

2025 SPRING MENU

WEEK 1



MORNING TEA

MONDAY

VEGAN YOGHURT
WITH SEASONAL
FRUIT

TUESDAY

VEGAN OVERNIGHT
OATS WITH
SEASONAL FRUIT

WEDNESDAY

FRUIT PLATTER

THURSDAY

WHOLEMEAL TOAST
WITH BAKED BEANS
AND SLICED
VEGGIES

FRIDAY

VEGAN OAT
PANCAKES WITH
SEASONAL FRUIT

LUNCH

BEEF HERB &
GARLIC
SAUSAGES,
MASHED POTATO
& BROCCOLI

PESTO VEGGIE
PASTA IN
COCONUT CREAM

ASSORTED SALAMI &
SALAD SANDWICHES

FISH FINGERS WITH
VEGAN COLESLAW

ROAST LAMB WITH
MIXED VEGGIES

AFTERNOON TEA

CHEESE
SANDWICHES
WITH CARROT
STICKS

FRUIT SALAD

VEGAN BANANA
BREAD WITH
CUCUMBER

CHEESE & VEGGIE
STICKS

FRUIT & VEG
PLATTER

LATE SNACK

CRACKERS &
FRUIT

VEGEMITE
SANDWICHES

DRIED FRUIT &
CHEESE

MINI MUFFINS

FRUIT
SELECTION



2025 SPRING MENU

WEEK 2



MORNING TEA

LUNCH

AFTERNOON TEA

LATE SNACK

MONDAY

SLICED VEGGIES,
CHEESE CUBES &
CRACKERS

TERIYAKI
CHICKEN, RICE &
BROCCOLI

FRUIT SALAD

CRACKERS &
FRUIT

TUESDAY

WHOLEMEAL
TOAST, AVOCADO
& SEASONAL FRUIT

TUNA BAKE WITH
HIDDEN VEGGIES

SLICED TOMATOES
WITH CHEESE &
SEASONAL FRUIT

VEGEMITE
SANDWICHES

WEDNESDAY

VEGAN YOGHURT
WITH SEASONAL
FRUIT

BEEF CHILLI WITH
VEGGIES

CHEESY FLATBREAD &
SLICED VEGGIES

DRIED FRUIT &
CHEESE

THURSDAY

MINI HASHBROWNS
WITH VEGGIE STICKS

ASSORTED SALAMI
& SALAD
SANDWICHES

FRUIT & VEG
PLATTER

MINI MUFFINS

FRIDAY

FRUIT PLATTER

ROAST CAPSICUM
PASTA

VEGAN BLUEBERRY
MUFFINS &
CARROT STICKS

FRUIT
SELECTION



2025 SPRING MENU

WEEK 3



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING TEA

VEGGIE STICKS &
CHEESE

VEGAN YOGHURT
WITH SEASONAL
FRUIT

VEGAN OVERNIGHT
OATS WITH
SEASONAL FRUIT

FRUIT PLATTER

MINI CROISSANTS
& SLICED
CUCUMBER

LUNCH

ASSORTED
SALAMI & SALAD
SANDWICHES

OVEN BAKED HOKI
WITH ROAST
VEGGIES

CHICKEN FRIED RICE
WITH VEGGIES

MIXED VEGGIE
PASTA WITH KEENS
CURRY

BEEF SALAMI &
CHEESE WRAPS
WITH SLICED APPLE

AFTERNOON TEA

FRUIT & VEG
PLATTER

VEGAN CHIA &
RASPBERRY LOAF
WITH SEASONAL
FRUIT

HUMMUS WITH
CARROT & CHEESE
STICKS

CORN CHIPS WITH
CORN COBS &
GUACAMOLE

FRUIT SALAD

LATE SNACK

CRACKERS &
FRUIT

VEGEMITE
SANDWICHES

DRIED FRUIT &
CHEESE

MINI MUFFINS

FRUIT
SELECTION

2025 SPRING MENU

WEEK 4



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING TEA

FRUIT PLATTER

CORN COBS &
VEGGIE STICKS

WHOLEMEAL TOAST,
VEGEMITE &
SEASONAL FRUIT

VEGAN YOGHURT &
SEASONAL FRUIT

WEETBIX WITH
SEASONAL FRUIT

LUNCH

CREAMY
MUSHROOM &
PEA PASTA

CRUMBED FISH
FILLETS WITH
MASHED POTATO
& BROCCOLI

CHICKEN & MIX
VEGGIE PASTA BAKE

RED THAI BEEF
CURRY WITH RICE

ASSORTED SALAMI
& SALAD
SANDWICHES

AFTERNOON TEA

VEGAN APPLE
MUFFINS & VEGGIE
STICKS

FRUIT & VEG
PLATTER

FRUIT SALAD

JAM SANDWICHES
& SEASONAL FRUIT

BEETROOT
HUMMUS WITH
BREAD ROLLS &
CUCUMBER

LATE SNACK

CRACKERS &
FRUIT

VEGEMITE
SANDWICHES

DRIED FRUIT &
CHEESE

MINI MUFFINS

FRUIT
SELECTION