






Week One Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh Fruits and Vegies Platter	Yoghurt and Berries <i>DF- DF yoghurt</i>	English Muffin with Spreads and Fruits <i>GF- Rice Cakes</i>	Yoghurt with Banana <i>DF- DF yoghurt</i>	Fresh Fruits and Vegies Platter
Lunch	Chicken and Mixed Vegetables Creamy Tomato Sauce with Pasta <i>GF- GF pasta</i> <i>V- Lentils</i> <i>DF- DF milk</i> 	Assorted Sandwiches or Wraps <i>GF- Bread/Wraps</i> <i>DF- DF cheese</i> <i>V- Plant based meat</i> 	Moroccan Chicken with Roasted Potato, Pumpkin, Zucchini, Carrot and Flat Bread <i>V- Falafel</i> 	Beef, Black Beans, Corn, Tomato, Avocado and Lettuce Chili Con Carne with Rice <i>DF- DF cheese and yoghurt</i> <i>V- Lentils</i> 	Karaage Chicken and Mixed Salad with Rice <i>V- Tofu</i> 
Afternoon Tea	Date Loaf <i>GF - GF flour</i>	Dried Fruits, Vegies, Cheese, and crackers <i>DF- DF cheese</i>	Rice Cake with Cheese and Vegies <i>DF- Hummus</i>	Fresh Fruits and Vegies Platter with crackers	Corn Thins with Cheese and Vegies <i>DF- Hummus</i>

Fresh Fruit- will be a combination of Apples, pears, bananas, watermelon and oranges. Seasonal Fruit will also be included.






Assorted Sandwiches will consist of Cheese and salad, Vegemite, Ham/Chicken and salad, tuna and mayo, and salad

Milk will be provided as an option to children at lunch time.

Menus are subject to change due to product availability.

V – Vegetarian, DF – Dairy Free, GF – Gluten Free

Week Two Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Yoghurt with Apple and Pear Cinnamon Compote <i>DF - DF Yoghurt</i>	Fresh Fruits and Vegies Platter with Rice Crackers	Fruit Toast <i>GF- GF Fruit Toast</i>	Fresh Fruits and Vegies Platter	Yoghurt and Berries <i>DF- DF yoghurt</i>
Lunch	Red Lentil, Pumpkin, Sweet potato, Pea, and Tomato Dahl with Rice and Flat Bread 	Potato, Tuna and Corn Gratin with Green Vegies <i>DF- DF cheese, and milk</i> <i>V- Chickpea</i> 	Beef, and Mixed Vegetables Meatloaf with Mashed Potatoes <i>V- Lentil</i> 	Chicken, Mushroom, Onion, and Peas Stroganoff with Pasta <i>GF- GF Pasta</i> <i>V- Lentil</i> <i>DF- DF sour cream</i> 	Banh Mi Sandwiches with Roast Chicken, Cheese and Carrot, Cucumber, Tomato, Lettuce Salad <i>GF- GF Bread</i> <i>DF- DF cheese</i> <i>V- Tofu</i> 
Afternoon Tea	Banana and Cocoa Muffins	Pita Bread, Dried Fruits Vegies with Dips <i>DF- Hummus</i>	Rice Cake with Cheese, Fruits, and Vegies <i>DF- DF cheese</i>	Cheese & Tomato Pizza Slice <i>DF- DF cheese</i> <i>GF- Rice Cakes with Cheese and Vegie Sticks</i>	Fresh Fruits and Vegies Platter

Fresh Fruits – will be combination of Apples, pears, bananas, watermelon, and oranges. Seasonal Fruit will also be included.






Assorted Sandwiches will consist of Cheese and salad, Vegemite, Ham/Chicken and salad, tuna and mayo, and salad.

Milk will be provided as an option to children at lunch time.

