



**WEEKLY MENU**  
**Winter 2021 - Week 1**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MORNING TEA</b></p> 	<p><b>Fruit/vegetable option:</b> Apple and pear wedges (f)</p> <p><b>Wholemeal baguette</b> spread with tomato slices and hommus dip (b, v)</p> <p><b>Milk/water</b> (d)</p>	<p><b>Ham, avocado and cheese wraps</b> (b, wm, v)</p> <p><b>Fruit/vegetable option:</b> Orange wedges, blueberries (f)</p> <p><b>Milk/water</b> (d)</p>	<p><b>Fruit/vegetable option:</b> Cucumber rounds, mini tomatoes, cantaloupe (f, v)</p> <p><b>Banana and oat muffins</b> (b, f)</p> <p><b>Milk/water</b> (d)</p>	<p><b>Fruit/vegetable option:</b> Banana pieces, carrot sticks (f, v)</p> <p>Mini croissants with butter and jam (b)</p> <p><b>Milk/water</b> (d)</p>	<p><b>Rice cakes</b> with hommus and cheese (b, d)</p> <p><b>Fruit/vegetable option:</b> Strawberries and kiwi fruit (f)</p> <p><b>Milk/water</b> (d)</p>
<p><b>LUNCH</b></p> 	<p><b>Spinach, chickpea and potato stew</b> (veg)</p> <p><b>Fresh fruit salad</b> with passionfruit drizzle (f)</p> <p><b>Water</b></p>	<p><b>Corn relish dip</b> with rice crackers and carrot sticks (b, d, v)</p> <p><b>Chicken stroganoff</b> with capsicum and mushrooms (wm, v)</p> <p>Couscous (b)</p> <p><b>Water</b></p>	<p><b>Lamb and eggplant noodles</b> (rm, v, b)</p> <p><b>Fruity crumble</b> (apple and apricot) (f, b)</p> <p><b>Water</b></p>	<p><b>Tuna patties</b> with steamed broccoli and carrots (fi, v)</p> <p><b>Greek yogurt</b> with mixed berries (d, f)</p> <p><b>Water</b></p>	<p><b>Spaghetti bolognese</b> (rm, v, b)</p> <p><b>Garlic bread</b> (rm, b)</p> <p><b>Vanilla custard</b> with muesli sprinkle (d, b)</p> <p><b>Water</b></p>
<p><b>AFTERNOON TEA</b></p> 	<p><b>Fruit/vegetable option</b> Watermelon wedges, green and yellow capsicum strips (f, v)</p> <p><b>Pound cake</b> (vanilla with dried fruit) (b)</p> <p><b>Milk/water</b> (d)</p>	<p><b>Wholemeal Saladas</b> with Vegemite and cheese (b, d)</p> <p><b>Fruit/vegetable option</b> Kiwi fruit wedges, banana pieces (f)</p> <p><b>Milk/water</b> (d)</p>	<p><b>Fruit/vegetable option</b> Honeydew melon, whole red apples (f)</p> <p><b>Wholemeal cheese/lettuce and ham/tomato sandwiches</b> (b, d, v, wm)</p> <p><b>Milk/water</b> (d)</p>	<p><b>Savoury platter:</b></p> <ul style="list-style-type: none"> <li>• Cheese cubes</li> <li>• Ham slices</li> <li>• Grissini</li> <li>• Cherry tomatoes</li> </ul> <p><b>Fruit/vegetable option</b> – Pear and orange wedges (f)</p> <p><b>Milk/water</b> (d)</p>	<p><b>Fruit/vegetable option</b> Traffic light capsicum (R/Y/G), apple wedges (f, v)</p> <p><b>Spinach and cheese muffins</b> (b, v, d)</p> <p><b>Milk/water</b> (d)</p>

