

WEEK 1 WINTER MENU



morning tea

lunch

afternoon tea

late snack

	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>
<i>morning tea</i>	baked beans on toast with cucumber & carrot sticks	Fruit Salad with natural yoghurt *Coconut yoghurt	Crackers, cheese and fruit	Rice thins, sliced cheese and carrot sticks	Jam sandwiches with fruit
<i>lunch</i>	Creamy mushroom pasta with peas & corn *Dairy Free white sauce	Beef meatballs with gravy and roast veggies *Soy based meatballs	Tuna Bake with broccoli and corn *Chickpeas/Beans	Lamb and veggie stew with mashed potato *five bean mix	Tandoori chicken with lentil rice and broccoli, carrots and green beans *Tofu
<i>afternoon tea</i>	Vegan Banana Cookies with fruit	Fruit, rice crackers and vegan onion dip	Vegan carrot cake cookies with cucumber sticks	Mini cheese pizza with fruit *Dairy fruit cheese	Apple and cinnamon muffin with veggie sticks
<i>late snack</i>	Cookies, vegemite crackers	Crackers, cheese cubes and dried fruit	Crackers and seasonal fruit	Vegemite sandwiches and veggie sticks	Muffin, carrot sticks and seasonal berries



WEEK 2 WINTER MENU



morning tea

lunch

afternoon tea

late snack

	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>
<i>morning tea</i>	Fruit Salad with natural yoghurt *Coconut yoghurt	Toasted Bagels with seasonal fruit	Sliced tomato, cheese and rice crackers *Dairy free cheese	Weetbix, milk and banana *Soy milk	Cinnamon scrolls with seasonal fruit
<i>lunch</i>	Miso Chicken with quinoa rice & Bok choy, carrots, corncob *Tofu	Baked Barra with Caesar salad *Baked potato	Vegetarian Lasagna (Eggplant, corn, lentils & zucchini) *Dairy free cheese	Mini beef burgers with roast sweet potatoes *Plant based mince	Pumpkin & chickpea soup with bread
<i>afternoon tea</i>	Vegemite sandwiches with carrot & cucumber sticks	Vegan oat biscuits with fruit salad	Vegan orange & poppy seed muffins with fruit	Cheese cubes, crackers and cucumber sticks	Sweet potato bread rolls with cucumber & carrot sticks
<i>late snack</i>	Seasonal fruit, crackers	Seasonal berries, sandwiches	Cheese cubes, dried fruits & crackers	Vegemite sandwiches and veggie sticks	Scrolls, seasonal fruit



WEEK 3 WINTER MENU

By Hayley Liao & Olivia Gluer-Brackenridge



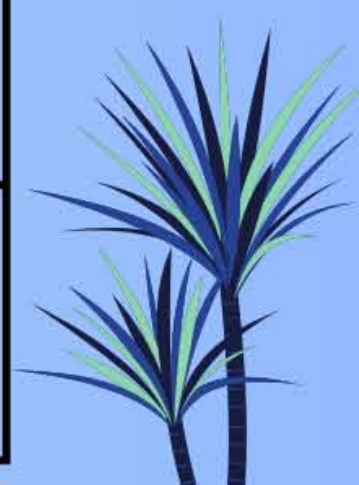
morning tea

lunch

afternoon tea

late snack

	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>
<i>morning tea</i>	Turkish bread with vegan butter & seasonal fruit	Seasonal fruit & cheese spread sandwiches *Vegemite	Fruit salad with natural yoghurt *Coconut yoghurt	Carrot & cucumber sticks, crackers & cheese *Dairy free cheese	Avo toast with seasonal fruit
<i>lunch</i>	Crumbed fish with mash potato, gravy, peas & carrots *Pan fried tofu	Hidden veggie nachos with sour cream & guac (Peas, corn, carrot & kidney beans) *Dairy free sour cream	Creamy chicken & veggies with rice (Broccoli, corn & peas) *Chickpeas *Dairy free white sauce	Red curry with potato, corn, peas & naan bread	Beef mince, peas, corn, zucchini & tomato gnocchi pasta *Chickpeas
<i>afternoon tea</i>	Plain natural yoghurt, chia seed cake with carrot & cucumber sticks *Coconut yoghurt	Vegan sultana cookies with milk and fruit	Baked pear & apple crumble with coconut milk ice cream	Seasonal fruit, cheese slices and crackers	Pita bread, cucumber & hummus dip
<i>late snack</i>	Seasonal fruit, toasted bread sticks	Cheese sandwiches, seasonal fruit	Fruit salad, crackers	Bread rolls, crackers & seasonal fruit	Dried fruits, sandwiches



WEEK 4 WINTER MENU



morning tea

lunch

afternoon tea

late snack

	<i>monday</i>	<i>tuesday</i>	<i>wednesday</i>	<i>thursday</i>	<i>friday</i>
<i>morning tea</i>	Raisin toast with seasonal fruit	Carrot & cucumber sticks, dip & crackers	Vegemite scrolls with seasonal fruit	Fruit salad with natural yoghurt *Coconut yoghurt	Mini croissants with carrot & cucumber sticks
<i>lunch</i>	Tortilla pizza (Tomato, corn, broccoli, bbq sauce & chicken) *Spinach/peas	Beef spaghetti bolognese with garlic bread *Plant based mince	Veggie mac 'n' cheese (peas, corn, cauliflower & carrot) *Dairy free white sauce	Broccoli & potato soup with bread rolls	Chicken schnitzels with baked potato, broccoli, carrot & peas *Tofu
<i>afternoon tea</i>	Chocolate banana bread with carrot & cucumber sticks	Vegan cinnamon muffins with seasonal fruit	Vegan Beetroot brownies with seasonal fruit	Cheese slices, tomato & carrot sticks	Fruit, cheese, carrot & cucumber sticks with onion dip
<i>late snack</i>	Seasonal fruit, raisin bread	Veggie sticks, rice thins	Dried fruits, vegemite sandwiches	Seasonal fruit, bread rolls	Cheese cubes, crackers

