

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast					
Morning Tea	Toast and tinned spaghetti Seasonal Fresh Fruit Platter	Raisin toast Seasonal Fresh Fruit Platter	Blueberry and banana bread Seasonal Fresh Fruit Platter	Cheese and vegemite pinwheels Seasonal Fresh Fruit Platter	Greek yoghurt and tinned fruit
Beverage	Milk	Milk	Milk	Milk	Milk
Lunch <i>Meat or Alternative (all beef and chicken is Halal certified)</i>	Mixed sandwiches and side salad <i>Roast beef, chicken, tuna and cheese</i>	Chicken and vegetable carbonara with pasta Served with a salad of tomato, cucumber and capsicum <i>Chicken</i>	Beef Stroganoff and rice <i>Beef</i>	Spaghetti and meatballs <i>Beef</i>	Homemade pizza muffins with side salad <i>Ham, beef, chicken</i>
Pasta, rice or Bread	Bread	Pasta	Rice	Pasta	Bread
Vegetable	lettuce, tomato, cucumber, capsicum	Mushroom, cauliflower, sweet potato, pumpkin	Mushrooms, zucchini, carrot, capsicum, sweet potato, spinach and lentils	Mushrooms, zucchini, carrot, capsicum, spinach	Tomato, carrot, lettuce, cucumber, capsicum
Nursery Room 1					
Beverage	Water	Water	Water	Water	Water
Afternoon Tea	Veggie dip, wholegrain crackers Veggie Stick and fresh fruit Platter	Fruit sponge pudding and custard Fresh fruit	Frozen watermelon, oranges, and Greek yoghurt	Wattleseed, date and coconut slice Fresh Fruit Platter	Cheese and wholegrain crackers Fresh Fruit & Vegetable Sticks
Beverage	Water	Water	Water	Water	Water
Late Afternoon Snack					

- Note:
1. All recipes come from Healthy Kids: Caring for Children Birth – 5yrs Manual
 2. Baking contains reduced sugar, good fats and often chia seeds as egg substitute
 3. Fresh Fruit platters of seasonal fruits incl berries, banana, pear, apple, mandarin, orange, watermelon, rockmelon

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Breakfast Weetbix, Fruitybix or wholegrain Cheerios served with milk.				
Morning Tea	Raisin Bread Fresh fruit platter	Apple and sultana slice Seasonal Fresh Fruit Platter	Cheese and wholegrain crackers Dried and fresh fruit	Greek yoghurt and fresh fruit salad	Baked beans and toast Fresh fruit
Beverage	Milk	Milk	Milk	Milk	Milk
Lunch <i>Meat or Alternative (all beef and chicken is Halal certified)</i>	Beef Nachos and rice <i>Beef and pulses</i>	Fish finger tacos Served with a salad of tomato, cucumber, lettuce, beetroot, capsicum and carrot <i>Fish</i>	Savoury mince and new potatoes Served with a salad of tomato, cucumber and capsicum <i>Beef</i>	Vegetarian spaghetti bolognese Served with a salad of tomato, cucumber and capsicum <i>Lentils</i>	<i>Grazing platter of cold meats, dips, salad and wholegrain crackers</i> <i>Roast Beef, Ham, chicken</i>
Pasta, rice or Bread	Rice	Bread		Pasta	Bread
Vegetable	Kidney beans, capsicum tomato, carrot, zucchini, mushroom	Tomato, lettuce, beetroot cucumber, carrot	Zucchini, mushrooms, peas, carrot, corn	Lentils Spinach, carrot, capsicum, corn, mushroom, zucchini	Lettuce, Tomato, cucumber, Carrot, beetroot
Nursery Room 1	Our Nursery room shall be offered a variety of vegetable /protein mash at each lunch service. Appropriate variety of meal texture modifications will apply. Eg: Purees or mashed.				
Beverage	Water	Water	Water	Water	Water
Afternoon Tea	Veggie Dip and wholegrain crackers Fresh Fruit and veggie stick Platter	Greek yoghurt and tinned fruit	Dried Apricot, muesli and oat slice Fresh fruit platter	Sweet potato, pumpkin and zucchini bread Fresh fruit Platter	Cheese and vegemite mixed sandwiches Fresh fruit platter
Beverage	Water	Water	Water	Water	Water
Late Afternoon Snack	Assorted sandwiches/Rice cakes and dried fruits incl sultanas and dried apricots				