# WEEKLY BREAKFAST AND LATE SNACK MENU

## Winter 2021

### Week 1-4

<p style="text-align: center;"><b>BREAKFAST</b></p> 	<p><b>Choice of:</b></p> <ul style="list-style-type: none"> <li>➤ Weetbix with milk</li> <li>➤ Cornflakes with milk</li> <li>➤ Rice cereal</li> </ul> <p>Fresh whole fruit (see below)</p> <p>Milk/water (d)</p>	<p><b>Choice of:</b></p> <ul style="list-style-type: none"> <li>➤ Weetbix with milk</li> <li>➤ Cornflakes with milk</li> <li>➤ Rice cereal</li> </ul> <p>Fresh whole fruit (see below)</p> <p>Milk/Water (d)</p>	<p><b>Choice of:</b></p> <ul style="list-style-type: none"> <li>➤ Weetbix with milk</li> <li>➤ Cornflakes with milk</li> <li>➤ Rice cereal</li> </ul> <p>Fresh whole fruit (see below)</p> <p>Milk/Water (d)</p>	<p><b>Choice of:</b></p> <ul style="list-style-type: none"> <li>➤ Weetbix with milk</li> <li>➤ Cornflakes with milk</li> <li>➤ Rice cereal</li> </ul> <p>Fresh whole fruit (see below)</p> <p>Milk/Water (d)</p>	<p><b>Choice of:</b></p> <ul style="list-style-type: none"> <li>➤ Weetbix with milk</li> <li>➤ Cornflakes with milk</li> <li>➤ Rice cereal</li> </ul> <p>Fresh whole fruit (see below)</p> <p>Milk/Water (d)</p>
<p style="text-align: center;"><b>LATE SNACK</b></p> 	<p>Fruit and grissini (f, b)</p> <p>Milk/water (d)</p>	<p>Fruit and grissini (f, b)</p> <p>Milk/water (d)</p>	<p>Fruit and grissini (f, b)</p> <p>Milk/water (d)</p>	<p>Fruit and grissini (f, b)</p> <p>Milk/water (d)</p>	<p>Fruit and grissini (f, b)</p> <p>Milk/water (d)</p>

### **Note:**

Fresh fruit platter/whole fruit consists of 2 of the following fruits and ensures that at least 8 of these fruits are used per week for variety:

- Canteloupe, rock melon, watermelon
- Apple, pear, banana
- Kiwi fruit, strawberries, grapes
- Orange, mandarine




**WEEKLY MENU**  
**Winter 2021 - Week 2**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MORNING TEA</b></p> 	<p><b>Fruit/vegetable option</b> Orange wedges, cucumber sticks (f, v)</p> <p><b>Baked beans</b> with wholemeal toast</p> <p><b>Milk/water</b> (d)</p>	<p><b>Apple and cinnamon muffins</b> (b, f)</p> <p><b>Fruit/vegetable option-</b> Cantaloupe pieces, kiwi fruit wedges (f)</p> <p><b>Milk/water</b> (d)</p>	<p><b>Fruit/vegetable option:</b> Red and green grapes, yellow capsicum (v, f)</p> <p><b>Grilled cheese and tomato sandwiches</b> (b,d, v)</p> <p><b>Milk/water</b> (d)</p>	<p><b>Wholemeal Saladas</b> spread with cream cheese or honey (b, d)</p> <p><b>Fruit/vegetable option:</b> Green beans, cherry tomatoes and banana pieces (v, f)</p> <p><b>Milk/water</b> (d)</p>	<p><b>Fruit/vegetable option:</b> Mandarine pieces, celery boats with cream cheese (f, c)</p> <p><b>Toast with Vegemite</b> or butter (b)</p> <p><b>Milk/water</b> (d)</p>
<p><b>LUNCH</b></p> 	<p><b>Avocado dip</b> with carrot sticks, crackers (d, b, v)</p> <p><b>Mexican beef</b> with corn, tomato salsa, black beans and crunchy corn chips (G/P/K rooms only)</p> <p><b>Water</b></p>	<p><b>Tuna and vegetable pasta</b> with peas, corn, carrot (b, v, fi)</p> <p><b>Vanilla yogurt</b> with 'hidden' bananas (v, d)</p> <p><b>Water</b></p>	<p><b>Corn cobs</b> (veg)</p> <p><b>Green pea, spinach and potato curry</b> with Basmati rice (veg, b)</p> <p><b>Orange wedges</b> (f)</p> <p><b>Water</b></p>	<p><b>Oven baked potato wedges</b> with sour cream (light) and guacamole (veg, d)</p> <p><b>Moroccan lamb</b> with pearl cous cous (rm, b, v)</p> <p><b>Water</b></p>	<p><b>Mini chicken drumettes</b> with steamed broccoli (wm, v)</p> <p><b>Fried rice</b> (v, b)</p> <p><b>Fresh fruit salad</b> (f)</p> <p><b>Water</b></p>
<p><b>AFTERNOON TEA</b></p> 	<p><b>Fruit/vegetable option:</b> Whole bananas and pears (small) (f) (W room cut fruit)</p> <p><b>Rice cakes</b> with Vegemite and cheese (b, d)</p> <p><b>Milk/water</b> (d)</p>	<p><b>Corn thins</b> spread with capsicum dip, cheese (b, d)</p> <p><b>Fruit/vegetable option:</b> Watermelon wedges, cucumber rounds (f, v)</p> <p><b>Milk/water</b> (d)</p>	<p><b>Fruit/vegetable option:</b> Apple and pear wedges (f)</p> <p><b>Home made banana bread – yum!</b> (b)</p> <p><b>Milk/water</b> (d)</p>	<p><b>Spinach wraps</b> with hommus, grated cheese/zucchini (b, v, d)</p> <p><b>Fruit/vegetable option:</b> Orange wedges, strawberries (f)</p> <p><b>Milk/water</b> (d)</p>	<p><b>Fruit/vegetable option:</b> Whole apples (small) (W room cut fruit)</p> <p><b>Corn relish dip with:</b></p> <ul style="list-style-type: none"> <li>• Rice crackers</li> <li>• Zucchini batons</li> </ul> <p><b>Milk/water</b> (d)</p>

