

Menu 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea 10.00 - 10.20 (milk)	Fruit & raisin toast	Fruit & dip & vita wheats	Fruit & cheese toast	Fruit & yogurt & Weet Bix	Fruit & custard & Weet Bix
Lunch 12.00 - 12.30 (water) Bread & Butter	Tomato vegetarian curry & brown rice with grated cheese	Nachos, brown tortillas & cheese	Chicken stroganoff & pasta & veg	Sandwiches & salad plates (meat)	Beef cottage Pie & vegetables
Afternoon Tea 2.30 - 3.00 (Milk)	Fruit & vita wheats & cheese	Fruit & muesli slice	Fruit & shredded wheatmeal crackers	Fruit & chocolate brownies	Fruit & corn thins & cream cheese spread
Supper 5.15 (water)	Fruit and/or wheat Biscuits will be provided as required				
Daily Food Groups	Bread/cereal-2 Dairy/alt-3 Meat/alt-1 Fruit/veg-3 Snack/grain-2	Bread/cereal-2 Dairy/alt-3 Meat/alt-1 Fruit/veg-3 Snack/grain-2	Bread/cereal-2 Dairy/alt-3 Meat/alt-1 Fruit/veg-3 Snack/grain-2	Bread/cereal-2 Dairy/alt-3 Meat/alt-1 Fruit/veg-3 Snack/grain-2	Bread/cereal-2 Dairy/alt-3 Meat/alt-1 Fruit/veg-3 Snack/grain-2

Menu 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea 10.00 - 10.20 (milk)	Fruit & cheese toast	Fruit & custard & Weet Bix	Fruit & yogurt & Weet Bix	Fruit cinnamon toast	Fruit & vita wheats & dip
Lunch 12.00 - 12.30 (water) bread & butter	Marinated pork & French baked potatoes & veg	Mediterranean meat balls & yogurt cucumber dipping sauce & salad /bread rolls	Sandwiches & salad (vegetarian)	Beef lasagna & veg with garlic bread	Apricot chicken with brown rice and vegetables
Afternoon Tea 2.30 - 3.00 (milk)	Fruit & Anzac slice	Fruit & shredded wheatmeal Cracker	Fruit & carrot muffins	Fruit & vita wheats & cheese slices	Fruit & flavoured rice thins & cheese slices
Supper 5.15 (water)	Fruit and/or wheat Biscuits will be provided as required				
Daily Food Groups	Bread/cereal-2 Dairy/alt-3 Meat/alt-1 Fruit/veg-3 Snack/grain-2	Bread/cereal-2 Dairy/alt-3 Meat/alt-1 Fruit/veg-3 Snack/grain-2	Bread/cereal-2 Dairy/alt-3 Meat/alt-1 Fruit/veg-3 Snack/grain-2	Bread/cereal-2 Dairy/alt-3 Meat/alt-1 Fruit/veg-3 Snack/grain-2	Bread/cereal-2 Dairy/alt-3 Meat/alt-1 Fruit/veg-3 Snack/grain-2

Menu 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea 10.00 - 10.20 (milk)	Fruit & raisin toast	Fruit & cinnamon toast	Fruit & yogurt & Weet Bix	Fruit & custard & Weet Bix	Fruit & cheese toast
Lunch 12.00 - 12.30 (water) bread & butter	Tuna mornay & vegetables	Pasta shapes & beef bolognaise With cheese & garlic bread	Apricot beef, potatoes & veg	Sandwiches & salad (vegetarian)	Marinated chicken breast & fried rice
Afternoon Tea 2.30 - 3.00 (milk)	Fruit & vita wheats & cheese slices	Fruit & corn thins & cheese slices	Fruit & apple & sour cream slice	Fruit & pineapple cake	Fruit & shredded wheatmeal crackers
Supper 5.15 (water)	Fruit and/or wheat Biscuits will be provided as required				
Daily Food Groups	Bread/cereal-2 Dairy/alt-3 Meat/alt-1 Fruit/veg-3 Snack/grain-2	Bread/cereal-2 Dairy/alt-3 Meat/alt-1 Fruit/veg-3 Snack/grain-2	Bread/cereal-2 Dairy/alt-3 Meat/alt-1 Fruit/veg-3 Snack/grain-2	Bread/cereal-2 Dairy/alt-3 Meat/alt-1 Fruit/veg-3 Snack/grain-2	Bread/cereal-2 Dairy/alt-3 Meat/alt-1 Fruit/veg-3 Snack/grain-2

