

U K C MENU ONE

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> 7.00-7.30am (with milk)	Cereal* with milk and/or fruit as required				
<u>Morning Tea</u> 9.30-10.15am (with milk)	Fruit Plates Custard & Cereal*	Fruit Plates W/meal crumpets & Honey	Fruit Plates Yoghurt & Cereal*	Fruit Plates Raisin Toast	Fruit Plates W/meal Eng muffins & baked beans
<u>Lunch</u> 12.00-12.30pm (with water) & bread/butter	Glazed meatloaf, baked potato, corn cobs, beans	Lamb Cottage Pie with carrot and green beans	Meatballs with tomato sauce and spaghetti, peas	Chilli Salmon & cheese pastas bake, brocc & cauli	Apricot Chicken, brown rice, with peas & corn
<u>Afternoon Tea</u> 2.15-3.00pm (with milk)	Vegetable Plates Celery with creamed cheese & sultanas	Vegetable Plates Honey Oat Slice	Vegetable Plates Vitaweats & Cheese slices	Vegetable Plates Anzac slice	Vegetable Plates Apple muffins (w/meal flour)
<u>Supper</u> 5.30-6.00pm	Fruit and/or wheat biscuits as required (g/f option available)				
Serves per Daily Food Groups	Bread/cereal – 2 Dairy/alt – 1 Meat/alt – 1 Fruit – 1 Vegetables – 2	Bread/cereal – 2 Dairy/alt – 1 Meat/alt – 1 Fruit – 1 Vegetables – 2	Bread/cereal – 2 Dairy/alt – 1 Meat/alt – 1 Fruit – 1 Vegetables – 2	Bread/cereal – 2 Dairy/alt – 1 Meat/alt – 1 Fruit – 1 Vegetables – 2	Bread/cereal – 2 Dairy/alt – 1 Meat/alt – 1 Fruit – 1 Vegetables – 2

*Cereal options: Rice bubbles, Weatflakes & Weetbix / Gluten Free Rice Flakes

U K C MENU TWO

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> 7.00-7.30am (with milk)	Cereal* with milk and/or fruit as required				
<u>Morning Tea</u> 9.30-10.15am (with milk)	Fruit Plates Cinnamon Toast	Fruit Plates Fruit pikelets	Fruit Plates Cheese Toast	Fruit Plates Custard & Cereal*	Fruit Plates Yoghurt & Cereal*
<u>Lunch</u> 12.00-12.30pm (with water) & bread/butter	Chilli Con Carne, rice, tortilla, broccoli grated cheese	Crumbed fish fillets, potato mash, carrots, peas, corn	Sweet Lamb Curry, brown rice, beans	Beef Lasagne, corn cobs, beans garlic bread	Vegetable cottage pie topped with cheese, broccoli and cauliflower
<u>Afternoon Tea</u> 2.15-3.00pm (with milk)	Vegetable Plates Carrot cake	Vegetable Plates Apricot and carrot muffins (w/meal flr)	Vegetable Plates Pita bread, hommus & veg sticks	Vegetable Plates Corn, cheese & veg muffins	Vegetable Plates Shredded w/meal biscuits with butter & jam
<u>Supper</u> 5.30-6.00pm	Fruit and/or wheat biscuits as required (g/f option available)				
Serves per Daily Food Groups	Bread/cereal – 2 Dairy/alt – 1 Meat/alt – 1 Fruit – 1 Vegetables – 2	Bread/cereal – 2 Dairy/alt – 1 Meat/alt – 1 Fruit – 1 Vegetables – 2	Bread/cereal – 2 Dairy/alt – 1 Meat/alt – 1 Fruit – 1 Vegetables – 2	Bread/cereal – 2 Dairy/alt – 1 Meat/alt – 1 Fruit – 1 Vegetables – 2	Bread/cereal – 2 Dairy/alt – 1 Meat/alt – 1 Fruit – 1 Vegetables – 2

