

Menu

	Morning Tea	Lunch	Afternoon Tea
Day 1	Mixed berry loaf	Pasta with a choice of 2 sauces (Homemade tomato or cheese) Served with boiled eggs and veges Fruit and yogurt	Potato 'hash brown' sticks with hummus
Day 2	Lemon yoghurt muffins	Deconstructed shepherd's pie. (with lentils and pumpkin). Served with mashed potato and steamed veges. Fruit and yoghurt	Vegemite toasties
Day 3	Oat and apple muffins	Crumbed hoki fish with cheese sauce, toasted wholemeal bread and veges Fruit and yogurt	Cheese scrolls
Day 4	Bircher muesli cookies	Mince soft 'tacos', rice and veges Fruit and yogurt	Pizza bread (with homemade pizza sauce)
Day 5	Banana apple sauce bread	Homemade beans pasta bake served with veges Fruit and yogurt	Pizza scrolls with homemade tomato sauce
Day 6	Carrot loaf	Crumbed hoki fish with cheese sauce, toasted wholemeal bread and veges Fruit and yogurt	Homemade muesli bars
Day 7	Healthy chocolate cake	Homemade pizza served with handcut potato wedges Fruit and yogurt	Vegemite scrolls
Day 8	Homemade muesli bars	Beef lasagne mince with veges Fruit and yogurt	Boiled eggs and vegemite toasties
Day 9 (Rotates each term)	Cheese and carrot scones	Sandwiches on wholemeal bread Fruit and yogurt	Mixed berry 'bircher muesli' - served with yoghurt

Morning and afternoon tea will be served with fruit platters
Milk is offered at morning tea time