

Week One

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Morning Tea</u> <ul style="list-style-type: none"> Apple and pear slices with corns thins and mixed spreads 	<u>Morning Tea</u> <ul style="list-style-type: none"> Yoghurt with apple and banana slices (dairy free yoghurt available) 	<u>Morning Tea</u> <ul style="list-style-type: none"> Wholemeal raisin bread with apple and rockmelon 	<u>Morning Tea</u> <ul style="list-style-type: none"> Spaghetti served on wholemeal bread with apple and orange 	<u>Morning Tea</u> <ul style="list-style-type: none"> Cheese/vegemite sao's with apple and pear slices
DF, SF, V	DF, SF, V, GF, HL	DF, SF, V, HL	DF, V, HL	SF, V, HL
<u>Lunch</u> <ul style="list-style-type: none"> Assorted sandwiches (Ham, cheese, avocado, vegemite, jam on wholemeal bread (dairy free alternatives available)) 	<u>Lunch</u> <ul style="list-style-type: none"> Creamy mushroom pasta bake 	<u>Lunch</u> <ul style="list-style-type: none"> Sausages sizzle served with roasted vegetables OR Vegan sausage sizzle with roasted vegetables 	<u>Lunch</u> <ul style="list-style-type: none"> Butter curry rice with chicken nuggets chicken with rice OR Vegan nuggets 	<u>Lunch</u> <ul style="list-style-type: none"> Italian tomato ravioli
HL, DF, V	HL, V	DF, SF, GF	DF, HL, V	DF, SF, V
<u>Afternoon tea</u> <ul style="list-style-type: none"> Rice crackers and cheese with cream cheese dip and cucumber sticks 	<u>Afternoon tea</u> <ul style="list-style-type: none"> Cheesy garlic bread and pear 	<u>Afternoon tea</u> <ul style="list-style-type: none"> Cheese and vegemite scrolls with banana slices 	<u>Afternoon tea</u> <ul style="list-style-type: none"> Crackers with assorted deli meats, dried apricots, sultanas, cheese and dip 	<u>Afternoon tea</u> <ul style="list-style-type: none"> Handmade apple and cinnamon muffins with banana slices
V, HL, GF, HL	V, HL	V, HL		V, HL, DF

DF- Dairy free, V- vegetarian, GF- gluten free, SF- soy free, HL-Halal.

Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Morning Tea</u>	<u>Morning Tea</u>	<u>Morning Tea</u>	<u>Morning Tea</u>	<u>Morning Tea</u>
<ul style="list-style-type: none"> Garlic bread with apple and banana slices 	<ul style="list-style-type: none"> Jam sandwiches with apple and pear slices 	<ul style="list-style-type: none"> Pikelets with apple and rockmelon 	<ul style="list-style-type: none"> Buttered crumpets with banana and apple slices 	<ul style="list-style-type: none"> Vanilla yoghurt with mixed berries and pear
DF, V, HL	DF, V, HL	DF, SF, V, HL	V, HL, SF	V, HL, SF, GF
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
<ul style="list-style-type: none"> Tuna mornay OR Tomato based vegetable pasta 	<ul style="list-style-type: none"> Beef/bean nachos with sour cream & guacamole 	<ul style="list-style-type: none"> Fish fingers with steamed broccoli served with barbeque sauce 	<ul style="list-style-type: none"> Beef stir-fry with noodles OR Vegetarian stir-fry with noodles 	<ul style="list-style-type: none"> Assorted sandwiches (ham, cheese, avocado, vegemite, jam on wholemeal bread. Dairy free options available)
DF, V, SF	SF, V	DF, V	DF, V, HL	V, HL, DF
<u>Afternoon tea</u>	<u>Afternoon tea</u>	<u>Afternoon tea</u>	<u>Afternoon tea</u>	<u>Afternoon tea</u>
<ul style="list-style-type: none"> Yoghurt with fruit salad and pear 	<ul style="list-style-type: none"> Raisin bread with cucumber sticks and banana slices 	<ul style="list-style-type: none"> Freshly in house baked chocolate chip cupcakes with pear 	<ul style="list-style-type: none"> Cheese and tomato corn thins with orange and pear 	<ul style="list-style-type: none"> Ham & pineapple puffs with apple and banana slices
V, HL, SF, GF	V, HL, DF	V, HL, DF	DF, HL, V, GF, SF	DF

