

Menu week 1

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---|---|---|---|---|
| Breakfast | Wholemeal Toast with assorted spread and assorted cereals | Wholemeal Toast with assorted spread and assorted cereals | Wholemeal Toast with assorted spread and assorted cereals | Wholemeal Toast with assorted spread and assorted cereals | Wholemeal Toast with assorted spread and assorted cereals |
| Morning Tea | Seasonal Fruit platter (apples, oranges, pear, banana and kiwi fruit) with yoghurt and milk | Buttered Raisin Bread | Seasonal Fruit platter (apples, oranges, pear, banana and kiwi fruit) with yoghurt and milk | Orange cake slices served with milk | Seasonal Fruit platter (apples, oranges, pear, banana and kiwi fruit) with yoghurt and milk |
| Lunch | Beef goulash served with brown rice | Chicken sausage casserole with brown rice | Thai chicken and vegetable stir fry with wholemeal pasta | Beef and pork meatballs with mashed potato | Vegetable Lasagna |
| Afternoon Tea | Banana bread muffins with milk | Seasonal Fruit platter (apples, oranges, pear, banana and rock melon) with custard and milk | Wholewheat pitta pizza | Seasonal Fruit platter (apples, oranges, pear, banana and rock melon) with custard and milk | Wholemeal assorted sandwiches with milk |
| Late Snack | Brown rice crackers with cheese cubes | Brown rice crackers with cheese cubes | Brown rice crackers with cheese cubes | Brown rice crackers with cheese cubes | Brown rice crackers with cheese cubes |

Menu week 2

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---|---|---|---|---|
| Breakfast | Wholemeal Toast with assorted spread and assorted cereals | Wholemeal Toast with assorted spread and assorted cereals | Wholemeal Toast with assorted spread and assorted cereals | Wholemeal Toast with assorted spread and assorted cereals | Wholemeal Toast with assorted spread and assorted cereals |
| Morning Tea | Seasonal Fruit platter (apples, oranges, pear, banana and kiwi fruit) with yoghurt and milk | Seasonal Fruit platter (apples, oranges, pear, banana and kiwi fruit) with yoghurt and milk | Seasonal Fruit platter (apples, oranges, pear, banana and kiwi fruit) with yoghurt and milk | Seasonal Fruit platter (apples, oranges, pear, banana and kiwi fruit) with yoghurt and milk | Seasonal Fruit platter (apples, oranges, pear, banana and kiwi fruit) with yoghurt and milk |
| Lunch | Honey soy chicken served with brown rice | Beef stroganoff with wholemeal pasta | Creamy butter chicken with brown rice | Coconut curry vegetables with brown rice | Apricot Chicken |
| Afternoon Tea | Vegetable platter served with dip, cheese and milk | Blueberry muffins served with milk | Assorted wholemeal sandwiches served with milk | Wholemeal banana muffins | Buttered raisin bread |
| Late Snack | Brown rice crackers with cheese cubes | Brown rice crackers with cheese cubes | Brown rice crackers with cheese cubes | Brown rice crackers with cheese cubes | Brown rice crackers with cheese cubes |

Menu week 3

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---|---|---|---|---|
| Breakfast | Wholemeal Toast with assorted spread and assorted cereals | Wholemeal Toast with assorted spread and assorted cereals | Wholemeal Toast with assorted spread and assorted cereals | Wholemeal Toast with assorted spread and assorted cereals | Wholemeal Toast with assorted spread and assorted cereals |
| Morning Tea | Seasonal Fruit platter (apples, oranges, pear, banana and kiwi fruit) with yoghurt and milk | Blueberry Muffins | Seasonal Fruit platter (apples, oranges, pear, banana and kiwi fruit) with yoghurt and milk | Banana muffins | Seasonal Fruit platter (apples, oranges, pear, banana and kiwi fruit) with yoghurt and milk |
| Lunch | Thai chicken curry with wholemeal pasta | Sweet and sour lamb with brown rice | Vegetarian lentil and chickpea bolognese with wholemeal pasta | Beef (mince) nachos with vegetables and cheese | Lamb korma with brown rice |
| Afternoon Tea | Wholemeal wraps with dip, vegetables and cheese | Seasonal Fruit platter (apples, oranges, pear, banana and rock melon) with custard and milk | Buttered raisin bread | Seasonal Fruit platter (apples, oranges, pear, banana and rock melon) with custard and milk | Rice cakes with assorted spreads |
| Late Snack | Brown rice crackers with cheese cubes | Brown rice crackers with cheese cubes | Brown rice crackers with cheese cubes | Brown rice crackers with cheese cubes | Brown rice crackers with cheese cubes |

Menu week 4

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---|---|---|---|---|
| Breakfast | Wholemeal Toast with assorted spread and assorted cereals | Wholemeal Toast with assorted spread and assorted cereals | Wholemeal Toast with assorted spread and assorted cereals | Wholemeal Toast with assorted spread and assorted cereals | Wholemeal Toast with assorted spread and assorted cereals |
| Morning Tea | Seasonal Fruit platter (apples, oranges, pear, banana and kiwi fruit) with yoghurt and milk | Orange cake slices | Seasonal Fruit platter (apples, oranges, pear, banana and kiwi fruit) with yoghurt and milk | Rice cakes with jam and cheese preads | Seasonal Fruit platter (apples, oranges, pear, banana and kiwi fruit) with yoghurt and milk |
| Lunch | Meatballs with mashed potato | Creamy chicken with wholemeal pasta | Lamb curry with coconut milk served with wholemeal pasta | Creamy pumpkin soup served with sourdough bread | Vegetarian chickpea fried rice |
| Afternoon Tea | Wholemeal wraps with dip, vegetables and cheese | Seasonal Fruit platter (apples, oranges, pear, banana and rock melon) with custard and milk | Buttered raisin bread | Seasonal Fruit platter (apples, oranges, pear, banana and rock melon) with custard and milk | Wholewheat pitta pizza |
| Late Snack | Brown rice crackers with cheese cubes | Brown rice crackers with cheese cubes | Brown rice crackers with cheese cubes | Brown rice crackers with cheese cubes | Brown rice crackers with cheese cubes |