

Spring / Summer Menu week - 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cereal Bar Fresh fruit platter	Cereal Bar Fresh fruit platter	Cereal Bar Fresh fruit platter	Cereal Bar Fresh fruit platter	Cereal Bar Fresh fruit platter
MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA
Yoghurt & berries plus fresh fruit platter	Wholemeal pikelets plus fresh fruit platter	Melted cheese toasted fingers plus fresh fruit platter	Fruit cake plus fresh fruit platter	Fruit smoothie plus fresh fruit platter
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
San choy bau (Pork or chicken Mince)	Chicken teriyaki with vegetables & brown rice	Carrot, zucchini, corn & parsnip frittata with salad	Tuna casserole with coleslaw	Beef stroganoff with couscous
VEGETARIAN OPTIONS	VEGETARIAN OPTIONS	VEGETARIAN OPTIONS	VEGETARIAN OPTIONS	VEGETARIAN OPTIONS
San choy bau (Tofu)	Teriyaki vegetable stir fry with brown rice	Vegetable stir fry with rice & salad	Pasta & cannellini bean casserole with coleslaw	Tofu stroganoff with couscous
AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA
Crackers, vegetable sticks & hummus plus fresh fruit platter	Sliced banana & custard plus fresh fruit platter	Crackers, vegetable sticks & corn relish dip plus fresh fruit platter	Poached fruit & jelly plus fresh fruit platter	Savoury cheese sticks plus fresh fruit platter
LATE SNACK	LATE SNACK	LATE SNACK	LATE SNACK	LATE SNACK
Rice cakes with cheese	Garlic bread	Cheesy scrolls	Cheesy scrolls	Rice cakes with cheese & Vegemite

Food will be available in between meals for children when required. Water is available to all children at all times throughout the day

Spring / Summer Menu week - 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cereal Bar Fresh fruit platter	Cereal Bar Fresh fruit platter	Cereal Bar Fresh fruit platter	Cereal Bar Fresh fruit platter	Cereal Bar Fresh fruit platter
MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA
Fruit smoothie plus fresh fruit platter	Coconut bread plus fresh fruit platter	Apple & banana bread plus fresh fruit platter	Cake plus fresh fruit platter	Yoghurt & berries plus fresh fruit platter
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
German Meatloaf (Faschierter Braten) with polenta & salad	Ricotta, spinach & tuna pasta	Beef nachos	Corn, pea, leek & parmesan risotto	Korma chicken pilaf with Greek yoghurt salsa
VEGETARIAN OPTIONS	VEGETARIAN OPTIONS	VEGETARIAN OPTIONS	VEGETARIAN OPTIONS	VEGETARIAN OPTIONS
Toasted wholemeal cheese & tomato fingers with salad	Ricotta & Spinach Pasta	Kidney bean nachos	-	Vegetable pilaf with Greek yoghurt salsa
AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA
Crackers, vegetable sticks, dip plus fresh fruit platter	Sultana slice plus fresh fruit platter	Apple & berry crumble plus fresh fruit platter	Greek yoghurt, berries plus fresh fruit platter	Crackers, vegetable sticks, hummus plus fresh fruit platter
LATE SNACK	LATE SNACK	LATE SNACK	LATE SNACK	LATE SNACK
Garlic bread	Cheesy scrolls	Raisin bread	Rice cakes with cheese & Vegemite	Cruskits with cheese & Vegemite

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Spring / Summer Menu week - 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cereal Bar Fresh fruit platter	Cereal Bar Fresh fruit platter	Cereal Bar Fresh fruit platter	Cereal Bar Fresh fruit platter	Cereal Bar Fresh fruit platter
MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA
Fruit smoothie plus fresh fruit platter	Apple & banana bread plus fresh fruit platter	Yoghurt & berries plus fresh fruit platter	Sultana slice plus fresh fruit platter	Wholemeal toast fingers with cheese & Vegemite plus fresh fruit platter
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Sandwiches with choice of cheese, cold meats, tuna & salads	Chicken, vegetable & noodle stir fry	Chilli con carne with brown rice	Tuna casserole with salad	Corn, pea, leek & parmesan risotto
VEGETARIAN OPTIONS	VEGETARIAN OPTIONS	VEGETARIAN OPTIONS	VEGETARIAN OPTIONS	VEGETARIAN OPTIONS
-	Tofu, vegetable & noodle stir fry	Tofu chilli con carne with brown rice	Pasta & cannellini bean casserole with coleslaw	-
AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA
Crackers, vegetable sticks & corn relish dip plus fresh fruit platter	Savoury cheese sticks plus fresh fruit platter	Crackers, vegetable sticks & hummus plus fresh fruit platter	Cheese, dried fruit & crackers plus fresh fruit platter	Fruit cake plus fresh fruit platter
LATE SNACK	LATE SNACK	LATE SNACK	LATE SNACK	LATE SNACK
Cheesy scrolls	Rice cakes with cheese & Vegemite	Cruskits with cheese & Vegemite	Garlic bread	Raisin bread

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Spring / Summer Menu week - 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cereal Bar Fresh fruit platter	Cereal Bar Fresh fruit platter	Cereal Bar Fresh fruit platter	Cereal Bar Fresh fruit platter	Cereal Bar Fresh fruit platter
MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA
Wholemeal pikelets plus fresh fruit platter	Yoghurt & berries plus fresh fruit platter	Coconut bread plus fresh fruit platter	Fruit smoothie plus fresh fruit platter	Apple & banana bread plus fresh fruit platter
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Spinach pesto pasta	Corn, pea, leek & parmesan risotto	Beef stroganoff with couscous	Korma chicken pilaf with Greek yoghurt salsa	Tuna, ricotta & spinach pasta
VEGETARIAN OPTIONS	VEGETARIAN OPTIONS	VEGETARIAN OPTIONS	VEGETARIAN OPTIONS	VEGETARIAN OPTIONS
-	-	Tofu stroganoff with couscous	Vegetable pilaf with Greek yoghurt salsa	Ricotta & spinach pasta
AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA
Cheese, dried fruit & crackers plus fresh fruit platter	Crackers, vegetable sticks & hummus plus fresh fruit platter	Cheesy scrolls plus fresh fruit platter	Crackers, vegetable sticks & French onion dip plus fresh fruit platter	Sultana slice plus fresh fruit platter
LATE SNACK	LATE SNACK	LATE SNACK	LATE SNACK	LATE SNACK
Raisin bread	Cheesy scrolls	Cruskits with cheese & Vegemite	Garlic bread	Rice cakes with cheese & Vegemite

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