







WEEKLY MENU
Winter 2023
Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MORNING TEA</p> 	<p>Fruit/vegetable option: Watermelon and green apples (f)</p> <p>Open cheese triangles (b, d)</p> <p>Milk/water (d)</p>	<p>Ham, tomato, cheese, spinach wraps (wm, d, v)</p> <p>Fruit/vegetable option: Pear pieces, cantaloupe wedges (f)</p> <p>Milk/water (d)</p>	<p>Fruit/vegetable option: Kiwi fruit segments, red grapes (f)</p> <p>Crumpets with honey or apricot jam (b)</p> <p>Milk/water (d)</p>	<p>Wholemeal chicken, cheese and lettuce sandwiches (wm, d, v)</p> <p>Fruit/vegetable option: Banana wedges, green capsicum (f, v)</p> <p>Milk/water (d)</p>	<p>Fruit/vegetable option: Honeydew melon, orange segments (f)</p> <p>Banana and oat muffins (f, b)</p> <p>Milk/water (d)</p>
<p>LUNCH</p> 	<p>Savoury platters with:</p> <ul style="list-style-type: none"> • Cheese • Sultanas • Crackers • Cabana <p>Pumpkin and potato soup (veg)</p> <p>Garlic bread (b)</p> <p>Water</p>	<p>Beef casserole with wholemeal couscous (rm, v, b)</p> <p>Apple crumble (f, b)</p> <p>Water</p>	<p>Falafel balls with hommus dip (veg)</p> <p>Lamb cutlets with mashed potato, mini corn cobs and peas (rm, v)</p> <p>Water</p>	<p>Corn relish dip with:</p> <ul style="list-style-type: none"> • Carrot sticks • Grissini • Yellow capsicum <p>Tuna and vegetable pasta with red sauce (fi, v, b)</p> <p>Water</p>	<p>Butter chicken and vegetable curry with rice (wm, v, b)</p> <p>Vanilla yogurt with raspberries (d, f)</p> <p>Water</p>
<p>AFTERNOON TEA</p> 	<p>Fruit/vegetable option Green grapes, orange wedges, red capsicum (f, v)</p> <p>Cheese and chive muffins (d, b)</p> <p>Milk/water (d)</p>	<p>Saladas with Vegemite and cream cheese spread (b, d)</p> <p>Fruit/vegetable option Carrot sticks, red apple wedges (v, f)</p> <p>Milk/water (d)</p>	<p>Fruit/vegetable option Strawberries, mini cucumbers (v, f)</p> <p>Home made lemon and blueberry muffins (f, b)</p> <p>Milk/water (d)</p>	<p>Zucchini and cheese savoury muffins (veg, b)</p> <p>Fruit/vegetable option Cherry tomatoes, mini green apples, celery sticks (f, v)</p> <p>Milk/water (d)</p>	<p>Fruit/vegetable option Mini bananas, mandarine pieces (f)</p> <p>Tzatziki dip with pita bread, cheese cubes (b, d)</p> <p>Milk/water (d)</p>