Menu 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea 10.00 - 10.20 (milk)	Fruit & yogurt & Weet Bix	Fruit & custard & Weet Bix	Fruit & raisin toast	Fruit & crumpets & honey	Fruit & cheese toast
Lunch 12.00 - 12.30 (water) bread & butter	Vegetarian lasagna & cheese with garlic bread	Sandwiches & salad (meat)	Tuna chili and cheese pasta bake & vegies	Lamb curry & brown rice & vegies	Chicken chow mein & vegies
Afternoon Tea 2.30 - 3.00 (milk)	Fruit & shredded wheatmeal crackers	Fruit & fruit medley cake	Fruit, vita wheats & cheesy bite vegemite spread	Fruit & corn thins & cheese slices	Fruit & Anzac slice
Supper 5.15 (water)	Fruit and/or wheat Biscuits will be provided as required				
Daily Food Groups	Bread/cereal-2 Dairy/alt-3 Meat/alt-1 Fruit/veg-3 Snack/grain-2	Bread/cereal-2 Dairy/alt-3 Meat/alt-1 Fruit/veg-3 Snack/grain-2	Bread/cereal-2 Dairy/alt-3 Meat/alt-1 Fruit/veg-3 Snack/grain-2	Bread/cereal-2 Dairy/alt-3 Meat/alt-1 Fruit/veg-3 Snack/grain-2	Bread/cereal-2 Dairy/alt-3 Meat/alt-1 Fruit/veg-3 Snack/grain-2

Menu 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea 10.00 - 10.20 (milk)	Fruit & raisin toast	Fruit & cheese toast	Fruit & custard & Weet Bix	Fruit & cinnamon toast	Fruit & yogurt & Weet Bix
Lunch 12.00 - 12.30 (water) bread & butter	Beef stroganoff with pasta & vegetables	Beef & vegetable Stir fry with noodles	Mini pizzas & salad with garlic bread	Pork, chickpea & pumpkin curry & brown rice	Sandwiches & salad (vegetarian)
Afternoon Tea 2.30 - 3.00 (milk)	Fruit & flavored rice thins & cheese slices	Fruit & apricot sour cream slice	Fruit & shredded wheatmeal crackers	Fruit & vita wheats & cheese slices	Fruit & muesli slice
Supper 5.15 (water)	Fruit and/or wheat Biscuits will be provided as required				
Daily Food Groups	Bread/cereal-2 Dairy/alt-3 Meat/alt-1 Fruit/veg-3 Snack/grain-2	Bread/cereal-2 Dairy/alt-3 Meat/alt-1 Fruit/veg-3 Snack/grain-2	Bread/cereal-2 Dairy/alt-3 Meat/alt-1 Fruit/veg-3 Snack/grain-2	Bread/cereal-2 Dairy/alt-3 Meat/alt-1 Fruit/veg-3 Snack/grain-2	Bread/cereal-2 Dairy/alt-3 Meat/alt-1 Fruit/veg-3 Snack/grain-2

Menu 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea 10.00 - 10.20 (milk)	Fruit & yogurt & Weet Bix	Fruit & cinnamon toast	Fruit & raisin toast	Fruit & custard & Weet Bix	Fruit & toasted muffins & vegemite
Lunch 12.00 - 12.30 (water) bread & butter	Savory tuna & cheese rice bake	Cheese & vegetable macaroni bake (vegetarian) with cheese	Beef hotpot with mashed potato & vegetables	Sandwiches & salad plates (meat)	Moroccan lamb & vegetables with couscous
Afternoon Tea 2.30 - 3.00 (milk)	Fruit & banana muffins	Fruit & shredded wheatmeal crackers	Fruit & rice thins with cheese slices	Fruit & scones	Fruit & vita wheats & cheese Slices
Supper 5.15 (water)	Fruit and/or wheat Biscuits will be provided as required				
Daily Food Groups	Bread/cereal-2 Dairy/alt-3 Meat/alt-1 Fruit/veg-3 Snack/grain-2	Bread/cereal-2 Dairy/alt-3 Meat/alt-1 Fruit/veg-3 Snack/grain-2	Bread/cereal-2 Dairy/alt-3 Meat/alt-1 Fruit/veg-3 Snack/grain-2	Bread/cereal-2 Dairy/alt-3 Meat/alt-1 Fruit/veg-3 Snack/grain-2	Bread/cereal-2 Dairy/alt-3 Meat/alt-1 Fruit/veg-3 Snack/grain-2