

WEEKLY MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">MORNING TEA (Milk and water)</p>	<p>Fruit platter: Children have a choice of a selection of seasonal fruit</p>	<p>Fruit platter: Children have a choice of a selection of seasonal fruit</p>	<p>Fruit platter: Children have a choice of a selection of seasonal fruit</p>	<p>Fruit platter: Children have a choice of a selection of seasonal fruit</p>	<p>Fruit platter: Children have a choice of a selection of seasonal fruit</p>
<p style="text-align: center;">LUNCH (Water) (Wholemeal bread)</p>	<p>Tuna Mornay: Pasta, tuna, cheese and creamed corn mixed into a white sauce flavoured with mild curry spices. Served with diced carrot, corn, peas, cauliflower and broccoli.</p>	<p>Meatloaf: Lean beef mince mixed with grated carrot, zucchini, garlic, tomato paste, worcestershire sauce and assorted herbs. Topped with a BBQ glaze. Served with a tomato based risoni with diced carrot, corn, peas, cauliflower and broccoli</p>	<p>Vegetarian fried rice: Brown rice, diced carrot, corn, peas, cauliflower and broccoli fried together with garlic, ginger, Chinese 5 spice and sweet chilli.</p>	<p>Bolognaise bake: Spiral pasta mixed into a lean beef bolognaise sauce with grated carrots, zucchini and spinach, topped with grated cheese and baked golden brown.</p>	<p>Chicken and chickpea curry: A coconut based sauce flavoured with garlic, ginger and Malaysian spices. With diced chicken breast, broccoli, cauliflower, beans, carrot, capsicum and onion. Served with brown rice.</p>
<p style="text-align: center;">AFTERNOON TEA (Water)</p>	<p>Cheese and crackers: Tasty cheese slices served with Jatz crackers and spring valley gherkins</p>	<p>Yoghurt and muesli: Assorted fruit yoghurts, served with an apple and cinnamon granola</p>	<p>Health platter: A of a selection of fruits and vegetables including but not limited sultanas, cucumber, tomatoes, capsicum and cheese. Served with crackers</p>	<p>Fruit crumble slice A dairy free, baked slice with poached apple and apricot with a vanilla crumble topping.</p>	<p>Corn thins: Served with a selection of toppings including but not limited to tomato, avocado, cheese, vegemite, cream cheese and a variety of jams.</p>
<p style="text-align: center;">LATE SNACK (Water)</p>	<p>Children have a choice of a selection of crackers and biscuits</p>	<p>Children have a choice of a selection of crackers and biscuits</p>	<p>Children have a choice of a selection of crackers and biscuits</p>	<p>Children have a choice of a selection of crackers and biscuits</p>	<p>Children have a choice of a selection of crackers and biscuits</p>

Alternate age appropriate meals will be offered to children with dietary requirements and preferences.

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<p style="text-align: center;">LUNCH (Water) (Whole meal bread)</p>	<p>Chicken and spinach pasta: A rose based sauce with diced chicken breast, garlic, Italian herbs, diced carrot, corn, peas, cauliflower and broccoli. Served with pasta</p>	<p>Beef Korma: A nut free creamy tomato based sauce, with slow cooked beef, ginger, garlic and Indian spices finished with fresh coriander. Served with brown rice.</p>	<p>Vegetable risotto: Arborio rice with vegetable stock, garlic, thyme, parsley with diced carrot, corn, peas, cauliflower and broccoli</p>	<p>Coconut Chicken: A coconut based sauce flavoured with garlic, ginger, Thai spices and fish sauce. With diced chicken breast, broccoli, cauliflower, beans, carrot, capsicum and onion. Served with brown rice.</p>	<p>Beef goulash: Slow cooked beef in a smokey tomato based sauce with broccoli, cauliflower, beans, carrot, capsicum and onion. Served with pasta</p>
<p style="text-align: center;">AFTERNOON TEA (Water)</p>	<p>Fruit toast: Wholemeal fruit toast served with butter and a variety of jams</p>	<p>Health platter: A of a selection of fruits and vegetables including but not limited sultanas, cucumber, tomatoes, capsicum and cheese. Served with crackers</p>	<p>Apple and oat slice: A dairy and egg free baked slice of oats, coconut and sultanas slightly sweetened with pureed apples.</p>	<p>Fruit and yoghurt: A selection of fruits served with yoghurt.</p>	<p>Sandwiches: A selection of assorted wholemeal sandwiches.</p>
<p style="text-align: center;">LATE SNACK (Water)</p>	<p>Children have a choice of a selection of crackers and biscuits</p>	<p>Children have a choice of a selection of crackers and biscuits</p>	<p>Children have a choice of a selection of crackers and biscuits</p>	<p>Children have a choice of a selection of crackers and biscuits</p>	<p>Children have a choice of a selection of crackers and biscuits</p>

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