


Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Fruit and yoghurt	Fruit toast and milo	Fruit and yoghurt	Piklets, jam & milk	Fruit and yoghurt
LUNCHE	Beef Bolognese & pasta	Butter Chicken & rice	Veggie Patties	Fried rice	Homemade chicken nuggets & wedges
AFTERNOON TEA	Cheese, veggie sticks platter	Fruit, Veggie, egg & cracker platter	Banana bread	Fruit & Veggie platter, dip & crackers	Zucchini and carrot muffins

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Fruit & yoghurt	Assorted sandwiches	Fruit & yoghurt	Fruit Crumble & custard	Weetbix & fruit sauce
LUNCHE	Assorted sandwiches	Mac 'n' cheese with chicken and veg	Beef and broccoli stir fry and noodles	Fish balls & rice with veggies	Home Made pizzas
AFTERNOON TEA	Fruit and veg platter	Fruit & yoghurt	Quesadillas	Fruit & Veggie platter, dip & crackers	Chocolate Zucchini & apple muffins



Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Fruit & yoghurt	Cheese toasties & milo	Fruit & yoghurt	Scones & jam & milk	Scrambled eggs & toast
LUNCHE	Beef Stroganoff & pasta	Chicken and veggie sausage rolls & mash	Crumbed fish & wedges	Mexican beef and tortillas	Fruity pork curry and mash
AFTERNOON TEA	Spinach and cheese scrolls	Fruit & yoghurt	Veggie, egg and cheese platter	Fruit & yoghurt	Carrot & Zucchini Muffins & milk

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Fruit & yoghurt	Fruit Toast & milo	Fruit & yoghurt	Weetbix & fruit sauce	Fruit crumble & custard
LUNCHE	Garlic chicken Stir fry & noodles	Cheesy rissoles & mash	Malaysian Lamb with potatoes	Vegetable Curry & rice	Savoury mince & mash
AFTERNOON TEA	Assorted sandwiches	Fruit & yoghurt	Carrot muffins & milk	Fruit & yoghurt	Blueberry cake & milk