

Breakfast is available from 6.30am-7.30am Toast with vegemite spread, Raisin toast, Weetbix served with Milk or Water			WATER is freely available throughout the day	
Monday	Tuesday	Wednesday	Thursday	Friday
Fresh Fruit Platter Strawberries Orange Apple Pear Served with crackers	Homemade custard Served with peaches in natural juice	Fresh Fruit Platter Watermelon Pineapple pieces Orange Cheese pieces Served with crackers	Fresh Fruit Platter Rockmelon Banana Apple Sultanas Served with crackers	Vanilla Yoghurt With watermelon pieces Alternate yoghurt for allergies Coconut yoghurt (cocobella)
Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
Pork stir fry served with wholemeal rice Pork mince, garlic, soy sauce, mushrooms, corn kernels, bok choy, shallots	Deconstructed Beef Pie Served with mashed potato & corn cobs Beef mince, onion, egg, puff pastry, zucchini, carrot, kidney beans, diced tomato, frozen mixed vegetables, lentils	Pumpkin & Spinach lasagna Served with baguette Spinach, pumpkin, ricotta, cooking cream, onion, tortilla, vegetable stock, cheese	Spaghetti Bolognaise Served with penne pasta Beef mince, carrot, zucchini, crushed tomato, onion, passata sauce, mixed herbs, garlic	Beef Sliders Mini buns, beef mince patties, carrot, zucchini, garlic, mixed herbs Salad filling- tomato, lettuce, cucumber, cheese
Water	Water	Water	Water	Water
Mixed Sandwiches on wholemeal bread Cheese Spaghetti Vegemite Cucumber & cream cheese	Fresh fruit Platter Banana Strawberries Apple Oranges Served with rice cakes	Pear and Blueberry cake SR flour, butter, castor sugar, egg, pear, blueberries, milk yoghurt	Mixed sandwiches on wholemeal bread Cheese Spaghetti Vegemite Cucumber & grated carrot	Fresh Fruit Platter Rockmelon Apple Carrot Pear Orange Served with rice crackers
Water & Milk	Water & Milk	Water & Milk	Water & Milk	Water & Milk
Late snack Fresh fruit and rice crackers or rice cakes	Late snack Fresh fruit and rice crackers or rice cakes	Late snack Fresh fruit and rice crackers or rice cakes	Late snack Fresh fruit and rice crackers or rice cakes	Late snack Fresh fruit and rice crackers or rice cakes
ALLERGIES -Children with allergies and/or food intolerances are provided a tailored version of the regular menu to suit their individual dietary requirements. INFANTS - Each meal is prepared in an age appropriate manner (mashed or cut into smaller sizes for appropriate age groups) Puree fruit, vegetables offered for children transitioning to the main menu.				

