

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Wholemeal Crumpets with spreads, Seasonal Fruit and Milo	Wholemeal Toast with Spreads, Seasonal Fruit and Milk	Wholemeal English Muffins with spreads, Seasonal Fruit and Milk	French Subs (a choice of tomato and capsicum or baked beans with grilled cheese & tomato paste on French Sticks) Seasonal Fruit and Milk	Raisin Toast with Seasonal Fruit and Milk
Lunch	<b>Spanish Chicken With Corn Cobs</b>  Juicy pieces of chicken breast and Spanish chorizo sausage cooked with peas, capsicum and zucchini flavoured with tomato's paprika and garlic, slow cooked in rice and served with juicy corn cobs.	<b>Baabaarippy Rissoles and Roasted Vegetables</b>  Lamb and kangaroo rissoles with brown onion gravy, roasted potato, kumara and pumpkin with steamed corn cobs on the side.	<b>Beef Diane with Carrots, Beans , Peas, Broccoli and Pasta</b>  Tender diced beef in a rich and creamy tomato based sauce, served with steamed seasonal vegetables and pasta	<b>Sandwich Platters</b>  Multigrain and Wholemeal sandwiches with a variety of fillings including Cheese, Vegemite, Jam, Ham and Salad, Baked Beans, Roast Beef and Salad, Egg, Chicken/Turkey and Salad.	<b>Chickpea Burgers</b>  Crumbed pumpkin, lentil and chickpea patties spiced with garlic and cumin, warm pita bread, tatziki dressing with a salad platter of lettuce, beetroot, pineapple, capsicum and grated carrot for our older eaters.  Our babies and toddlers with have steamed broccoli and cauliflower florets, carrots and corn
Desert	Custard	Yoghurt	Cheese, Seasonal Fruit and Vegetable platter.	Yoghurt	Custard
Afternoon Tea	Raisin Bread with Vegetable Sticks and Seasonal Fruit with Milk.	Turkish Breads with spreads, Vegetable Sticks and Seasonal Fruit with Milk.	Corn Thins with spreads, Vegetable Sticks and Seasonal Fruit with Milk.	Baked Wholemeal Lebanese Bread crisps and tatziki dip with Vegetable Sticks and Seasonal Fruit with Milk.	Pumpkin and Sultana Scones with Seasonal Fruit with Milk.

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Wholemeal Toast with Spreads, Seasonal Fruit and Milk	Wholemeal English Muffins with spreads, Seasonal Fruit and Milk	Sao's with Cheese and Tomato Seasonal Fruit and Milo	Wholemeal Crumpets with spreads, Seasonal Fruit and Milk	Wholemeal Toast with Spreads, Seasonal Fruit and Milo
Lunch	<p><b>Asian Prawns with Hokkien Noodles</b></p> <p>Tasty stir fried Prawns with broccoli, cauliflower, capsicum, mushrooms, peas, carrots and pineapple with honey, soy and ginger flavour, tossed through hokkien noodles.</p>	<p><b>Spaghetti and Meatballs</b></p> <p>A family favourite combining juicy beef meat balls in a rich slow cooked Napolitano sauce of tomato, carrots, zucchini, capsicum with garlic and oregano then served on top of slurpy spaghetti.</p>	<p><b>Cheesy Roasted Pumpkin and Spinach Macaroni Bake</b></p> <p>Butter beans and red lentils combined with Macaroni, Baby Spinach leaves, Roasted Pumpkin, Capsicum, Tomato and Zucchini in a creamy cheese sauce then baked until golden brown.</p>	<p><b>Curried Sausages With Rice</b></p> <p>100% Beef Sausages in a mild tomato based vegetable curry including potato, carrot, peas, zucchini and capsicum served with rice.</p>	<p><b>Sesame Chicken Burgers</b></p> <p>Chicken mince mixed with grated carrot and zucchini with parsley and sweet chilli crumbed in breadcrumbs and sesame seeds. Served with bread rolls, lettuce, tomato and cucumber.</p>
Desert	Custard	Custard	Cheese, Seasonal Fruit and Vegetable platter.	Yoghurt	Yoghurt
Afternoon Tea	Baked Wholemeal Lebanese Bread crisps and hommus with Vegetable Sticks and Seasonal Fruit with Milk.	Fresh baked Banana and Sultana Bread, Vegetable Sticks and Seasonal Fruit with Milk.	Salada's with spreads, Vegetable Sticks and Seasonal Fruit with Milk.	Cornflake Cookies, Vegetable Sticks and Seasonal Fruit with Milk	Raisin Bread with Vegetable Sticks and Seasonal Fruit with Milk.

