

# Winter/ Spring - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Weet-Bix, Rice Bubbles, Corn Flakes, Wholemeal toast	Weet-Bix, Rice Bubbles, Corn Flakes, Wholemeal toast	Weet-Bix, Rice Bubbles, Corn Flakes, Wholemeal toast	Weet-Bix, Rice Bubbles, Corn Flakes, Wholemeal toast	Weet-Bix, Rice Bubbles, Corn Flakes, Wholemeal toast
<b>Morning Tea</b>	<b>Fresh Fruit Platter</b>	<b>Fresh Fruit Platter</b>	<b>Fresh Fruit Platter</b>	<b>Fresh Fruit Platter</b>	<b>Fresh Fruit Platter</b>
<b>Lunch</b>	<b>Lamb Stir Fry with Hokkien Noodles</b> Lamb Mince, broccoli, grated carrot, grated zucchini, chopped spinach, hokkien noodles.	<b>Tuna Pasta Bake</b> Tuna, Dinosaur Pasta, onion, crème of celery soup, cream, chives, tasty cheese, salt/pepper)	<b>Devilled Sausages and Mash potato</b> Beef sausages, onion, crushed tomatoes, Worcestershire sauce, Potatoes, Nuttelex..	<b>Cheesy pumpkin risotto</b> Pumpkin, cheesy, chopped spinach, grated sweet potato, grated carrot Chicken, Arborio rice, chicken stock	<b>Pasta Bolognaise</b> (Beef mince, tomatoes, garlic, onion, passata sauce, mixed herbs, pasta)
<b>Afternoon Tea</b>	<b>Fruit salad and yoghurt</b>	<b>Toasted Raisin Bread</b>	<b>Ginger Cookies</b>	<b>Avocado dip with toasted corn chips, rice crackers, carrot, and celery sticks</b>	<b>Apple and cinnamon muffins</b>
<b>Late Snack</b>	<b>Wholemeal Crackers and Cheese</b>	<b>Wholemeal Crackers and Cheese</b>	<b>Wholemeal Crackers and Cheese</b>	<b>Wholemeal Crackers and Cheese</b>	<b>Wholemeal Crackers and Cheese</b>

Water is available to children at all times    Milk is served to children at Morning Tea & Afternoon Tea    Vegetarian alternative meals available each day

# Winter/ Spring - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Weet-Bix, Rice Bubbles, Corn Flakes, Wholemeal toast	Weet-Bix, Rice Bubbles, Corn Flakes, Wholemeal toast	Weet-Bix, Rice Bubbles, Corn Flakes, Wholemeal toast	Weet-Bix, Rice Bubbles, Corn Flakes, Wholemeal toast	Weet-Bix, Rice Bubbles, Corn Flakes, Wholemeal toast
<b>Morning Tea</b>	<b>Fresh Fruit Platter</b>	<b>Fresh Fruit Platter</b>	<b>Fresh Fruit Platter</b>	<b>Fresh Fruit Platter</b>	<b>Fresh Fruit Platter</b>
<b>Lunch</b>	<b>Mexican Chilli Con Carne and Rice</b> (Beef mince, diced tomatoes, beans, chilli, white rice)	<b>Country Style Potato, Bacon &amp; Leek Soup with French Stick</b> (Potato, Bacon, Garlic, Leek, cream, chives, fresh baguette & butter)	<b>Pasta Bolognese</b> (Beef mince, tomatoes, garlic, onion, passata sauce, mixed herbs, Spaghetti)	<b>Tuna Mornay with rice</b> (Tuna, cream, onion, corn, peas, plain flour, milk, cheese)	<b>Beef Sausages with Mashed Potatoes, Gravy &amp; Peas</b> (Beef Sausages, Gravy, Peas, Rice milk, Nutlex))
<b>Afternoon Tea</b>	<b>Pikelets with Jam or butter</b>	<b>Corn thins with cream cheese and dip</b>	<b>Blueberry muffins</b>	<b>Sandwich selection</b>	<b>Pretzels, Rice Crackers, Sultanas, Vege Sticks, dried fruit, Cold Meats</b>
<b>Late Snack</b>	<b>Wholemeal Crackers and Cheese</b>	<b>Wholemeal Crackers and Cheese</b>	<b>Wholemeal Crackers and Cheese</b>	<b>Wholemeal Crackers and Cheese</b>	<b>Wholemeal Crackers and Cheese</b>

