Breakfast is available from 6.30am-7.30am			WATER is freely available throughout the day	
d, jam, Raisin toast, Weetbix, r	ice bubbles,corn flakes			
Tuesday	Wednesday	Thursday	Friday	
Toasted Sandwiches	Raisin Toast	Pancakes	Yogurt	
With fruit	With fruit	With fruit	With fruit and muesli.	
Bread	Pear	Wholemeal flour	Greek Yogurt	
Cheese	Orange	Milk	Apple	
Vegemite	Bananas	Butter	Banana	
Ham	Watermelon	Blueberry	Watermelon	
Bananas	Raisin Toast	Banana	Oats	
Pineapple		Strawberries	Pumpkin Seeds	
		Maple Syrup		
Milk & Water	Milk & Water	Milk & Water	Milk & Water	
Teriyaki Beef	Veggie loaded Pasta Bake	Beef Pie	Mini Pizzas	
1			With oranges	
With fice and broccon	Served with oranges	With vegetables	With Granges	
Mince, teriyaki sauce, rice,	Lentils, passata, tinned	Beef mince, peas, corn, garlic,	Ham, tomato paste, corn kernels	
broccoli, spring onions,	tomatoes, carrot, zucchini,	zucchini, veggie stock, gravy, puff	capsicum, tomato, pineapple,	
sesame seeds.	onions.	pastry.	cheese.	
Water	Water	Water	Water	
Fruit, Veg, Cheese, Cracker	Corn Cakes	Yogurt	Fruit, Veg, Cheese, Cracker	
Platter		With fruit and muesli.	Platter	
Banana	Vegemite	Greek Yogurt	Banana	
Pear	Cheese	_	Pear	
Capsicum	Tomato	Banana	Cucumbers	
Carrot	Cucumber	Watermelon	Celery	
Apple	Avocado	Oats	Apple	
Cheese	Corn Thins	Pumpkin Seeds	Cheese	
Crackers			Crackers	
Water & Milk	Water & Milk	Water & Milk	Water & Milk	
Late snack	Late snack	Late snack	Late snack	
Late Stiack				
Fresh fruit and rice crackers or	Fresh fruit and rice crackers or	Fresh fruit and rice crackers or rice	Fresh fruit and rice crackers or	
	Tuesday Toasted Sandwiches With fruit Bread Cheese Vegemite Ham Bananas Pineapple Milk & Water Teriyaki Beef With rice and broccoli Mince, teriyaki sauce, rice, broccoli, spring onions, sesame seeds. Water Fruit, Veg, Cheese, Cracker Platter Banana Pear Capsicum Carrot Apple Cheese Crackers	Tuesday Toasted Sandwiches With fruit Bread Cheese Vegemite Ham Bananas Pineapple Milk & Water Teriyaki Beef With rice and broccoli Mince, teriyaki sauce, rice, broccoli, spring onions, sesame seeds. Water Water Fruit, Veg, Cheese, Cracker Platter Banana Pear Carrot Apple Crackers Wednesday Wednesday With fruit Raisin Toast With fruit Water Pear Orange Bananas Watermelon Raisin Toast Weggie loaded Pasta Bake Served with oranges Lentils, passata, tinned tomatoes, carrot, zucchini, onions. Water Fruit, Veg, Cheese, Cracker Platter Cheese Capsicum Carrot Apple Cheese Crackers	Tuesday Toasted Sandwiches With fruit Bread Cheese Vegemite Ham Bananas Pineapple Milk & Water Teriyaki Beef With rice and broccoli Mince, teriyaki sauce, rice, broccoli, spring onions, sesame seeds. Mater Water Fruit, Veg, Cheese, Cracker Platter Banana Banana Vegemite Water Corn Cakes Vegemite Water Woloemeal flour Milk Butter Milk Butter Blueberry Banana Strawberries Maple Syrup Milk & Water Mith vegetables Beef Pie With vegetables Beef mince, peas, corn, garlic, zucchini, vaggie stock, gravy, puff pastry. Mater Fruit, Veg, Cheese, Cracker Platter Water Vegemite Cheese Capsicum Carrot Apple Cheese Capsicum Carrot Apple Cheese Crackers Corn Thins Pumpkin Seeds	

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. **Fruit** may change due to availability and seasonal.

