

Week 1

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Morning tea</u>	Fresh Fruit and Cheese	Fresh Fruit and Yoghurt	Fresh Fruit Smoothies	Fresh Fruit and Cheese	House made Toasted muesli and Yoghurt
	<i>Red Meat Dish</i>	<i>White Meat Dish</i>	<i>Vegetarian Dish</i>	<i>Red Meat Dish</i>	<i>White Meat Dish</i>
<u>Lunch</u>	Spaghetti Bolognaise (beef and veg) Crusty bread	Make your own Ham and Salad Rolls	Lentil and Potato Burgers	Beef Sausages mashed potato and pumpkin and steamed veg	Sweet and Sour Pork with veg and Rice noodles
<u>Afternoon tea</u>	Apple and Cinnamon Oat cakes	Cornflake and dried fruit cakes	Apple and carrot Muffins	Seasonal fruit and Veg platters, cheese and crackers	House made French Onion Dip with Vegetables and crackers

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	Fresh Fruit and Yoghurt	Fresh fruit and milk	House made Toasted muesli and Yoghurt	Fresh Fruit and Cheese
	<i>White Meat Dish</i>	<i>Vegetarian Dish</i>	<i>Red Meat Dish</i>	<i>White Meat Dish</i>	<i>Red Meat Dish</i>
<u>Lunch</u>	Chicken and Veg Sausage Rolls with Salad	Corn Chowder and Pita bread	Beef and Veg stir fry with noodles	Make your own ham and salad wraps	Savoury Beef Mince and herb potato wedges
<u>Afternoon tea</u>	Savoury Cheese and Chive scones	Pickets with fresh fruit sauces	Fruit Bread and Butter pudding	Fruit and Veg platters with cheese and crackers	Paul's Pumpkin bars and milk

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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>	Fresh Fruit and Cheese	House made Toasted muesli and Yoghurt	Fresh Fruit and Yoghurt	Fresh Fruit and Cheese	Fresh Fruit smoothies
	<i>Vegetarian Dish</i>	<i>Red Meat Dish</i>	<i>White Meat Dish</i>	<i>White Meat Dish</i>	<i>Red Meat Dish</i>
<u>Lunch</u>	Vegetarian Chilli and Rice	Tomato and mild curry sausages with sweet potato mash and steamed veg	Asian Orange Chicken with steamed veg and rice	Tuna Potato pie with steamed veg	Macaroni Cheese with bacon and veg
<u>Afternoon tea</u>	Banana bread	Tropical Carrot loaf	Chocana muffins	Banana berry yoghurt muffins	Rock cakes

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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 smoothies	Fresh Fruit and Yoghurt	Fresh Fruit And Yoghurt	House made Toasted muesli and Yoghurt	Fresh Fruit
	<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>	Fried Rice and bacon	Crunchy topped beef meatloaf with steamed veg	Banh Mi Vietnamese chicken rolls	Tuscan Beef Stew with penne pasta	Vegetarian Macaroni and Cheese
<u>Afternoon tea</u>	Berry Crumb bars with yoghurt	Savoury cheese and thyme muffins	Baked Rice Custard and fruit	Fruit and veg platters with cheese and crackers	House made French Onion Dip with vegetables and crackers

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