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Vanilla Yoghurt with watermelon pieces	Fresh Fruit platter Watermelon Bananas Strawberries Cheese Served with crackers	Homemade custard with peaches in natural juice	Fresh Fruit Platter Apple Pineapple Orange Cheese pieces Served with crackers	Fresh Fruit Platter Rockmelon Orange Apple strawberries Served with crackers
Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
Beef lasagna served with tossed salad Beef mince, crushed tomatoes, frozen mixed veg, passata sauce, carrot, zucchini, Greek yoghurt, tortilla Lettuce, tomato, cucumber	Corned beef Served with mashed potato, baby carrots, corn cobs, peas	Mexican soft taco with salsa Beef mince, mexican seasoning, corn kernels, beans, lentils, capsicum, tomato, onion, cucumber, cheese	Baked bean and pasta bake Pasta, kidney beans, baked beans, diced tomato, garlic, mixed herbs, potato, beans, broccoli, cheese	Chicken Chow mein with rice Chicken mince, capsicum, curry powder, peas, bok choy, cabbage, soy sauce
Water	Water	Water	Water	Water
Fresh fruit platter Apple Pear Orange Strawberries Served with rice cakes	Mini Pizza English muffins, pizza sauce, pineapple, capsicum, carrot, zucchini, ham or pepperoni, cheese	Fresh Fruit platter Watermelon Rockmelon Strawberries Cheese pieces Served with crackers	Mixed sandwiches on wholemeal bread Vegemite Spaghetti Banana Cucumber & grated carrot	Sweet potato & Zucchini fritters Sweet potato, plain flour, zucchini, coca powder, baking powder, golden syrup, apple sauce
Water & Milk	Water & Milk	Water & Milk	Water & Milk	Water & Milk
Late snack Fresh fruit and rice crackers or rice cakes	Late snack Fresh fruit and rice crackers or rice cakes	Late snack Fresh fruit and rice crackers or rice cakes	Late snack Fresh fruit and rice crackers or rice cakes	Late snack Fresh fruit and rice crackers or rice cakes
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Fresh Fruit Platter Watermelon Apple Orange Strawberries Served with rice cakes	Vanilla Yoghurt with tinned fruit salad	Fresh Fruit Platter Banana Pear Orange Rock melon Served with crackers	Fresh Fruit Platter Watermelon Apple Grapes Pineapple pieces Served with crackers	Fresh Fruit Platter Apple Rockmelon Watermelon Strawberries Served with crackers
Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
Chicken Pie with mashed potato and corn cobs Chicken mince, Sr flour, milk, butter, peas, carrot, puff pastry	Beef stroganoff Slow cooked beef, mushrooms, diced tomato, tomato paste, onion, garlic, broccoli, beans, sour cream	Nacho with Salsa Beef mince, baked tortilla, onion, kidney beans Mexican powder, tomato paste, sour cream, cheese Salsa- Diced tomato, cucumber, capsicum	Meat loaf with mashed potato, beans and baby carrots Beef mince, onion, garlic, carrot, zucchini, breadcrumbs, frozen mixed vegs	Vegetable & lentil bolognese Penne pasta, frozen mixed veg, tomato, passata sauce, onion, garlic, lentils, sweet potato, pumpkin
Water	Water	Water	Water	Water
Mixed Sandwiches on wholemeal bread Cheese Spaghetti Vegemite Cucumber & cream cheese	Fresh Fruit Platter Banana Rock melon Watermelon Orange Served with rice crackers	Pizza scrolls Puff pastry, pizza sauce, cheese	Mixed Sandwiches on wholemeal bread Cheese Spaghetti Vegemite Cucumber & grated carrot	Raisin bread with fresh fruit Raisin bread pieces Served with Orange pieces
Water & Milk	Water & Milk	Water & Milk	Water & Milk	Water & Milk
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Homemade custard Served with Fruit salad in natural juice	Fresh Fruit Platter Strawberries Orange Apple Pear Served with crackers	Vanilla Yoghurt With Sliced banana	Fresh Fruit Platter Watermelon Pineapple Orange Pear Served with crackers	Fresh Fruit Platter Rockmelon Banana Apple Sultanas Served with crackers
Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
Savoury Mince served with mashed potato Corn, baby carrots, peas, beef mince, onion, zucchini, garlic, diced tomato	Spinach & Ricotta Pasta Bake served with baguettes Penne pasta, ricotta, spinach, zucchini, pumpkin, sweet potato, capsicum, onion, diced tomato, passata sauce, cheese	Tandoori Chicken served with rice and pitta bread Chicken breast, zucchini, capsicum, tomato, onion, tandoori paste, cooking cream	Beef San Choy Bau Beef mince, carrot, shallots, garlic, soy sauce, capsicum, cabbage Served with rice	Beef stir-fry served with pasta Slow cooked beef, baby corn, capsicum, snow peas, peas, carrot, soy sauce, garlic
Water	Water	Water	Water	Water
Pineapple & Cinnamon cake SR flour, vanilla, apple sauce, milk, vegetable oil, custard powder, pineapple	Mixed Sandwiches on wholemeal bread Cheese Spaghetti Vegemite Cucumber & cream cheese	Fresh Fruit Platter Rockmelon Watermelon Apple Sultanas Served with crackers	Mixed Sandwiches on wholemeal bread Cheese Spaghetti Vegemite Cucumber & grated carrot	Dutch Pikelets with mixed berries SR flour, castor sugar, soy milk, frozen mixed berries Served with watermelon
Water & Milk	Water & Milk	Water & Milk	Water & Milk	Water & Milk
Late snack Fresh fruit and rice crackers or rice cakes	Late snack Fresh fruit and rice crackers or rice cakes	Late snack Fresh fruit and rice crackers or rice cakes	Late snack Fresh fruit and rice crackers or rice cakes	Late snack Fresh fruit and rice crackers or rice cakes

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