



menu



Cranbourne West

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholemeal toast with choice of Vegemite or Cream Cheese Cereal – Weet-Bix, Cornflakes or Rice Bubbles with full cream	Wholemeal toast with choice of Vegemite or Cream Cheese Cereal – Weet-Bix, Cornflakes or Rice Bubbles with full cream	Wholemeal toast with choice of Vegemite or Cream Cheese Cereal – Weet-Bix, Cornflakes or Rice Bubbles with full cream	Wholemeal toast with choice of Vegemite or Cream Cheese Cereal – Weet-Bix, Cornflakes or Rice Bubbles with full cream	Wholemeal toast with choice of Vegemite or Cream Cheese Cereal – Weet-Bix, Cornflakes or Rice Bubbles with full cream
Morning Tea	Seasonal fruit platter served with milk and/or water.	Seasonal fruit platter served with milk and/or water.	Seasonal fruit platter served with milk and/or water.	Seasonal fruit platter served with milk and/or water.	Seasonal fruit platter served with milk and/or water.
Lunch	Yellow rice with Chicken curry Chicken, curry powder, onion, garlic, coconut milk, mixed vegetables	Salmon and green bean Linguine Salmon, tomato, vegetable stock, parsley, garlic, green beans	Beef and Vegetable Stir Fry with Rice Halal Beef, Seasoned Vegetables, Beef Stock, Onion, Garlic, Rice	Lamb Chow Mein Lamb, soy sauce, tomato sauce, seasoned vegetables, Singapore noodles, cabbage, vegetable stock, garlic, pepper.	Pumpkin Soup with Wholemeal Bread. Pumpkin, cornflour, butter, pepper, vegetable stock, Wholemeal Bread.
Afternoon Tea	Mini Pizzas	Banana Cake	Assorted Sandwiches	Freshly made custard and Fresh Fruits	Cinnamon Muffins
Late Snack	Cheese, crackers and vegetable sticks	Cheese, crackers and vegetable sticks	Cheese, crackers and vegetable sticks	Cheese, crackers and vegetable sticks	Cheese, crackers and vegetable sticks

Water is available to children throughout the day



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Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholemeal toast with choice of Vegemite or Cream Cheese Cereal – Weet-Bix, Cornflakes or Rice Bubbles with full cream	Wholemeal toast with choice of Vegemite or Cream Cheese Cereal – Weet-Bix, Cornflakes or Rice Bubbles with full cream	Wholemeal toast with choice of Vegemite or Cream Cheese Cereal – Weet-Bix, Cornflakes or Rice Bubbles with full cream	Wholemeal toast with choice of Vegemite or Cream Cheese Cereal – Weet-Bix, Cornflakes or Rice Bubbles with full cream	Wholemeal toast with choice of Vegemite or Cream Cheese Cereal – Weet-Bix, Cornflakes or Rice Bubbles with full cream
Morning Tea	Seasonal fruit platter served with milk and/or water.	Seasonal fruit platter served with milk and/or water.	Seasonal fruit platter served with milk and/or water.	Seasonal fruit platter served with milk and/or water.	Seasonal fruit platter served with milk and/or water.
Lunch	Chicken Noodle Soup Halal Chicken, Fusilli pasta, Cornflour, Lemon Juice, Pepper, chicken stock, onion, carrot, celery	Beef Fried Rice Halal Beef, Rice, Beef Stock, Seasonal Vegetables	Tuna & Broccoli Mac & Cheese Macaroni, Broccoli, Tuna, Milk, Cheese, Vegetable Stock, Parsley	Beef & Vegetable Hot Pot with Mash Beef, Seasonal Vegetables, Potatoes, vegetable stock	Butter Beans & Vegetable Pasta Butter beans, seasonal vegetables, penne pasta, tomatoes, vegetable stock, Italian herbs
Afternoon Tea	Banana Coconut Muffins	Cheese Toasties	Cheesy Filo Triangle	Yoghurt w Muesli	Hommus Dip with veggie sticks and rice crackers
Late Snack	Cheese, crackers and vegetable sticks	Cheese, crackers and vegetable sticks	Cheese, crackers and vegetable sticks	Cheese, crackers and vegetable sticks	Cheese, crackers and vegetable sticks

