

Our Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Bircher muesli with berries and honey	Baked beans, poached egg and toast	Vanilla semolina custard with poached fruit	Fresh Seasonal Fruit	Hot English muffin with cheese and tomato
Lunch	Pumpkin, potato, and vegetable curry with steamed rice	Beef, chicken, vegetable puff pastry pasties with sauce	Assorted wraps and sandwiches	Vegetable Stir fry with noodles	Beef or vegetable lasagne
Afternoon Tea	Banana cake with coconut cream	Fresh Seasonal Fruit	Dips with vegetable sticks and crackers	Assorted biscuits	Fresh Seasonal Fruit

Water is offered to children throughout the day

Our Menu – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh Seasonal Fruit	Fruit toast with jam and honey	Banana pancakes with maple syrup	Poached egg with toast and tomato	Fresh Seasonal Fruit
Lunch	Savoury vegetable fritters with tomato salsa	Teriyaki chicken/tofu and vegetable bowls with rice	Potato gratin with beef or vegetables	Beef/chicken sausages with peas, pumpkin and roast carrot and gravy	Assorted salad wraps and sandwiches
Afternoon Tea	Coconut oat and apricot slice	Seasonal melon with cheese and cruskits	Fresh Seasonal Fruit	Pumpkin and sultana scones	Ginger, date and fruit biscuits

Water is offered to children throughout the day

Our Menu – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Vegemite & cheese puff scrolls Cheese & jam puff scrolls	Cheese, crackers and dried fruit	Seasonal fresh fruit	Pikelets w/honey	Fresh fruit salad w/ yoghurt
Lunch	Bean ragu w/ warm pita bread	Butter chicken and veggie w/ steamed rice *Tofu as vegetarian option	Vegetable alfredo w/ pasta	Assorted wraps & sandwiches	Pumpkin & spinach lasagne
Afternoon Tea	Seasonal fresh fruit	Apple, raspberry and pear sponge cake	Vanilla short bread	Seasonal fresh fruit	Berry & oat slice w/ custard

Water is offered to children throughout the day

Our Menu – Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh seasonal fruit	Assorted fruit and custard danishes	Fresh seasonal fruit salad w/ toasted honey oats	Raisin toast w/butter	Fresh seasonal fruit
Lunch	Savoury fried rice w/ vegetables	Assorted wraps & sandwiches	Chicken & pea Marengo w/ penne pasta	Chicken & vegetable pies w/ sauce	Homemade potato wedges w/ Mexican beef & beans
Afternoon Tea	Mixed berry cupcakes	Fresh seasonal fruit	Cheese, crackers & dried fruit	Fresh seasonal fruit	Fruit & oat cookies

Water is offered to children throughout the day