



Morning Tea

MONDAY

Assorted Seasonal Fresh Fruits & Vanilla Yoghurt

Water & Milk

TUESDAY

Seasonal Fresh Fruits with a Selection of Crackers & Rice Cakes

Water & Milk

WEDNESDAY

Seasonal Fresh Fruits with a Selection of Crackers & Rice Cakes

Water & Milk

THURSDAY

Assorted Seasonal Fresh Fruits & Vanilla Yoghurt

Water & Milk

FRIDAY

Seasonal Fresh Fruits with a Selection of Crackers & Rice Cakes

Water & Milk

Lunch

Assorted Wholemeal & White Sandwiches : ham, cucumber, cheese, vegemite & jam

Tangy Apricot Chicken with Vegetables & Rice
HL GF DF SF

OR

Broccoli & Cauliflower Pilaf
V GF SF

Chili Con Carne with Tortilla Strips
HL SF

OR

Vegetable & Bean Mexican Rice
V GF SF

Cheesy Tuna & Broccoli Spaghetti
HL SF

OR

Garlic & Cheese Spaghetti with Italian Herbs
V SF

Curried Sausages with Vegetables & Rice
HL GF DF SF

OR

Vegetable Curry with Rice
V GF SF

Afternoon Tea

Apple Turnovers with Fresh Fruit

Water

Crusty Garlic Bread with Vegetable Sticks

Water

Vegemite & Cheese Sao Biscuits with Vegetable Sticks

Water

Cheese Pizza Scrolls with Vegetable Sticks

Water

Cracker Selection with Vegetable Sticks & Cream Cheese Dip

Water

Dietary alternatives are provided as required

HL = Halal GF = Gluten Free DF = Dairy Free SF = Soy Free V = Vegetarian