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Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Morning Tea</u> <ul style="list-style-type: none"> Seasonal fruit with vegemite rice thins 	<u>Morning Tea</u> <ul style="list-style-type: none"> Seasonal fresh fruit with sao's and sliced cheese (dairy free option available) 	<u>Morning Tea</u> <ul style="list-style-type: none"> Vanilla yoghurt with mixed fruit, apple and pear 	<u>Morning Tea</u> <ul style="list-style-type: none"> Seasonal fresh fruit served with spaghetti on wholemeal toast, apple and pear 	<u>Morning Tea</u> <ul style="list-style-type: none"> Wholemeal raisin bread served with apple and banana slices
DF, SF, V, HL, GF	DF, V, HL, SF	V, HL, GF, SF	V, HL, DF	V, HL, DF
<u>Lunch</u> <ul style="list-style-type: none"> Pumpkin soup with fresh Turkish bread OR Tomato vegetable pasta 	<u>Lunch</u> <ul style="list-style-type: none"> Beef and bean nachos with tortilla strips and sour cream OR Vegetarian bean mix 	<u>Lunch</u> <ul style="list-style-type: none"> Honey soy chicken with noodles OR Italian vegetable macaroni 	<u>Lunch</u> <ul style="list-style-type: none"> Fried rice OR Creamy coconut pasta 	<u>Lunch</u> <ul style="list-style-type: none"> Assorted sandwiches (ham, cheese, avocado, vegemite, jam on wholemeal bread. Dairy free options available)
DF, SF, V, HL		DF, V, HL	DF, V, HL	V, HL, SF, DF
<u>Afternoon tea</u> <ul style="list-style-type: none"> Seasonal fruit served with a mixed savoury platter (dip, vegetable sticks, sultanas, cheese and crackers) 	<u>Afternoon tea</u> <ul style="list-style-type: none"> Seasonal fruit served with chocolate chip muffins 	<u>Afternoon tea</u> <ul style="list-style-type: none"> Cheesy garlic bread with banana and pear 	<u>Afternoon tea</u> <ul style="list-style-type: none"> Seasonal fresh fruit with jatz/rice crackers and cheese 	<u>Afternoon tea</u> <ul style="list-style-type: none"> Jam pikelets with pear and cucumber slices
V, HL, SF	V, HL, SF	V, HL, SF	DF, HL, V, SF	V, HL

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Week Four

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Morning Tea</u> <ul style="list-style-type: none"> Yoghurt with seasonal fruit salad (dairy free option available) 	<u>Morning Tea</u> <ul style="list-style-type: none"> Seasonal fresh fruit with sao's and sliced cheese (dairy free option available) 	<u>Morning Tea</u> <ul style="list-style-type: none"> Cheese and jam crumpets with apple and pear slices 	<u>Morning Tea</u> <ul style="list-style-type: none"> Cheese and vegemite rice thins with apple and pear 	<u>Morning Tea</u> <ul style="list-style-type: none"> Baked beans on wholemeal toast with apple and pear slices
DF, SF, V, HL, GF	DF, V, HL, SF	V, HL	V, HL, SF, GF	V, HL, DF
<u>Lunch</u> <ul style="list-style-type: none"> Cheese and vegetable winter pasta OR Italian pasta with vegetables 	<u>Lunch</u> <ul style="list-style-type: none"> Mexican bean burrito with corn chips 	<u>Lunch</u> <ul style="list-style-type: none"> Chicken nuggets served with steamed broccoli and cauliflower OR Vegan nuggets 	<u>Lunch</u> <ul style="list-style-type: none"> Assorted sandwiches (ham, cheese, avocado, vegemite, jam on wholemeal bread. Dairy free options available) 	<u>Lunch</u> <ul style="list-style-type: none"> Homemade Hawaiian tortilla pizza OR Vegetarian pizza
V, HL	V, HL, DF	DF, V, HL	DF, V, HL	V, HL
<u>Afternoon tea</u> <ul style="list-style-type: none"> Pikelets with dried apricots and sultanas 	<u>Afternoon tea</u> <ul style="list-style-type: none"> Jam/vegemite sandwiches with banana slices 	<u>Afternoon tea</u> <ul style="list-style-type: none"> Seasonal fresh fruit with banana muffins 	<u>Afternoon tea</u> <ul style="list-style-type: none"> Garlic bread with banana and orange 	<u>Afternoon tea</u> <ul style="list-style-type: none"> Seasonal fruit served with a mixed savoury platter (dip, vegetable sticks, sultanas, cheese & crackers)
DF, V, SF, HL	V, HL, DF	V, HL, DF, SF	DF, HL, V	V, HL