Breakfast is available from 6.30am-7.30am			WATER is freely available throughout the day	
Toast- vegemite, cheese spread,	jam, Raisin toast, Weetbix, rice bι	ibbles, corn flakes		
Monday	Tuesday	Wednesday	Thursday	Friday
Fruit, Veg, Cheese, Cracker Platter	Beans & Toast	Yogurt With fruit and muesli.	Cheese & Ham Croissants With fruit	Fruit, Veg, Cheese, Cracker Platter
Banana Carrots Capsicum Pear Rockmelon Apple Cheese Crackers	Baked beans Whole meal bread Oranges Bananas Apples	Greek Yogurt Apple Banana Watermelon Oats Pumpkin Seeds *Alternate milk for allergies soy or rice milk	Croissants Cheese Ham Rockmelon Pear Pineapple Sultanas	Banana Carrot Capsicum Pear Rockmelon Apple Cheese Crackers
Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
Japanese Curry With rice Chicken, broccoli, peas, carrots, corn, rice, curry paste.	Beef Lasagna With tossed salad and garlic bread. Beef mince, onion, garlic, tinned tomatoes, passata, carrot, zucchini, bechamel sauce (flour, milk, butter, pasta, cheese,	BBQ Meatballs With macaroni salad, corn cobs, corn bread. Beef mince, pasta, carrot, corn, spring onions, celery, mayo, polenta, bbq sauce.	Fish tacos With coleslaw and corn cobs Fish, tortillas, cabbage, carrot, mayo, corn cobs.	Mixed Sandwiches With oranges Wholemeal bread, chicken, lettuce, ham, tomato, cheese, mayo, vegemite.
Water	lettuce, tomato, cucumber Water	Water	Water	Water
Mixed Sandwiches With oranges Oranges Cheese	Fruit, Veg, & Cheese Platter Apple Oranges	Corn Cakes Vegemite Cheese	Peach Cobbler With yogurt Peaches Yogurt	Yogurt With fruit and muesli. Greek Yogurt
Vegemite Honey	Cucumbers Carrot Cheese Hummus Turkish Bread	Tomato Cucumber Avocado Corn Thins	Cinnamon Wholemeal flour Butter	Apple Banana Watermelon Oats Pumpkin Seeds
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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Breakfast is available from 6.30am-7.30am			WATER is freely available throughout the day	
Toast- vegemite, cheese spread,	jam, Raisin toast, Weetbix, rice b	ubbles, corn flakes		
Monday	Tuesday	Wednesday	Thursday	Friday
Fruit, Veg, Cheese, Cracker	Yogurt	Crumpets	Fruit, Veg, & Cheese Platter	Raisin bread
Platter	With fruit and muesli.	With fruit		With fruit
			Apple	
Banana	Greek Yogurt	Crumpets	Oranges	Oranges
Celery	Apple	Vegemite Cheese	Cucumbers	Apples
Capsicum	Banana	Bananas	Cheese	Pineapple
Pear	Watermelon	Oranges	Hummus	Pears Raisin Toast
Rockmelon	Oats	Pears	Turkish Bread	Raisin ioast
Apple	Pumpkin Seeds	Apples		
Cheese	Tumpum seeds	1.55		
Crackers	*Alternate yoghurt for allergies			
Crackers	Coconut yoghurt (cocobella)			
Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
Burritos	Pulled BBQ Chicken	Minestrone Soup & Mini	Lamb Keema	Cajun Beef Pasta
Builitos	with coleslaw and wholemeal	Meatballs	with rice and naan bread	Cajuii beel Pasta
	buns	With wholemeal bread rolls	with fice and flaan bread	Beef mince, pasta, garlic, carrot,
	buils	With wholemear bread folis	Lamb mince, curry powder, turmeric,	zucchini, capsicum, tomatoes, kidney
Beef mince, kidney beans, taco	Chicken breast, bbg sauce,		onion, garlic, ginger, peas, corn, tinned	beans, chicken stock, cheese
seasoning, tortillas, lettuce,	cabbage, carrot, spring onions,	Celery, carrot, zucchini, spinach,,	tomatoes, beef stock, naan bread,	, ,
tomatoes, corn, cheese, avocado.	celery, wholemeal buns.	vegetable stock, passata, garlic,	rice, papadum, yogurt, cucumber.	