**WEEKLY MENU**  
**Winter 2021 - Week 3**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MORNING TEA</b></p> 	<p><b>Fruit/vegetable option</b> Apple and orange wedges (f)</p> <p><b>Cruskits</b> with sliced cheese and ham (b, d)</p> <p><b>Milk/water</b> (d)</p>	<p><b>Spinach wraps</b> with chicken, cheese, lettuce (b, d, d)</p> <p><b>Fruit/vegetable option</b> Pear and cantaloupe pieces (f)</p> <p><b>Milk/water</b> (d)</p>	<p><b>Fruit/vegetable option</b> – Carrot sticks, green beans, red capsicum (v)</p> <p><b>Crumpets</b> with honey, Vegemite (b)</p> <p><b>Milk/water</b> (d)</p>	<p><b>Fruit bread</b> (butter and plain) (b)</p> <p><b>Fruit/vegetable option:</b> Kiwi fruit, mushrooms (whole button) (f, v)</p> <p><b>Milk/water</b> (d)</p>	<p><b>Fruit/vegetable option:</b> Fruit kebabs – strawberries, grapes, banana (f)</p> <p><b>Pita chips</b> with tomato salsa (b, v)</p> <p><b>Milk/water</b> (d)</p>
<p><b>LUNCH</b></p> 	<p><b>Chicken and veggie pasta bake</b> (wm, v, b)</p> <p><b>Greek yogurt</b> with strawberries and muesli sprinkle (f, d)</p> <p><b>Water</b></p>	<p><b>Spinach and ricotta pastizzi</b> (d, v)</p> <p><b>Dijon lamb</b> with veggies and brown rice (rm, v, b)</p> <p><b>Water</b></p>	<p><b>Beef, vegetable and risoni soup</b> (rm, v, b)</p> <p>Wholemeal mini dinner rolls (b)</p> <p><b>Two fruits</b> with custard (f, d)</p> <p><b>Water</b></p>	<p><b>Oven baked sweet potato wedges</b> with cream cheese dip (veg, d)</p> <p><b>Vegetarian fried rice</b> (egg, peas, corn, carrots, spring onions)</p> <p><b>Water</b></p>	<p><b>Tzatziki dip</b> with veggie sticks and rice crackers (d, v, b)</p> <p><b>Fish fillets and oven baked chips</b> (fi, v)</p> <p><b>Coleslaw</b> (veg)</p> <p><b>Water</b></p>
<p><b>AFTERNOON TEA</b></p> 	<p><b>Fruit/vegetable option:</b> Carrot sticks, cucumber rounds and cherry tomatoes (v)</p> <p><b>Wholemeal sandwiches</b> with:</p> <ul style="list-style-type: none"> <li>• Egg/lettuce</li> <li>• Ham/salad</li> </ul> <p><b>Milk/water</b> (d)</p>	<p><b>Oat and coconut muffins</b> (b)</p> <p><b>Fruit/vegetable option</b> Orange wedges, whole apples (small)</p> <p><b>Milk/water</b> (d)</p>	<p><b>Fruit/vegetable option:</b> Watermelon wedges, whole bananas (small)</p> <p><b>Wholemeal Saladas</b> spread with cream cheese or plain (b, d)</p> <p><b>Milk/water</b> (d)</p>	<p><b>Vegetable pikelets</b> (b, v)</p> <p><b>Fruit/vegetable option</b> – Mandarine segments, honeydew melon (f)</p> <p><b>Milk/water</b> (d)</p>	<p><b>Fruit/vegetable option:</b> Trio of melons (f)</p> <p><b>Corn thins</b> with Vegemite, cheese (b, d)</p> <p><b>Milk/water</b></p>

