BREAKFAST 7:00-8:00AM

Cereals: Sultana brain, WeetBix, Rice Bubbles, WeetiBix, Cheerios, Rice Puffs
Breads: Wholemeal Bread, Raisin, crumpets, muffins
Spreads: Vegemite, Butter, Strawberry, Apricot, Plum Jams, and Lemon Curd, Promite and Cheese spread
Beverages Options: Chilled Water, Low Fat Milk, Soy Milk, Lactose Milk

AFTERNOON TEA 3:15- 4:00PM

Fruit Served Daily: Watermelon, Strawberries, Banana, Kiwi fruit, Oranges, Apples, Grapes, Pears, Honeydew and Blueberries
Veg Served Daily: Carrots, Celery, Cucumber
Beverage Options: Chilled Water
Alternative options for those with Dietary or Religious requirement

WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Dish: **Spag Bowl** Mince, tomato base sauce, garlic, rosemary and penne pasta (Vegetarian Option)	Main Dish: **Chicken and Mushroom Risotto** Chicken thighs, Mushrooms, Garlic, Arborio Rice, Onion, Chicken Stock (Vegetarian Option)	Main Dish: **Shepherd's Pie** Mince, Potatoes, mixed veggies (Vegetarian Option)	Main Dish: **Fried Rice** Rice, Bacon, mixed veggies and soy sauce (Vegetarian Option)	Main Dish: **Garlic Bread** Garlic Bread

WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Dish: **Noodles** Chicken, Beef and Oriental maggie noodles	Main Dish: **Rainbow Wraps** Wraps, chicken, ham, salami, lettuce, tomato, cheese, and cucumber (Vegetarian Option)	Main Dish: **Pasta Bake** Penne pasta, pasta bake sauce, cheese	Main Dish: **Butter Chicken** Chicken, butter, butter chicken sauce, rice (Vegetarian Option)	Main Dish: **Nachos** Corn Chip, Mince, Avocado, Salsa, Sour Cream (Vegetarian Option)

WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Dish: **Sausage Sandwiches** Sausages on wholemeal bread with tomato or BBQ (Vegetarian Option)	Main Dish: **Carbonara** Pasta, carbona sauce, cheese, and bacon (Vegetarian Option)	Main Dish: **Chicken Stir fry** Chicken Thighs, Jasmine Rice, Stir Fry Veggies, Honey Soy Sauce (Vegetarian Option)	Main Dish: **Banger and Mash And Gravy** Beef Sausages, Potatoes, butter, Gravy (Vegetarian Option)	Main Dish: **Antipasto** Ham, salami, chicken, olives, bread sticks, sun-dried tomato, wraps, dips