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Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MORNING TEA</p> 	<p>Fruit/vegetable option: Pear pieces, red capsicum</p> <p>Wholemeal ham, cheese, tomato sandwiches (b, wm, d)</p> <p>Milk/water (d)</p>	<p>Vegemite and cheese scrolls (d, b)</p> <p>Fruit/vegetable option: Mini bananas, pear and orange wedges (f)</p> <p>Milk/water (d)</p>	<p>Fruit/vegetable option: Blueberries, red and green capsicum (f, v)</p> <p>Homemade granola with vanilla yogurt (b, d)</p> <p>Milk/water (d)</p>	<p>Toasted English muffins with spreads (b)</p> <p>Fruit/vegetable option: Pineapple and pear pieces (f)</p> <p>Milk/water (d)</p>	<p>Fruit/vegetable option: Green grapes, raspberries (f)</p> <p>Fruit bread (buttered/plain) (b)</p> <p>Milk/water (d)</p>
<p>LUNCH</p> 	<p>Lamb biryani with vegetables and brown rice (rm, b,v)</p> <p>Greek yogurt with blueberries (d, f)</p> <p>Water</p>	<p>Thai vegetable curry with jasmine rice (veg, b)</p> <p>Trio of melon platter (f)</p> <p>Water</p>	<p>Beetroot dip with vegetable sticks (carrot, celery, zucchini)</p> <p>Chicken and vegetable rice noodles (wm, v, b)</p> <p>Water</p>	<p>Savoury platters with:</p> <ul style="list-style-type: none"> • Pitted olives • Cabana • Tasty cheese cubes • Sundried tomatoes <p>Slow cooked beef, potato and spinach stew (rm, v)</p> <p>Water</p>	<p>Coconut fish curry with rice (fi, b, v)</p> <p>Fruit salad with custard (f, d)</p> <p>Water</p>
<p>AFTERNOON TEA</p> 	<p>Fruit/vegetable option Watermelon wedges, celery and carrot sticks (f, v)</p> <p>Corn relish dip with crackers (b, d)</p> <p>Milk/water (d)</p>	<p>Date and coconut slice (f)</p> <p>Fruit/vegetable option Carrot and cucumber rounds, kiwi fruit (v, f)</p> <p>Milk/water (d)</p>	<p>Fruit/vegetable option Apple wedges, cantaloupe, blackberries (f)</p> <p>Home made chocolate chip banana muffins (b, f)</p> <p>Milk/water (d)</p>	<p>Cruskits with cheese, tomato, avocado (b, d, v)</p> <p>Fruit/vegetable option Red and green apples, orange wedges (f)</p> <p>Milk/water (d)</p>	<p>Fruit/vegetable option Broccoli florets (washed/raw), watermelon wedges (f)</p> <p>Open cheese triangles (b, d)</p> <p>Milk/water (d)</p>

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Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MORNING TEA</p> 	<p>Fruit/vegetable option: Rock melon and apple wedges (f)</p> <p>Wholemeal English muffins with Vegemite and cheese (b, d)</p> <p>Milk/water (d)</p>	<p>Oat and chia 'overnight' bowl with berries (b, f)</p> <p>Fruit/vegetable option: Blueberries, raspberries, banana pieces (f)</p> <p>Milk/water (d)</p>	<p>Fruit/vegetable option: Green beans, red grapes (f, v)</p> <p>Cream cheese and cucumber sandwiches (b, d, v)</p> <p>Milk/water (d)</p>	<p>Fruit bread, plain and buttered (b)</p> <p>Fruit/vegetable option: Trio of melons (f)</p> <p>Milk/water (d)</p>	<p>Fruit/vegetable option: Honeydew melon, mandarine pieces, banana wedges (f)</p> <p>Cheese and spinach scrolls (b, d)</p> <p>Milk/water (d)</p>
<p>LUNCH</p> 	<p>Spaghetti and beef meatballs and mixed vegetables (b, rm)</p> <p>Vanilla yogurt with sliced bananas (d, f)</p> <p>Water</p>	<p>Avocado dip with:</p> <ul style="list-style-type: none"> • Green capsicum • Rice crackers • Cherry tomatoes <p>Crumbed fish fillets with fried rice (fi, b, v)</p> <p>Water</p>	<p>Lentil and sweet potato soup (veg)</p> <p>Garlic bread (b)</p> <p>Fruit salad with vanilla custard (f, d)</p> <p>Water</p>	<p>Creamy chicken and vegetable pasta (wm, b, v)</p> <p>Orange wedges (f)</p> <p>Water</p>	<p>Cheesy herb bread (b, d)</p> <p>Lamb and vegetable coconut curry with brown rice (rm, b, v)</p> <p>Water</p>
<p>AFTERNOON TEA</p> 	<p>Fruit/vegetable option Kiwi fruit, pear pieces, celery sticks (v, f)</p> <p>Egg and lettuce sandwiches (b, v)</p> <p>Milk/water (d)</p>	<p>Home made chocolate chip cookies (b)</p> <p>Fruit/vegetable option Carrot sticks, pineapple pieces (f)</p> <p>Milk/water (d)</p>	<p>Fruit/vegetable option Yellow capsicum, strawberries (f, v)</p> <p>Banana and cinnamon muffins (f, b)</p> <p>Milk/water (d)</p>	<p>Roast beef, cheese and pickle sandwiches (b, rm, d)</p> <p>Fruit/vegetable option Whole mini pears, green grapes (f)</p> <p>Milk/water (d)</p>	<p>Fruit/vegetable option Cucumber rounds, strawberries (f, v)</p> <p>Beetroot dip with French bread, cabana, veggie sticks</p> <p>Milk/water (d)</p>