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Week Five

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Morning Tea</u> <ul style="list-style-type: none"> Vanilla yoghurt with fruit salad and banana slices 	<u>Morning Tea</u> <ul style="list-style-type: none"> Raisin bread with rockmelon and apple 	<u>Morning Tea</u> <ul style="list-style-type: none"> Jam/cream crumpets with apple and pear 	<u>Morning Tea</u> <ul style="list-style-type: none"> Garlic bread slices with apple and pear 	<u>Morning Tea</u> <ul style="list-style-type: none"> Vegemite sao's with apple and pear slices
SF, V, HL, GF <u>Lunch</u> <ul style="list-style-type: none"> Chicken & corn noodle soup served with fresh bread 	DF, V, HL <u>Lunch</u> <ul style="list-style-type: none"> Mac 'N' Cheese with mixed vegetables OR Italian vegetable macaroni 	V, HL <u>Lunch</u> <ul style="list-style-type: none"> Assorted sandwiches (ham, cheese, avocado, vegemite, jam on wholemeal bread. Dairy free options available) 	V, HL, DF <u>Lunch</u> <ul style="list-style-type: none"> Asian style vegetarian chow mein 	V, HL, DF <u>Lunch</u> <ul style="list-style-type: none"> Mixed bean nachos with corn strips
DF <u>Afternoon tea</u> <ul style="list-style-type: none"> Cruskits with vegemite, tomato and cucumber slices 	V, HL, SF, DF <u>Afternoon tea</u> <ul style="list-style-type: none"> Vanilla & coconut muffins with apple and pear 	DF, V, HL <u>Afternoon tea</u> <ul style="list-style-type: none"> Cheese and vegemite scrolls with cucumber and banana slices 	DF <u>Afternoon tea</u> <ul style="list-style-type: none"> Seasonal fresh fruit with savoury platter (vege sticks, dip, cheese, crackers, sultanas) 	V, HL, DF <u>Afternoon tea</u> <ul style="list-style-type: none"> Toasted coconut crumble bread with banana and orange
DF, V, HL	V, HL	V, HL	DF, HL, V, SF, GF	DF, V, SF, HL

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Week Six

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Morning Tea</u> <ul style="list-style-type: none"> Yoghurt with seasonal fruit salad (dairy free option available) 	<u>Morning Tea</u> <ul style="list-style-type: none"> Rice crackers with rockmelon and apple 	<u>Morning Tea</u> <ul style="list-style-type: none"> Garlic bread with pear and apple 	<u>Morning Tea</u> <ul style="list-style-type: none"> Crumpets with whipped cream served with apple and banana slices 	<u>Morning Tea</u> <ul style="list-style-type: none"> Jam rice thins with pear and banana slices
DF, SF, V, HL	DF, V, HL, GF	DF, V, HL	V, HL	V, HL, DF, GF
<u>Lunch</u> <ul style="list-style-type: none"> Chickpea and creamy coconut curry pasta 	<u>Lunch</u> <ul style="list-style-type: none"> Bacon and onion stir-fry with rice/noodles 	<u>Lunch</u> <ul style="list-style-type: none"> Assorted sandwiches (ham, cheese, avocado, vegemite, jam on wholemeal bread. Dairy free options available) 	<u>Lunch</u> <ul style="list-style-type: none"> Fish fingers served with steamed broccoli and barbeque sauce 	<u>Lunch</u> <ul style="list-style-type: none"> Creamy cauliflower soup served with Turkish bread slices
V, HL	DF	DF, HL, V	DF	V, HL
<u>Afternoon tea</u> <ul style="list-style-type: none"> Jam sandwiches with apple and pear slices 	<u>Afternoon tea</u> <ul style="list-style-type: none"> Corn strips with sour cream dips and cucumber slices 	<u>Afternoon tea</u> <ul style="list-style-type: none"> Freshly baked coconut muffins with banana slices 	<u>Afternoon tea</u> <ul style="list-style-type: none"> Vanilla yoghurt with mixed berries and pear slices 	<u>Afternoon tea</u> <ul style="list-style-type: none"> Wholemeal raisin bread with apple slices
DF, V, HL	V, HL	V, HL	HL, V, SF, GF	DF, V, HL

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