

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Raisin & Wholemeal Toast & Spreads Fruit Water	Raisin & Wholemeal Toast & Spreads Fruit Water	Raisin & Wholemeal Toast & Spreads Fruit Water	Raisin & Wholemeal Toast & Spreads Fruit Water	Raisin & Wholemeal Toast & Spreads Fruit Water
Lunch	Macaroni Cheese And Vegetables (V)	Tuna Pasta Bake	Sweet and Sour Chicken with Rice (DF)	Savoury Mince and Vegetables with potato Mash (DF, O, GF)	Mixed Sandwiches
Dessert	Fruit and Custard Water	Yoghurt Water	Fruit and Custard Water	Yoghurt Water	Ice-cream Water
Afternoon Tea	Saos with Spreads Cheese Fruit and Veg Medley Water	Sultana & Cranberry Oat slice (DF) Cheese Fruit and Veg Medley Water	Vegemite & Cheese Baked Fingers Cheese Fruit and Veg Medley Water	Shredded Wheatmeal biscuit Cheese Fruit and Veg Medley Water	Rice Cakes & Spreads (DF, GF, O) Cheese Fruit and Veg Medley Water
Late Afternoon Snack	Vegetable Platter	Vegetable Platter	Vegetable Platter	Vegetable Platter	Vegetable Platter

V = Vegetarian GF = Gluten Free DF = Dairy Free O = Option

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Raisin & Wholemeal Toast & Spreads Fruit Water	Raisin & Wholemeal Toast & Spreads Fruit Water	Raisin & Wholemeal Toast & Spreads Fruit Water	Raisin & Wholemeal Toast & Spreads Fruit Water	Raisin & Wholemeal Toast & Spreads Fruit Water
Lunch	Pasta Roma (V)	Fried Rice (GF, DF, V, O)	Mexican mince and Beans (DF, O)	Chicken & Veg Curry with Rice	Mixed Sandwiches
Dessert	Yoghurt Water	Fruit and Custard Water	Yoghurt Water	Fruit & Custard Water	Ice-cream Water
Afternoon Tea	Vegemite & Cheese Baked Fingers (DF, O) Cheese Fruit and Veg Medley Water	Saos with Spreads Cheese Fruit and Veg Medley Water	Rice Cakes & Spreads (GF, DF, O) Cheese Fruit and Veg Medley Water	Apricot Muesli Slice (DF) Cheese Fruit and Veg Medley Water	Shredded Wheatmeal Biscuits Cheese Fruit and Veg Medley Water
Late Afternoon Snack	Vegetable Platter	Vegetable Platter	Vegetable Platter	Vegetable Platter	Vegetable Platter

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Raisin & Wholemeal Toast & Spreads Fruit Water	Raisin & Wholemeal Toast & Spreads Fruit Water	Raisin & Wholemeal Toast & Spreads Fruit Water	Raisin & Wholemeal Toast & Spreads Fruit Water	Raisin & Wholemeal Toast & Spreads Fruit Water
Lunch	Minestrone (DF, GF, V)	Creamy Tuna Pasta Bake	Apricot Chicken with Rice (DF, GF)	Curried Sausages & Veg with Potato Mash (GF, DF, O)	Mixed Sandwiches
Dessert	Fruit and Custard Water	Yoghurt Water	Fruit and Custard Water	Yoghurt Water	Ice-cream Water
Afternoon Tea	Oaty Wholemeal Slice Cheese Fruit and Veg Medley Water	Shredded Wheatmeal Biscuits Cheese Fruit and Veg Medley Water	Saos with Spreads Cheese Fruit and Veg Medley Water	Rice Cakes & Spreads (DF, GF, O) Cheese Fruit and Veg Medley Water	Vegemite & Cheese Baked fingers (DF, O) Cheese Fruit and Veg Medley Water
Late Afternoon Snack	Vegetable Platter	Vegetable Platter	Vegetable Platter	Vegetable Platter	Vegetable Platter

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WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Raisin & Wholemeal Toast & Spreads Fruit Water	Raisin & Wholemeal Toast & Spreads Fruit Water	Raisin & Wholemeal Toast & Spreads Fruit Water	Raisin & Wholemeal Toast & Spreads Fruit Water	Raisin & Wholemeal Toast & Spreads Fruit Water
Lunch	Tuna Corny Mornay with Rice	Cheesy Broccoli Pasta Bake (V)	Spaghetti Bolognese (DF, GF, O)	Sausages & Veg in Gravy with Potato Mash (DF, GF, O)	Mixed Sandwiches
Dessert	Yoghurt Water	Fruit and Custard Water	Yoghurt Water	Fruit & Custard Water	Ice-cream Water
Afternoon Tea	Shredded Wheatmeal biscuits Cheese Fruit and Veg Medley Water	Rice Cakes & Spreads (DF, GF, O) Cheese Fruit and Veg Medley Water	Date Wholemeal Slice Cheese Fruit and Veg Medley Water	Vegemite & Cheese Baked Fingers (DF, O) Cheese Fruit and Veg Medley Water	Saos and Spreads Cheese Fruit and Veg Medley Water
Late Afternoon Snack	Vegetable Platter	Vegetable Platter	Vegetable Platter	Vegetable Platter	Vegetable Platter

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