

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix, Cornflakes & Rice bubbles Toast with assorted spreads Milk & water	Weetbix, Cornflakes & Rice bubbles Toast with assorted spreads Milk & water	Weetbix, Cornflakes & Rice bubbles Toast with assorted spreads Milk & water	Weetbix, Cornflakes & Rice bubbles Toast with assorted spreads Milk & water	Weetbix, Cornflakes & Rice bubbles Toast with assorted spreads Milk & water
Morning Tea	Vanilla Greek yoghurt with berries & toasted muesli	Watermelon slices, cheese cubes & water crackers	Rainbow fruit salad served with milk	Cheese cubes, sultanas, banana chips & water crackers	Fresh fruit platter
Lunch	Cajun fish served with carrots & broccoli over rice  Apple slices	Tangy lemon chicken served with vegie fried rice  Pear slices	Creamy parmesan mushroom pasta with broccoli & cauliflower  Apples slices	Black bean beef served with vegie fried rice  Pear slices	Moroccan chicken & potatoes served with spiced vegie couscous  Apple slices
Vegetarian Lunch	Cajun fried beans served with carrots & broccoli over rice  Apple slices	Tangy lemon tofu served with vegie fried rice  Pear slices	Creamy parmesan mushroom pasta with broccoli & cauliflower  Apple slices	Black bean tofu served with vegie fried rice  Pear slices	Moroccan chickpeas & potatoes served with spiced vegie couscous  Apple slices
Afternoon Tea	Homemade hummus with carrot & cucumber sticks & water crackers	Cheese toasties served with milk	Blueberry yoghurt loaf	Tzatziki served with cucumber sticks & pita bread	Apple & cinnamon tea cake served with milk
Late Snack	Pear slices	Carrot & cucumber sticks	Cantaloupe cubes	Carrot & cucumber sticks	Banana pieces

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix, Cornflakes & Rice bubbles Toast with assorted spreads Milk & water	Weetbix, Cornflakes & Rice bubbles Toast with assorted spreads Milk & water	Weetbix, Cornflakes & Rice bubbles Toast with assorted spreads Milk & water	Weetbix, Cornflakes & Rice bubbles Toast with assorted spreads Milk & water	Weetbix, Cornflakes & Rice bubbles Toast with assorted spreads Milk & water
Morning Tea	Toasted raisin bread triangles served with milk	Greek vanilla yoghurt with berries & toasted muesli	Cheese cubes, sultanas & water crackers served with milk	Rainbow fruit salad served with milk	Wholemeal toast with assorted spreads served with milk
Lunch	Classic beef shepherd's pie  Apple slices	Spanish vegetarian paella  Pear slices	French chicken casserole served with green beans & rice  Apples slices	Lamb kofta served with cucumber & couscous salad with mint yoghurt  Pear slices	Salmon & potato patties served with green beans & broccoli  Apple slices
Vegetarian Lunch	Vegetarian shepherd's pie  Apple slices	Spanish vegetarian paella  Pear slices	French mushroom casserole served with green beans & rice  Apple slices	Falafels served with cucumber & couscous salad with mint yoghurt  Pear slices	Sweet potato patties served with green beans & broccoli  Apple slices
Afternoon Tea	Carrot, cucumber & celery sticks served with cream cheese	Homemade cheese & herb scones	Pizza scrolls	Raspberry yoghurt loaf	Carrot & cucumber sticks served with rice crackers & spinach dip
Late Snack	Watermelon slices	Carrot & cucumber sticks	Cantaloupe cubes	Carrot & cucumber sticks	Banana pieces

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix, Cornflakes & Rice bubbles Toast with assorted spreads Milk & water	Weetbix, Cornflakes & Rice bubbles Toast with assorted spreads Milk & water	Weetbix, Cornflakes & Rice bubbles Toast with assorted spreads Milk & water	Weetbix, Cornflakes & Rice bubbles Toast with assorted spreads Milk & water	Weetbix, Cornflakes & Rice bubbles Toast with assorted spreads Milk & water
Morning Tea	Rainbow fruit salad served with milk	Fresh fruit platter	Cheese cubes, sultanas, banana chips & water crackers	Rainbow fruit salad served with milk	Vanilla Greek yoghurt with berries & toasted muesli
Lunch	Irish style lamb stew served with rice  Apple slices	Creamy tuna pasta bake  Pear slices	Sautéed beef with spinach, mushrooms and lemon served over steamed rice  Apples slices	Black bean chilli con carne served with couscous  Pear slices	Cajun chicken & broccoli pasta  Apple slices
Vegetarian Lunch	Irish style potato stew served with rice  Apple slices	Creamy vegetarian pasta bake  Pear slices	Sautéed spinach, mushrooms and lemon served over steamed rice  Apple slices	Black bean chilli con carne served with couscous  Pear slices	Cajun broccoli & cauliflower pasta  Apple slices
Afternoon Tea	Strawberry yoghurt loaf	Carrot, cucumber & celery sticks with French onion dip & water crackers	Cheese, ham & tomato toasties served with milk	Cheese & vegemite scrolls	Banana bread
Late Snack	Cantaloupe cubes	Carrot & cucumber sticks	Pear slices	Carrot & cucumber sticks	Apple pieces

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix, Cornflakes & Rice bubbles Toast with assorted spreads Milk & water	Weetbix, Cornflakes & Rice bubbles Toast with assorted spreads Milk & water	Weetbix, Cornflakes & Rice bubbles Toast with assorted spreads Milk & water	Weetbix, Cornflakes & Rice bubbles Toast with assorted spreads Milk & water	Weetbix, Cornflakes & Rice bubbles Toast with assorted spreads Milk & water
Morning Tea	Cheese cubes, sultanas & water crackers served with milk	Rainbow fruit salad served with milk	Vanilla Greek yoghurt with berries & toasted muesli	Toasted raisin bread served with milk	Fresh fruit platter served with milk
Lunch	Stir-fried Asian greens served with noodles  Apple slices	Spaghetti beef Bolognese  Pear slices	Lamb & chickpea curry served over steamed rice  Apples slices	Mexican chicken burrito bowls  Pear slices	Beef stroganoff served with pasta  Apple slices
Vegetarian Lunch	Stir-fried Asian greens served with noodles  Apple slices	vegetarian spaghetti Bolognese  Pear slices	Chickpea & potato curry served over steamed rice  Apple slices	Mexican kidney bean burrito bowls  Pear slices	Mushroom stroganoff served with pasta  Apple slices
Afternoon Tea	Spinach, feta & olive loaf	Pizza scrolls	Cheese cubes, watermelon slices & rice crackers	Cheese & vegemite scrolls served with milk	Carrot, cucumber & celery sticks served with tzatziki & water crackers
Late Snack	Pineapple pieces	Carrot & cucumber sticks	Pear slices	Carrot & cucumber sticks	Apple pieces