**WEEKLY MENU**  
**Winter 2021 - Week 4**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MORNING TEA</b></p> 	<p><b>English muffins</b> with spreads (b)</p> <p><b>Fruit/vegetable option</b> Green and red grapes, yellow capsicum (f, v)</p> <p><b>Milk/water</b> (d)</p>	<p><b>Fruit/vegetable option:</b> Strawberries, banana pieces (f)</p> <p><b>Oat and sultana porridge</b> (b)</p> <p><b>Milk/water</b> (d)</p>	<p><b>Toast with Vegemite and jam</b> (b)</p> <p><b>Fruit/vegetable option:</b> Cantaloupe pieces, whole red apples (small) (f)</p> <p><b>Milk/water</b> (d)</p>	<p><b>Fruit/vegetable option:</b> Kiwi fruit, strawberries (f)</p> <p><b>Crumpets</b> with cream cheese or honey (b, d)</p> <p><b>Milk/water</b> (d)</p>	<p><b>Corn thins</b> with sliced cheese, tomato and ham (b, d, v)</p> <p><b>Fruit/vegetable option:</b> Pear pieces, watermelon wedges (f)</p> <p><b>Milk/water</b> (d)</p>
<p><b>LUNCH</b></p> 	<p><b>Lamb cutlets</b> with peas, Dutch carrots and corn cobs (rm, v)</p> <p><b>Fruit yogurt</b> with banana pieces (d, f)</p> <p><b>Water</b></p>	<p><b>Teriyaki noodles</b> with green beans, capsicum and mushrooms (b, veg)</p> <p><b>Fruity crumble</b> (rhubarb and apple) with custard (b, f, d)</p> <p><b>Water</b></p>	<p><b>Salmon and zucchini slice</b> (fi, v)</p> <p><b>Garden salad platter:</b></p> <ul style="list-style-type: none"> <li>• Tomato</li> <li>• Baby spinach</li> <li>• Cucumber</li> </ul> <p><b>Crusty wholemeal bread</b> (b)</p> <p><b>Water</b></p>	<p><b>Spinach and ricotta pastizzi</b> (veg, b)</p> <p><b>Sundried tomato chicken</b> with Jeera rice (wm, b, v)</p> <p><b>Steamed broccoli</b> (v)</p> <p><b>Water</b></p>	<p><b>Corn relish dip with:</b></p> <ul style="list-style-type: none"> <li>• Rice crackers</li> <li>• Carrot sticks</li> <li>• Cucumber rounds</li> <li>• Red capsicum (v, b)</li> </ul> <p><b>Lamb, vegetable and risoni soup</b> (rm, v)</p> <p><b>Water</b></p>
<p><b>AFTERNOON TEA</b></p> 	<p><b>Fruit/vegetable option</b> Trio of melon (watermelon, cantaloupe, honeydew) (f)</p> <p><b>Savoury platter:</b></p> <ul style="list-style-type: none"> <li>• Cherry tomatoes</li> <li>• Cheese cubes</li> <li>• Ham slices</li> <li>• Grissini (d, b, v)</li> </ul> <p><b>Milk/water</b> (d)</p>	<p><b>Wholemeal sandwiches</b> with egg/lettuce and cheese/tomato (b, v, d)</p> <p><b>Fruit/vegetable option</b> Cucumber rounds, carrot sticks and pear pieces (f, v)</p> <p><b>Milk/water</b> (d)</p>	<p><b>Fruit/vegetable option:</b> Banana pieces, orange wedges (f)</p> <p><b>Avocado dip</b> with grissini sticks and carrot batons (d, b, v)</p> <p><b>Milk/water</b> (d)</p>	<p><b>Home made lemon muffins</b> (b)</p> <p><b>Fruit/vegetable option:</b> Traffic light capsicum (red, green, yellow) (v)</p> <p><b>Milk/water</b> (d)</p>	<p><b>Fruit/vegetable option:</b> Red and green grapes, mandarine segments (f)</p> <p><b>Wholemeal sandwiches</b> with chicken/avocado and cheese/lettuce (b, wm, d, v)</p> <p><b>Milk/water</b> (d)</p>