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U K C MENU THREE

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> 7.00-7.30am (with milk)	Cereal* with milk and/or fruit as required				
<u>Morning Tea</u> 9.30-10.15am (with milk)	Fruit Plates Cheese Toast	Fruit Plates Custard & Cereal*	Fruit Plates Raisin Toast	Fruit Plates Yoghurt & Cereal*	Fruit Plates Fruit pikelets
<u>Lunch</u> 12.00-12.30pm (with water) & bread/butter	Lamb & Vegetable Hotpot with potato, sweet potato & pumpkin mash	Butter Chicken, brown rice, brocc/cauliflower	Beef Nasi Goreng with green beans	Vegetable Fritter, baked potato cubes, with green salad	Beef Bolognaise with pasta shapes, corn cobs, cheese, garlic bread
<u>Afternoon Tea</u> 2.15-3.00pm (with milk)	Vegetable Plates Milo biscuits (w/meal flr)	Vegetable Plates Banana maple syrup muffins (w/meal flr)	Vegetable Plates Corn & Cheese muffins (w/meal flr)	Vegetable Plates Shredded w/meal biscuits with butter & jam	Vegetable Plates Corn thins & cheese slices
<u>Supper</u> 5.30-6.00pm	Fruit and/or wheat biscuits as required (g/f option available)				
Serves per Daily Food Groups	Bread/cereal – 2 Dairy/alt – 1 Meat/alt – 1 Fruit – 1 Vegetables – 2	Bread/cereal – 2 Dairy/alt – 1 Meat/alt – 1 Fruit – 1 Vegetables – 2	Bread/cereal – 2 Dairy/alt – 1 Meat/alt – 1 Fruit – 1 Vegetables – 2	Bread/cereal – 2 Dairy/alt – 1 Meat/alt – 1 Fruit – 1 Vegetables – 2	Bread/cereal – 2 Dairy/alt – 1 Meat/alt – 1 Fruit – 1 Vegetables – 2

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U K C MENU FOUR

	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> 7.00-7.30am (with milk)	Cereal* with milk and/or fruit as required				
<u>Morning Tea</u> 9.30-10.15am (with milk)	Fruit Plates Fruit smoothies W/meal biscuits & jam	Fruit Plates Yoghurt & Cereal*	Fruit Plates Custard & Cereal*	Fruit Plates W/meal Muffins with vegemite	Fruit Plates Cheese Toast
<u>Lunch</u> 12.00-12.30pm (with water) & bread/butter	Vegetable Lasagne with corn cobs, garlic bread	Moroccan Beef & vegetables, couscous with peas and corn	Beef burgers with cheese slices & rolls, salad plates	Lamb & Veggie Stirfry, Hokkien noodles & peas/corn	Chicken Burritos, tortillas, salad plates, guacamole, grated cheese
<u>Afternoon Tea</u> 2.15-3.00pm (with milk)	Vegetable Plates Vita weats and cheese slices	Vegetable Plates Blueberry muffins (w/meal flr)	Vegetable Plates Corn thins with avocado dip & veggie sticks	Vegetable Plates Pumpkin & cinnamon muffins	Vegetable Plates Weetbix slice
<u>Supper</u> 5.30-6.00pm	Fruit and/or wheat biscuits as required (g/f option available)				
Serves per Daily Food Groups	Bread/cereal – 2 Dairy/alt – 1 Meat/alt – 1 Fruit – 1 Vegetables – 2	Bread/cereal – 2 Dairy/alt – 1 Meat/alt – 1 Fruit – 1 Vegetables – 2	Bread/cereal – 2 Dairy/alt – 1 Meat/alt – 1 Fruit – 1 Vegetables – 2	Bread/cereal – 2 Dairy/alt – 1 Meat/alt – 1 Fruit – 1 Vegetables – 2	Bread/cereal – 2 Dairy/alt – 1 Meat/alt – 1 Fruit – 1 Vegetables – 2

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