

# Week One Menu

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Food	Fresh fruit and yoghurt	Raisin Toast and Fresh fruit	Bircher muesli and fresh fruit berry cups	fresh fruit platter	Cheese, crackers and fresh fruit
	Alternative	Coconut yoghurt and Fresh Fruit	GF/DF Raisin toast and fresh fruit	Oat flake Bircher with Coconut yoghurt	Fresh fruit	Bio Cheese and crackers
	Drink	Water or Milk	Water or Milk	Water or Milk	Water or Milk	Water or Milk
Lunch	Food	Vegetables, napoleon sauce and wholemeal pasta	Homemade Sausage Rolls with hidden vegetables	Spaghetti Bolognese with hidden veggies	Assorted Sandwiches <small>(fillings – roast chicken, roast beef, vegemite, jam, egg, avocado, tuna, cheese, wholemeal bread, rye bread, gluten free bread)</small>	Chicken Goujons and vegetables
	Alternative	Vegan/GF/DF Bread and fillings	GF/DF pastry and vegetable fillings	Vegan Cheese with GF/DF pastry	G/F D/F pasta	Quinoa Strips and freshly made sweet potato fries
	Drink	Water	Water	Water	Water	Water
Afternoon Tea	Food	Vanilla Shortbread and Milk	Banana and Raspberry Bread	Hummus, crackers and fresh fruit	Apple and Sultan Muffins	Custard and fresh fruit
	Alternative		GF/DF/Vegan Banana and Raspberry bread	Fresh Fruit	GF/DF/Vegan muffins	Coconut yoghurt and fresh fruit
	Drink	Water or Milk	Water or Milk	Water or Milk	Water or Milk	Water or Milk

- All Menu items are made from scratch from our qualified chef



# Menu Two

Week 2		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Food	Fresh fruit and veggie platter with freshly made Beetroot, hummus and Avocado dip	Freshly made hummus, crackers, cheese cubes and fruit	Fresh Blueberry pancakes	Fresh fruit Platter	Bake Beans on Toast
	Alternative	Fresh Fruit	Fruit	GF, DF, Vegan blueberry pancakes	Fruit/ yoghurt	GF, DF Bread and Fruit
	Drink	Water or Milk	Water or Milk	Water or Milk	Water or Milk	Water or Milk
Lunch	Food	Sweetcorn and zucchini fritters	<b>Assorted Sandwiches</b> (fillings – roast chicken, roast beef, vegemite, jam, egg, avocado, tuna, cheese, wholemeal bread, rye bread, gluten free bread)	<b>Soft Tacos with ground beef, corn salsa and guacamole</b>	<b>Fried Rice with egg</b>	<b>Spaghetti Bolognese with hidden vegetables</b>
	Alternative			G/F tacos	D/F egg free fried rice	GF/DF pasta with vegetables and sauce
	Drink	Water	Water	Water	Water	Water
Afternoon Tea	Food	<b>Cocoa and Raspberry Bliss Balls and Fresh fruit</b>	<b>Strawberry oat slice</b>	<b>Fresh Fruit platter</b>	<b>Sultana scones</b>	<b>Fresh fruit platter</b>
	Alternative	Fresh Fruit	DF/GF/Vegan strawberry slice		Vegan, DF/GF scones	
	Drink	Water or Milk	Water or Milk	Water or Milk	Water or Milk	Water or Milk



# Menu Three

Week 3		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Food	Fresh fruit and veggie sticks	Toasted Muesli, and yoghurt or Fresh fruit and yoghurt	Fresh fruit, Veggie sticks and assorted dips	Fresh Fruit platter	Raisin toast triangles and fresh fruit
	Alternative		GF, DF Muesli and Coconut yoghurt			GF/DF, Vegan apple and blueberry muffins
	Drink	Water or Milk	Water or Milk	Water or Milk	Water or Milk	Water or Milk
Lunch	Food	Fish Bites and Roasted Vegetables	Shepard's pie with hidden vegetables	Assorted Sandwiches <small>(fillings – roast chicken, roast beef, vegemite, jam, egg, avocado, tuna, cheese, wholemeal bread, rye bread, gluten free bread)</small>	Chicken, broccoli and pea Alfredo	Stir fry beef and broccoli with rice
	Alternative	Sandwiches	Vegetables and plain mince	Vegetarian stir fry	GF/DF, Vegan pasta with Quinoa strips	GF, DF, Rye bread sandwiches
	Drink	Water	Water	Water	Water	Water
Afternoon Tea	Food	Freshly made Sultana and oat Cookies	Freshly made Choc chip and Banana muffins	fresh fruit platter	Freshly made Weetbix Slice	Freshly made Carrot cake
	Alternative	GF, DF Sultana Cookies		GF/DF, vegan banana muffins	Fresh fruit	Fresh Fruit
	Drink	Water or Milk	Water or Milk	Water or Milk	Water or Milk	Water or Milk



# Menu Four

Week 4		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Food	Yoghurt and fruit	Fresh Fruit	Scrambled eggs on Toast	Fresh fruit platter	Custard and fresh fruit
	Alternative	Coconut yoghurt	Fresh fruit	Scrambled Tofu on Rye Bread	GF, DF Cheese, crackers and oranges	Fruit and coconut yoghurt
	Drink	Water or Milk	Water or Milk	Water or Milk	Water or Milk	Water or Milk
Lunch	Food	<b>Assorted Sandwiches</b> (fillings – roast chicken, roast beef, vegemite, jam, egg, avocado, tuna, cheese, wholemeal bread, rye bread, gluten free bread)	<b>Veg and Fetta Fritter (sweet potato, corn, spinach and fetta)</b>	<b>Spaghetti and chicken in tomato base salsa</b>	<b>Assorted Sushi</b>	<b>Beef and vegetable pie</b>
	Alternative	GF, DF, Vegan pasta with vegetarian mince meat balls	Sandwiches or wraps	Mixed vegetables and plain rice	GF, DF, Rye bread sandwiches	Vegan, GF, DF vegetable pie
	Drink	Water	Water	Water	Water	Water
Afternoon Tea	Food	<b>Anzac Biscuits and milk</b>	<b>Veggie and cheese savory muffins</b>	<b>Spiced pear loaf and fresh fruit</b>	<b>Fresh fruit platter</b>	<b>Fruit and oat cookies with sultanas, cranberries and apricots</b>
	Alternative					Fresh fruit
	Drink	Water or Milk	Water or Milk	Water or Milk	Water or Milk	Water or Milk