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Milk is served to children at Morning Tea & Afternoon Tea

Vegetarian alternative meals available each day

# Winter/ Spring - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Weet-Bix, Rice Bubbles, Corn Flakes, Wholemeal toast	Weet-Bix, Rice Bubbles, Corn Flakes, Wholemeal toast	Weet-Bix, Rice Bubbles, Corn Flakes, Wholemeal toast	Weet-Bix, Rice Bubbles, Corn Flakes, Wholemeal toast	Weet-Bix, Rice Bubbles, Corn Flakes, Wholemeal toast
<b>Morning Tea</b>	<b>Fresh Fruit Platter</b>	<b>Fresh Fruit Platter</b>	<b>Fresh Fruit Platter</b>	<b>Fresh Fruit Platter</b>	<b>Fresh Fruit Platter</b>
<b>Lunch</b>	<b>Tomato tuna with rice</b> (Tuna, canned tomatoes, onion, carrot, peas, celery)	<b>Veg Lasagne</b> (Onion, garlic, seasonal vegetables, crushed tomatoes, lasagne sheets, cheese, milk)	<b>Curried Sausages &amp; Mashed Potato</b> (Beef sausages, onion, carrot, celery, garlic, potato, rice milk, Nutlex)	<b>Butter Chicken Rice</b> (Chicken pieces, butter chicken sauce, grated carrot, grated sweet potato, rice)	<b>Homestyle Shepherds Pie with Peas</b> (Beef mince, garlic, onion, potato, peas, gravy & Vegeta salt/pepper)
<b>Afternoon Tea</b>	<b>Toasted Raisin bread</b>	<b>Banana dipped in yoghurt and rice bubbles</b>	<b>Anzac biscuits</b>	<b>Vegemite and cheese scrolls</b>	<b>Rice cakes and spreads</b>
<b>Late Snack</b>	<b>Wholemeal Crackers and Cheese</b>	<b>Wholemeal Crackers and Cheese</b>	<b>Wholemeal Crackers and Cheese</b>	<b>Wholemeal Crackers and Cheese</b>	<b>Wholemeal Crackers and Cheese</b>

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# Winter/ Spring - Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Weet-Bix, Rice Bubbles, Corn Flakes, Wholemeal toast	Weet-Bix, Rice Bubbles, Corn Flakes, Wholemeal toast	Weet-Bix, Rice Bubbles, Corn Flakes, Wholemeal toast	Weet-Bix, Rice Bubbles, Corn Flakes, Wholemeal toast	Weet-Bix, Rice Bubbles, Corn Flakes, Wholemeal toast
<b>Morning Tea</b>	<b>Fresh Fruit Platter</b>	<b>Fresh Fruit Platter</b>	<b>Fresh Fruit Platter</b>	<b>Fresh Fruit Platter</b>	<b>Fresh Fruit Platter</b>
<b>Lunch</b>	<b>Country Beef Stew with vegetables &amp; Cous Cous</b> (Stewed Beef, gravy, peas, broccoli, onion, garlic, cous cous)	<b>Salmon Curry and Rice</b> (Salmon, celery, onion, capsicum, carrot, zucchini, sultanas, curry powder. Rice)	<b>Italian Pasta Bake with Baked Beans, Bacon pieces and Vegetables</b> (Pasta, tomato soup, parsley, baked beans, bacon pieces, onion, garlic, grated zucchini, carrot, cauliflower)	<b>Mexican Beef Burritos</b> (beef mince, corn, crushed tomatoes, tomato, lettuce, tortillas, sour cream)	<b>Pumpkin soup with potato wedges</b> (pumpkin, potato, stock, water, onion)
<b>Afternoon Tea</b>	<b>Pumpkin scones</b>	<b>Apple crumble with custard</b>	<b>Saladas with Assorted Spreads Butter, Vegemite, Jam, Cheese, Sliced Ham</b>	<b>Tzatziki Dip with Carrot &amp; Celery Sticks, Cheddar Cheese Crackers and cold meats.</b>	<b>Sandwich selection</b>
<b>Late Snack</b>	<b>Wholemeal Crackers and Cheese</b>	<b>Wholemeal Crackers and Cheese</b>	<b>Wholemeal Crackers and Cheese</b>	<b>Wholemeal Crackers and cheese</b>	<b>Wholemeal Crackers and Cheese</b>

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