**************************************	co.c. y, uno.c.med. 20.10.	kidney beans, tinned tomatoes,		
*substitute dairy ingredients for		pasta,	*Alternate yoghurt for allergies	
allergies				
Water	Water	Water	Water	Water
Blueberry Zucchini Bread	Bliss Balls	Corn Cakes	Yogurt	Fruit, Veg, Cheese, Cracker
with fruit	with fruit		With fruit.	Platter
		Vegemite		
Blueberry	Dates	Cheese	Greek Yogurt	Orange
Zucchini	Oats	Tomato	Apple	Watermelon
Wholemea flour	Coconut	Cucumber	Banana	Carrots
Apple sauce	Cacao powder Watermelon	Avocado	Watermelon	Celery
Sugar	Rice crackers	Corn Thins	Watermelon	Cheese
Duttor	NICE CIACKETS	Commis		Rice crackers
Butter				
Butter Water & Milk	Water & Milk	Water & Milk	Water & Milk	Water & Milk
	Water & Milk Late snack	Water & Milk Late snack	Water & Milk Late snack	Water & Milk Late snack
Water & Milk		•		

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Breakfast is available from 6.30am-7.30am Toast- cheese spread, jam, Raisin toast, Weetbix, rice bubbles, corn flakes		WATER is freely available throughout the day		
Monday	Tuesday	Wednesday	Thursday	Friday
Yogurt With fruit and muesli.	Beans & Toast	Banana Bread With fruit	Fruit, Veg, Cheese, Cracker Platter	Pancakes & Fresh Fruit
Greek Yogurt Apple Banana Watermelon Oats Pumpkin Seeds	Baked Beans Wholemeal Bread Oranges Bananas	Bananas Wholemeal flour Apple sauce Maple syrup Coconut oil Apples Oranges	Orange Watermelon Carrots Celery Cheese Rice crackers	Wholemeal flour Milk Butter Blueberries Bananas Strawberries Maple Syrup
Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
Swedish Meatballs With green beans and pasta Beef mince, onion, beef stock, cream, green beans, pasta.	Taco Soup Beef mince, corn, capsicum, onion, red kidney beans, taco seasoning, vegetable stock, avocado, corn chips, cheese, tomatoes, garlic.	Tandoori Chicken With rice and naan bread Chicken breast, tandoori paste, naan bread, cucumbers. *substitute Greek yoghurt for	Beef Chow Mein With rice Beef mince, carrot, shallots, garlic, soy sauce, capsicum, cabbage, rice.	Mixed Sandwiches Wholemeal bread, chicken, lettuce, ham, tomato, cheese, mayo, vegemite.
Water	Water	allergies Water	Water	Water
Fruit, Veg, Cheese, Cracker Platter Orange Watermelon Carrots Celery Cheese Rice crackers	Rice Vanilla Milk Cinnamon Sugar Apples	Corn Cakes Vegemite Cheese Tomato Cucumber Avocado	Yogurt With fruit and muesli. Greek Yogurt Apple Banana Watermelon Oats	Fruit, Veg, Cheese, Cracker Platter Orange Watermelon Carrots Celery Cheese Rice crackers
Water & Milk Late snack	Water & Milk Late snack	Corn Thins Water & Milk Late snack	Pumpkin Seeds Water & Milk Late snack	Water & Milk Late snack
Fresh fruit and rice crackers or rice cakes	Fresh fruit and rice crackers or rice cakes	Fresh fruit and rice crackers or rice cakes	Fresh fruit and rice crackers or rice cakes	Fresh fruit and rice crackers or rice cakes

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