed Vegetables topped with Potato
Afternoon tea	Wholemeal Piklets with Spreads	Tropical Coconut Slice and Fresh Fruit	Crackers, Dip and Vegetable sticks	Sultana Scones with Fresh Fruit	Coconut and Berry Yogurt Muffins with Fresh Fruit

Late Snack - Around 5/5.30pm – Choose from Salads, Sao's and Rice Crackers or fresh fruit, served with water

Drinks - Water is freely available throughout the day, Milk is served with morning and afternoon tea

Food - A variety of healthy foods are offered every day including iron-rich foods.

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Seasonal Fruit & Vegetables - Broccoli, Cauliflower, Pumpkin, Peas, Beans, Cucumber, Carrot, Capsicum, Celery, Red & Green Apple, Banana, Orange, Pear, Pineapple, Watermelon

Alternative - Sandwiches are offered

Week 3 - Autumn/Winter

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Crumpets with Spread served with Fresh Fruit	Fresh Fruit Salad	Rainbow Fruit and Vegetable Platter	Scrambled Eggs on Toast	Dried Fruit/ Cheese and Crackers
Lunch	Pumpkin Soup with Elbow Pasta served with Turkish Bread	Assorted Wholemeal Sandwiches with Chicken Meat, Avocado, Cheese, Tomato, Cucumber Eggs and Spreads	Chicken and Pumpkin Pasta Bake	Beef and Vegetable Sausage rolls with a side of Potato Wedges	Tuna Mornay with peas and corn served with rice
Afternoon tea	Banana and Vanilla Yogurt	Vegetable sticks with Date Balls	Wholegrain crackers with slice cheese and Tomato or vegemite and Cheese	Banana Oat Cookies & Fresh Fruit	Cheese twists with Vegetable sticks

Late Snack - Around 5/5.30pm – Choose from Salads, Sao's and Rice Crackers or fresh fruit, served with water

Drinks - Water is freely available throughout the day, Milk is served with morning and afternoon tea

Food - A variety of healthy foods are offered every day including iron-rich foods.

(meat, poultry, fish, legumes/beans, tofu, eggs) fruit, vegetables, grains, and milk products.

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Seasonal Fruit & Vegetables - Broccoli, Cauliflower, Pumpkin, Peas, Beans, Cucumber, Carrot, Capsicum, Celery, Red & Green Apple, Banana, Orange, Pear, Pineapple, Watermelon

Alternative - Sandwiches are offered

Week 4 - Autumn/Winter

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	English Muffins with Spreads and Fresh Fruit	Warm Weetbix with Bananas and Honey	Piklets with Spreads and Fresh Fruit	Baked Beans on Toast	Vanilla Yogurt with Mixed Berries
Lunch	Savoury Mac and Cheese with grated Vegetables	Chicken and Mushroom Risotto	Tuna Pasta and Vegetable Bake	Assorted Sandwiches with Turkey Meat, Salads and Spreads	Beef and Grated Carrot and Zucchini vegetables Bolognese served with pasta and Garlic Bread
Afternoon tea	Crackers, Sultanas & Cheddar Cheese & Raw Vegetables	Sweet Potato Brownies served with Fresh Fruit	Pretzels with Vegetable Sticks and Dip	Chickpea ChocChip Cookies with Fresh Fruit	Banana Bread and Fresh Fruit

Late Snack - Around 5/5.30pm – Choose from Sao's and Rice Crackers or fresh fruit, served with water

Drinks - Water is freely available throughout the day, Milk is served with morning and afternoon tea

Food - A variety of healthy foods are offered every day including iron-rich foods.

(meat, poultry, fish, legumes/beans, tofu, eggs) fruit, vegetables, grains, and milk products.

Allergies - Children with allergies or food intolerances are provided a tailored version of the regular menu to suit their individual needs

Seasonal Fruit & Vegetables - Broccoli, Cauliflower, Pumpkin, Peas, Beans, Cucumber, Carrot, Capsicum, Celery, Red & Green Apple, Banana, Orange, Pear, Pineapple, Watermelon

Alternative - Sandwiches are offered