

Week 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Morning
Tea**

Fresh fruit platter and yoghurt with milk and water

Fresh fruit platter and yoghurt with milk and water

Fresh fruit platter and yoghurt with milk and water

Fresh fruit platter and yoghurt with milk and water

Fresh fruit platter and yoghurt with milk and water

Lunch

Sausages with Mashed Potato and Vegetables

Butter Chicken, green beans and rice

Sandwiches
Ham, vegemite, salad, cheese, baked beans, egg, avocado, chicken etc

Cheesy Mushroom and Pesto Risoni Bake

Lasagne bake

**Afternoon
Tea**

Fresh fruit, crackers, cheese, carrot sticks and hummus

Fresh fruit, with savoury muffins

Fruity Dream Sorbet

Fresh fruit, with pikelets

Fresh fruit, crackers, cheese, carrot sticks and hummus

Week 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Morning
Tea**

Fresh fruit
platter and yo-
ghurt with
milk and water

Fresh fruit
platter and
yoghurt
with milk and
water

Fresh fruit plat-
ter and
yoghurt
with milk and
water

Fresh fruit
platter and
yoghurt
with milk and
water

Fresh fruit
platter and
yoghurt
with milk and
water

Lunch

Chicken
Cacciatore
with rice

Sandwiches
Ham, vegemite,
salad, cheese,
baked beans, egg,
avocado, chicken

Spaghetti
Bolognaise

Beef Chow Mein
with noodles
and vegetables

Macaroni and
cheese with
vegetables

**Afternoon
Tea**

Fresh fruit,
crackers,
cheese, carrot
sticks and
hummus

Fresh fruit,
with savoury
muffins

Fruity Dream
Sorbet

Fresh fruit,
with pikelets

Fresh fruit,
crackers,
cheese, carrot
sticks and
hummus

Week 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Morning
Tea**

Fresh fruit
platter and yo-
ghurt with
milk and water

Fresh fruit
platter and
yoghurt
with milk and
water

Fresh fruit plat-
ter and
yoghurt
with milk and
water

Fresh fruit
platter and
yoghurt
with milk and
water

Fresh fruit
platter and
yoghurt
with milk and
water

Lunch

Vegetarian
Biryani

Ham, Cheese
and vegetable
Pizza on
Turkish pide
bread

Creamy
Salmon Bake
with Vegetables

Assorted
Sandwiches
vegemite, salad,
cheese, baked
bean, avocado,
chicken,
spaghetti etc.

Beef and
Mushroom Pie

**Afternoon
Tea**

Fresh fruit,
crackers,
cheese, carrot
sticks and
hummus

Fresh fruit,
home made
scones

Fresh fruit,
corn thins with
spreads

Fresh fruit,
vegemite scrolls

Fresh fruit,
crackers,
cheese, carrot
sticks and
hummus



Risotto



Chicken Meatballs



Beef Chow Mein