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Wholemeal English Muffins with spreads, Seasonal Fruit and Milk	Wholemeal Crumpets with spreads, Seasonal Fruit and Milk	Wholemeal Toast with Spreads, Seasonal Fruit and Milo	Wholemeal Toast with Spreads, Seasonal Fruit and Milk	Raisin Toast and Seasonal Fruit with Milk.
Lunch	<p><b>Shepherd's Pie with Garlic Bread</b> Seasoned Beef Mince with corn, carrot, zucchini, and peas in a rich tomato and brown onion sauce topped with fluffy mashed potato and melted cheese. Served with crusty garlic bread.</p>	<p><b>Beef Stroganoff With Rice and Vegetables</b>  Tender beef strips slow cooked in a creamy mushroom and tomato sauce. Served with Steamed Beans, Peas, Carrots, Corn Cobs and Rice.</p>	<p><b>Sweet and Sour Pork</b>  With juicy pork pieces and sweet pineapple, this dish combines broccoli, cauliflower, capsicum, snow peas and carrot with hokkien noodles in a delicious sweet and sour sauce</p>	<p><b>Creamy Chicken Fettuccine</b>  Diced chicken breast, bacon, broccoli, mushrooms, peas and zucchini in a creamy garlic and parsley sauce tossed with fettuccine pasta</p>	<p><b>Vegetarian Lasagne</b>  Layered between pasta sheets, beans and red lentils are combined with slices of pumpkin, capsicum zucchini, spinach and kumara and are then smothered in a rich tomato based sauce then topped with a cheesy béchamel sauce and baked golden brown.</p>
Desert	Yoghurt	Cheese, Seasonal Fruit and Vegetable platter.	Custard	Custard	Yoghurt
Afternoon Tea	Turkish Bread with spreads, Vegetable Sticks and Seasonal Fruit with Milk	Sao's with spreads, Vegetable Sticks and Seasonal Fruit with Milk	Cornthin's with spreads, Vegetable Sticks and Seasonal Fruit with Milk.	Rice Cakes with spreads, Vegetable Sticks and Seasonal and Dried Fruit with Milk	Baked Wholemeal Lebanese Bread crisps and French onion dip with Vegetable Sticks and Seasonal Fruit with Milk.

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Wholemeal Toast with Spreads, Seasonal Fruit and Milk	Wholemeal English Muffins with spreads, Seasonal Fruit and Milo	Wholemeal Crumpets with spreads, Seasonal Fruit and Milk	Wholemeal Toast with Spreads, Seasonal Fruit and Milo	Wholemeal Lebanese bread with spreads, Seasonal Fruits and Milk
Lunch	<p><b>Mini Tuna Mornay Quiches</b> With mashed potato and steamed broccoli and corn cobs. Flakes of tuna with capsicum, corn and mushroom in a creamy egg and parsley filling, poured into puff pastry cases and topped with cheese.</p>	<p><b>Creamy Chicken Risotto</b> Poached chicken breast in a creamy aborio rice risotto with broccoli, zucchini, mushrooms, leek and gems of slow roasted pumpkin, finished with cracked pepper, garlic and cheese.</p>	<p><b>Moroccan Lamb Pizza's</b> Lamb mince spiced with coriander, cumin and paprika is layered on wholemeal Lebanese bread bases with pumpkin puree, tomato paste and capsicum strips topped with cheese and baked golden brown. Served with a garden salad of lettuce, tomato, cucumber, corn kernels and capsicum.</p>	<p><b>Crumbed Tofu Stir fry</b> Diced tofu, marinated in soy, five spice, garlic and honey is then crumbed in breadcrumbs and sesame seeds then fried crispy golden brown, then tossed with stir fried carrots, celery, snow peas, capsicum, zucchini and cauliflower and served with rice.</p>	<p><b>Spaghetti Bolognese</b> Beef mince slow cooked with zucchini, carrot, capsicum, celery and mushrooms in a traditional tomato based sauce flavoured with garlic, oregano and basil then combined with spaghetti pasta and topped with cheese</p>
Desert	Yoghurt	Custard	Custard	Yoghurt	Cheese, Seasonal Fruit and Vegetable platter.
Afternoon Tea	Raisin Bread with Vegetable Sticks and Seasonal Fruit with Milk.	Sao's with tomato and cheese, Vegetable Sticks and Seasonal Fruit with Milk.	Rice Cakes with spreads, Vegetable Sticks and Seasonal Fruit with Milk.	Turkish bread with spreads, Vegetable Sticks and Seasonal Fruit with Milk.	Corn Thins with spreads, Vegetable Sticks and Seasonal Fruit with Milk

Notes –

Water is served with every meal and snack.

All milk is currently full fat cow's milk

All yoghurt is low fat

Spreads = Marg and Jam, Vegemite and Marg

Seasonal Fruits = 2-3 choices and can include apples, bananas, oranges, pears, grapes, kiwi, watermelon, pineapple, rockmelon, strawberries, sultanas, dried apricots

Vegetable Sticks = 2 choices and can include carrot (not for babies or toddlers) , celery, cucumber, snow peas, green beans, peas in the pod, tomato/cherry tomato, capsicum

Use of scones, salads and ricecakes cornflakes etc, for afternoon tea- these are used when the children's meals have included heavy serves of carbs i.e toast for morning tea and pasta or rice with lunch.

Baking – all baking is done using wholemeal flour.

Margarine is used rather than butter in all morning and afternoon teas and the majority of lunch meals

Breakfast = weetbix, ricebubbles and cornflakes with milk, milk to drink. Served every morning 7-8am.

Custard is made from scratch using full fat milk.

Sandwiches = Multigrain and wholemeal bread 50:50 Fillings as follows: Vegemite and Marg

Jam and Marg

Cheese and Marg

Vegemite and Cheese

Baked Beans and marg

Mayo and Boiled Egg

98% fat free roasted Turkey breast with Cranberry sauce, Cheese, Lettuce and Capsicum

Lean Ham with marg Tomato and Cheese

Lean Ham, marg, tomato, cheese, carrot, cucumber and lettuce

Roast beef, sweet pickle chutney, carrot, tomato, cheese and lettuce