

Week 1

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Morning tea</u>	Fresh Fruit & yoghurt	Fresh Fruit & custard	Fruit skewers	Fresh Fruit & yoghurt	Fresh Fruit & cheese
	<i>Vegetarian Dish</i>	<i>Red Meat Dish</i>	<i>Red Meat Dish</i>	<i>White Meat Dish</i>	<i>White Meat Dish</i>
<u>Lunch</u>	Chickpea lentil curry with poppadums	Beef chow mein	Tacos with salad & cheese	Tuna patties & salad	Pizza – ham, cheese, carrot, tomato, mushroom
<u>Afternoon tea</u>	Chunky chewy choc chip cookies	Savoury platters	Christmas biscuits	Cheese scones	Rock cakes

Breakfast will be offered to children arriving at the centre before 8am, if requested by parents. A \$2.00 fee for breakfast will be charged.

Fresh drinking water is readily available to children at all times. Morning and afternoon teas are served with milk. Wholemeal bread is served with all lunches.

Modified and special diets are catered for upon request. Culturally diverse foods are prepared, celebrating various nationalities.

Week 2

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Morning tea</u>	Fresh Fruit & cheese	Fruit skewers	Fresh Fruit & cheese	Fresh Fruit & yoghurt	Fresh Fruit & cheese
	<i>White Meat Dish</i>	<i>White Meat Dish</i>	<i>Red Meat Dish</i>	<i>Vegetarian Dish</i>	<i>Red Meat Dish</i>
<u>Lunch</u>	Chicken sausage rolls with salad	Butter chicken with naan bread	Curry puffs	Vegetarian lasagne	Moroccan lamb
<u>Afternoon tea</u>	Anzac biscuits	Custard & fruit	Chocolate beetroot cake	Savoury platters	Banana cake

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Week 3

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Morning tea</u>	Fruit smoothies	Fresh Fruit & yoghurt	Fresh Fruit & cheese	Fresh Fruit	Fresh Fruit
	<i>White Meat Dish</i>	<i>Red Meat Dish</i>	<i>Vegetarian Dish</i>	<i>White Meat Dish</i>	<i>Red Meat Dish</i>
<u>Lunch</u>	Make your own sandwiches	Modified beef balls in tomato sauce with rice	Vegetarian curry with rice	Fried rice	Beef sausages with mashed potato & vegetables
<u>Afternoon tea</u>	Banana bread	Cheese & crackers	Tangy lemon squares	Cheese & crackers	Apricot & cheese scones

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Week 4

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Morning tea</u>	Fresh Fruit & yoghurt	Fresh Fruit & yoghurt	Fresh Fruit	Fresh Fruit & cheese	Fresh Fruit & yoghurt
	<i>White Meat Dish</i>	<i>Red Meat Dish</i>	<i>White Meat Dish</i>	<i>Red Meat Dish</i>	<i>Vegetarian Dish</i>
<u>Lunch</u>	Apricot chicken with pasta	Make your own wraps ham, salad, cheese	Bacon & corn fritters	Beef stir-fry	Vegetarian fried rice
<u>Afternoon tea</u>	Apple & cinnamon oat cakes	Apple muffins	Cheese & crackers	Pikelets	Chocolate zucchini cake

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