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Week Three Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	<p><i>Yoghurt with Peaches and Pears</i> <i>DF- DF Yoghurt</i></p>	<p><i>Cheese, Vegies and Dried Fruits</i> <i>DF- DF cheese</i></p>	<p><i>Yoghurt with Fruit Salads</i> <i>DF – DF Yoghurt</i></p>	<p><i>Fresh Fruit and Vegie Platter</i></p>	<p><i>Baked Beans with Toast</i> <i>GF- GF Bread</i></p>
Lunch	<p><i>Chicken Burritos with Rice, Black Beans, Tomatoes, Lettuce, Avocado, Cucumber and Cheese</i> <i>V- No Chicken</i> <i>DF- DF cheese</i> <i>GF – GF Tortilla</i></p> 	<p><i>Beef Bulgogi Rice Bowl with Mixed Salad</i> <i>V- Plant based meat</i></p> 	<p><i>Lemon, Herb, Garlic Chicken and Rice with Green Salad</i> <i>V- Falafel</i></p> 	<p><i>Toasted Cheese, Roasted Meat, Spinach, Mushroom and Tomato Turkish Bread</i> <i>V- Falafel</i> <i>DF- DF cheese</i> <i>GF – GF Bread</i></p> 	<p><i>Mac and Cheese with hidden Cauliflower, Celery, Zucchini and Leek</i> <i>DF- DF cheese</i> <i>GF – GF pasta</i></p> 
Afternoon Tea	<p><i>Fresh Fruits and Vegies Platter</i></p>	<p><i>Healthy Zucchini and Carrot Bread</i> <i>GF- Gluten free flour</i></p>	<p><i>Fresh Fruits and Vegies Platter with Rice Crackers</i></p>	<p><i>Sao's and Vegie with Cheese</i> <i>DF- cheese</i></p>	<p><i>Fresh Fruit and Vegie Platter</i></p>

Fresh Fruits – will be Combination of Apples, pears, bananas, watermelon, and oranges. Seasonal Fruit will also be included.






Assorted Sandwiches will consist of Cheese and salad, Vegemite, Ham/Chicken and salad, tuna and mayo, and salad.

Milk will be provided as an option to children at lunch time.

Menus are subject to change due to product availability.

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Week Four Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	<i>Fresh Fruits and Vegies Platter</i>	<i>English Muffin with Cheese and Dried Fruits</i> <i>GF- Rice Cakes</i>	<i>Yoghurt with Banana</i> <i>DF – Dairy Free Yoghurt</i>	<i>Fresh Fruits and Vegies Platter with Crackers</i>	<i>Yoghurt with Berries</i> <i>DF – Dairy Free Yoghurt</i>
Lunch	<i>Beef Spaghetti Bolognese with Mixed Vegetables</i> <i>V- Lentil</i> <i>GF – GF pasta</i>	<i>Healthy Butter Chicken and Green Vegetables with Rice and Flat Bread</i> <i>V- Chickpea</i>	<i>Roasted Meat, Cheese, Lettuce, Tomato, Cucumber and Carrot Bread Rolls</i> <i>V- Falafel</i> <i>DF – Dairy Free Cheese</i> <i>GF- Gluten free bread</i>	<i>Cottage Pie with Hidden Vegetables</i> <i>V- Lentil</i>	<i>Chicken, Capsicum, Zucchini, Mushrooms and Onion Stir-fried Noodles</i> <i>GF- Gluten free noodles</i> <i>V- Tofu</i>
					
Afternoon Tea	<i>Pumpkin Muffin</i> <i>GF- Gluten free flour</i>	<i>Fresh Fruits and Vegies Plater</i>	<i>Fresh Fruits and Vegies Platter with Rice Crackers</i>	<i>Pita Bread, Cheese, and Vegie with Dip</i> <i>DF – Hummus</i>	<i>Fresh Fruit and Vegie Platter with Crackers</i>

Fresh Fruits – will be Combination of Apples, pears, bananas, watermelon and oranges. Seasonal Fruit will also be included.

Assorted Sandwiches will consist of Cheese and salad, Vegemite, Ham/Chicken and salad, tuna and mayo, and salad.

Milk will be provided as an option to children at lunch time.

Menus are subject to change due to product availability.

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