

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning	Raisin & Wholemeal	Raisin & Wholemeal	Raisin & Wholemeal	Raisin &	Raisin &
Tea	Toast & Spreads	Toast & Spreads	Toast & Spreads	Wholemeal	Wholemeal
	Fruit	Fruit	Fruit	Toast & Spreads	Toast & Spreads
				Fruit	Fruit
	Water	Water	Water		
				Water	Water
Lunch	Macaroni Cheese	Tuna Pasta Bake	Sweet and Sour	Savoury Mince	Mixed Sandwiches
	And Vegetables (V)		Chicken with Rice (DF)	and	
		Yoghur <del>t</del>		Vegetables with	lce-cream
Dessert	Fruit and Custard		Fruit and Custard	potato Mash (DF,	
Desserr		Water		O, GF)	Water
	Water		Water		
				Yoghur <del>t</del>	
				W. L.	
A £1	0 111 0 1			Water	D' 0 1 0
Afternoon Tea	Saos with Spreads	Sultana & Cranberry	Vegemite & Cheese	Shredded	Rice Cakes &
ieu	Chara	Oat slice (DF)	Baked Fingers	Wheatmeal biscuit	Spreads (DF, GF,
	Cheese	Chann	Cheese	Chann	O)
	Fruit and Veg	Cheese	0.110000	Cheese	Cheese
	Medley	Fruit and Veg Medley	Fruit and Veg Medley	Fruit and Veg Medley	Fruit and Veg Medley
	Water	Water	Water	Mediey	Mediey
	Walei	Wulti	Walei	Water	Water
Late	Vegetable Platter	Vegetable Platter	Vegetable Platter	Vegetable Platter	Vegetable Platter
Afternoon					
Snack					



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 Dessert	Pasta Roma (V) Yoghurt Water	Fried Rice (GF, DF, V, O) Fruit and Custard Water	Mexican mince and Beans (DF, O) Yoghurt Water	Chicken & Veg Curry with Rice Fruit & Custard Water	Mixed Sandwiches Ice-cream Water
Afternoon Tea	Vegemite & Cheese Baked Fingers (DF, O) Cheese Fruit and Veg Medley	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



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



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