



Autumn / Winter sample - MENU WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Breakfast is available from 7:30am until 8:30am every day Wholemeal toast with vegemite, Weetbix/Corn Flakes/Rice Bubbles and choice of water or milk	Breakfast is available from 7:30am until 8:30am every day Wholemeal toast with vegemite, Weetbix/Corn Flakes/Rice Bubbles and choice of water or milk	Breakfast is available from 7:30am until 8:30am every day Wholemeal toast with vegemite, Weetbix/Corn Flakes/Rice Bubbles and choice of water or milk	Breakfast is available from 7:30am until 8:30am every day Wholemeal toast with vegemite, Weetbix/Corn Flakes/Rice Bubbles and choice of water or milk	Breakfast is available from 7:30am until 8:30am every day Wholemeal toast with vegemite, Weetbix/Corn Flakes/Rice Bubbles and choice of water or milk
MORNING TEA	Seasonal Fresh Fruit & Raw Vegetable Platter & Dried Apricots Ham and Cheese Pizza Scrolls	Seasonal Fresh Fruit & Raw Vegetable Platter & Dried Sultanas Toasted English muffins topped with Cheese & Tomato	Seasonal Fresh Fruit & Raw Vegetable Platter & Dried Apricots Wholemeal Crackers topped with Smashed Avocado, Cherry Tomatoes & Cucumber	Seasonal Fresh Fruit & Raw Vegetable Platter & Dried Sultanas Toasted Crumpets with Vegemite	Seasonal Fresh Fruit & Raw Vegetable Platter & Dried Apricots Toasted Lebanese bread with House made Hummus
LUNCH	Tuscan Beef Casserole Diced beef, onion, potatoes, carrots, peas, mushrooms, butter beans, red lentils	Mexican Beef Balls & Bean Sauce Minced beef, kidney beans, tomato, red capsicum, brown rice	Vegetable & Lentil Bolognaise Lentils, onions, zucchini, carrot, shredded cheese, tomatoes, wholemeal pasta	Minced Beef Stroganoff Lentils, onions, zucchini, carrot, shredded cheese, tomatoes, wholemeal pasta	Sweet Chicken, Vegetables & Pasta Chicken Breast, onions, carrots, green beans, peas, red capsicum
AFTERNOON TEA	Seasonal Fresh Fruit & Raw Vegetable Platter & Dried Sultanas Banana Bread	Seasonal Fresh Fruit & Raw Vegetable Platter & Dried Apricots Honey, Oat & Banana Muffins	Seasonal Fresh Fruit & Raw Vegetable Platter & Dried Sultanas Wholemeal Cheese Scones	Seasonal Fresh Fruit & Raw Vegetable Platter & Dried Apricots Weetbix Slice	Seasonal Fresh Fruit & Raw Vegetable Platter & Dried Sultanas Date Loaf

A late snack of fresh and dried fruit and rice crackers is served every afternoon around 5:15pm. On some occasions, such as hot days, frozen oranges or fruit ice blocks may also be served. Water is also provided at this time, as well as always made available inside and outside throughout the day.