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Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholemeal toast with choice of Vegemite or Cream Cheese Cereal – Weet-Bix, Cornflakes or Rice Bubbles with full cream	Wholemeal toast with choice of Vegemite or Cream Cheese Cereal – Weet-Bix, Cornflakes or Rice Bubbles with full cream	Wholemeal toast with choice of Vegemite or Cream Cheese Cereal – Weet-Bix, Cornflakes or Rice Bubbles with full cream	Wholemeal toast with choice of Vegemite or Cream Cheese Cereal – Weet-Bix, Cornflakes or Rice Bubbles with full cream	Wholemeal toast with choice of Vegemite or Cream Cheese Cereal – Weet-Bix, Cornflakes or Rice Bubbles with full cream
Morning Tea	Seasonal fruit platter served with milk and/or water.	Seasonal fruit platter served with milk and/or water.	Seasonal fruit platter served with milk and/or water.	Seasonal fruit platter served with milk and/or water.	Seasonal fruit platter served with milk and/or water.
Lunch	Lamb Pizza Halal Lamb, Pita Bread, Herbs, Cheese, Pepper, Tomato Paste	Creamy Rose Tuna Fettuccini Fettuccini, Tomato, Basil, Vegetable Stock, Chickpeas	Beef w Broccoli & Noodles Halal Beef, Broccoli, Singapore Noodles, Beef Stock, Pepper	Spinach & Ricotta Bake Spinach and Ricotta Penne, Cheese, Vegetable Stock, Tomatoes, Pepper	Butter Chicken w Rice Halal Chicken, Coconut Milk, Chicken Stock, Onion, Garlic, Rice, Pepper
Afternoon Tea	Scones w Strawberry Jam	Raisin Bread with Butter	Rice Bubble Slice	Corn Thins with Cream Cheese and vegemite	Fruit Cake
Late Snack	Cheese, crackers and vegetable sticks	Cheese, crackers and vegetable sticks	Cheese, crackers and vegetable sticks	Cheese, crackers and vegetable sticks	Cheese, crackers and vegetable sticks

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Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholemeal toast with choice of Vegemite or Cream Cheese Cereal – Weet-Bix, Cornflakes or Rice Bubbles with full cream	Wholemeal toast with choice of Vegemite or Cream Cheese Cereal – Weet-Bix, Cornflakes or Rice Bubbles with full cream	Wholemeal toast with choice of Vegemite or Cream Cheese Cereal – Weet-Bix, Cornflakes or Rice Bubbles with full cream	Wholemeal toast with choice of Vegemite or Cream Cheese Cereal – Weet-Bix, Cornflakes or Rice Bubbles with full cream	Wholemeal toast with choice of Vegemite or Cream Cheese Cereal – Weet-Bix, Cornflakes or Rice Bubbles with full cream
Morning Tea	Seasonal fruit platter served with milk and/or water.	Seasonal fruit platter served with milk and/or water.	Seasonal fruit platter served with milk and/or water.	Seasonal fruit platter served with milk and/or water.	Seasonal fruit platter served with milk and/or water.
Lunch	Spaghetti Bolognese Onion, Celery, Garlic, Carrots, Mixed herbs, Diced tomatoes, Tomato paste, Spaghetti, Mince beef	Pumpkin Risotto Pumpkin, Rice, Vegetable Stock, Onion, Parmesan cheese, Nuttalex	Tuna, Cherry Tomato, Spinach & Feta Pasta Spiral pasta, Cherry Tomatoes, Tuna, Feta, Olive oil, Garlic Italian herbs	Chicken Chow Mein Onion, Celery, Mix vegetables, White cabbage, Mixed beans, Noodles, Chicken stock	Beef w Broccoli & Rice Halal Beef, Broccoli, Rice, Beef Stock, Pepper
Afternoon Tea	Pancakes with mixed berry coulis	Date loaf with fruits	Beetroot & Hommus dip with crackers & vegetable sticks	Yoghurt & banana	Assorted sandwiches with fruit
Late Snack	Cheese, crackers and vegetable sticks	Cheese, crackers and vegetable sticks	Cheese, crackers and vegetable sticks	Cheese, crackers and vegetable sticks	Cheese, crackers and vegetable sticks

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