WEEKLY MENU

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Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MORNING TEA</p> 	<p>Fruit/vegetable option: Banana pieces, red apple wedges (f)</p> <p>Fruit toast with butter (b)</p> <p>Milk/water (d)</p>	<p>Crumpets with honey and Vegemite (b)</p> <p>Fruit/vegetable option: Watermelon wedges, broccoli florets (f, v)</p> <p>Milk/water (d)</p>	<p>Fruit/vegetable option: Cantaloupe wedges, pear pieces (f)</p> <p>Open cheese and tomato triangles (b, d, v)</p> <p>Milk/water (d)</p>	<p>Home made carrot cake (v)</p> <p>Fruit/vegetable option: Cherry tomatoes, blueberries and banana pieces (f, v)</p> <p>Milk/water (d)</p>	<p>Fruit/vegetable option: Mini whole apples (red/green), raspberries (f)</p> <p>Baked beans with breadstick (veg, b)</p> <p>Milk/water (d)</p>
<p>LUNCH</p> 	<p>Cheese dip with veggie sticks and crackers (v, b, d)</p> <p>Honey soy chicken drumettes with fried rice (wm, b, v)</p> <p>Water</p>	<p>Vegetarian spring rolls with dipping sauce (veg)</p> <p>Lamb and veggie casserole with couscous (b, rm)</p> <p>Water</p>	<p>Avocado dip with cucumber rounds, carrot sticks (d, v)</p> <p>Baked fish fillets with savoury potato bites (fi, v)</p> <p>Water</p>	<p>Potato, chickpea and spinach stew (veg)</p> <p>Fresh fruit salad with passionfruit drizzle and vanilla yogurt (d)</p> <p>Water</p>	<p>Beef, vegetable noodle minestrone soup (rm, v, b)</p> <p>Garlic bread (b)</p> <p>Watermelon wedges (f)</p> <p>Water</p>
<p>AFTERNOON TEA</p> 	<p>Fruit/vegetable option Carrot and celery sticks, pear wedges (f, v)</p> <p>Ham, cheese, lettuce, mayo sandwiches (b, v, wm, d)</p> <p>Milk/water (d)</p>	<p>Apple and cinnamon muffins (b, d)</p> <p>Fruit/vegetable option Kiwi fruit, red grapes (f)</p> <p>Milk/water (d)</p>	<p>Fruit/vegetable option Mini whole bananas, watermelon wedges (f)</p> <p>Grissini with olives, ham, cheese cubes (b, d, v)</p> <p>Milk/water (d)</p>	<p>Strawberry and coconut slice (f, b)</p> <p>Fruit/vegetable option: Snow peas, orange wedges, kiwi fruit</p> <p>Milk/water (d)</p>	<p>Fruit/vegetable option Red capsicum, mandarine pieces (f, v)</p> <p>Cheese and vegemite sandwiches (b, d)</p> <p>Milk/water (d)</p>