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Breakfast Weetbix, Fruitybix or wholegrain Cheerios served with milk.				
Morning Tea	Greek yoghurt, mixed berries and toasted muesli	Cheese and wholegrain crackers Fresh fruit and veggie stick platter	Tinned Baked Beans and toast Fresh Fruit platter	Tomato and cheese scrolls Seasonal Fresh Fruit Platter	Raisin bread Seasonal Fresh Fruit Platter
Beverage	Milk	Milk	Milk	Milk	Milk
Lunch <i>Meat or Alternative (all beef and chicken is Halal certified)</i>	Moroccan Lamb and Apricots and rice <i>Lamb</i>	<i>Chicken tacos</i> Served with a salad of tomato, cucumber and capsicum <i>Chicken and pulses</i>	Mixed sandwiches and side salad <i>Roast beef, turkey, tuna, cheese</i>	Macaroni cheese and broccoli veg bake Served with a salad of tomato, cucumber and capsicum	Spaghetti and hidden veg bolognese <i>Beef</i>
Pasta, rice or Bread	Rice	Bread	Bread	Pasta	Pasta
Vegetable	Sweet potato, pumpkin, Chickpeas, peas, zucchini, capsicum	Kidney beans, lettuce, tomato, cucumber, carrot, spinach, cheese	Lettuce, beetroot, cucumber, carrot, tomato	Mushroom, zucchini, cauliflower, spinach, tomato, broccoli, carrot	Tomato, carrot, zucchini, lentils, capsicum, mushroom, spinach
Nursery Room 1	Our Nursery room shall be offered a variety of vegetable /protein mash at each lunch service. Appropriate variety of meal texture modifications will apply. Eg: Purees or mashed.				
Beverage	Water	Water	Water	Water	Water
Afternoon Tea	Carrot, sultana and zucchini bread Fresh Fruit Platter	Mixed spread sandwiches Fresh fruit Platter	Greek yoghurt and tinned fruit	Hummus crackers and veggie sticks. Dried fruit	Lemon and blueberry slice Fresh Fruit Platter
Beverage	Water	Water	Water	Water	Milk
Late Afternoon Snack	Assorted sandwiches/Rice cakes and dried fruits incl sultanas and dried apricots				

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WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Breakfast Weetbix, Fruitybix or wholegrain Cheerios served with milk.				
Morning Tea	Pineapple and coconut slice Seasonal Fresh Fruit Platter	Mixed spread sandwiches Seasonal Fresh Fruit Platter	Raisin Bread Seasonal Fresh Fruit Platter	Greek Yoghurt, mixed berries, toasted muesli	Banana Bread Fresh fruit platter
Beverage	Milk	Milk	Milk	Milk	Milk
Lunch <i>Meat or Alternative (all beef and chicken is Halal certified)</i>	<i>Beef sausage sandwiches and baked beans</i> <i>Beef</i>	Irish Lamb stew and potatoes Wholemeal bread triangles <i>Lamb</i>	Apricot Chicken and rice Served with a salad of tomato, cucumber and capsicum <i>Chicken</i>	Hawaiian pork meatballs and rice Served with a salad of tomato, cucumber and capsicum <i>Pork</i>	Assortment of mixed sandwiches <i>Roast beef, chicken, tuna</i>
Pasta, rice or Bread	Bread		Rice	Rice	Bread
Vegetable		Potato, carrot, onions, lentils, spinach	Chick peas, Sweet potato, capsicum, spinach, zucchini	Capsicum, mushrooms, carrot, tomato, zucchini, spinach	Cheese, lettuce, tomato, cucumber, beetroot
Nursery Room 1	Our Nursery room shall be offered a variety of vegetable /protein mash at each lunch service. Appropriate variety of meal texture modifications will apply. Eg: Purees or mashed.				
Beverage	Water	Water	Water	Water	Water
Afternoon Tea	Cheese and Crackers Veggie sticks and Fresh Fruit Platter	Greek yoghurt and tinned fruit	Pita chips and hummus Veggie sticks and dried fruit	Mixed cheese and vegemite sandwiches Fresh fruit Platter	Veggie dip, wholegrain crackers Fresh fruit platter
Beverage	Water	Water	Milk	Water	Water
Late Afternoon Snack	Assorted sandwiches/Rice cakes and dried fruits incl sultanas and dried apricots				

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