

BREAKFAST 7:00-8:15AM



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: Garlic bread Rolls with Garlic butter and chives	Main Dish: Muffins Banana, choc chip, apple cinnamon, blueberry options	Main Dish: Chips, dips, and carrot sticks Plain or salt and vinegar chips, flavoured dips, carrot sticks	Main Dish: Cottage Pie Mince, Tomatoes, Corn, Peas, Potato, and Maggie mince cottage pie flavouring	Main Dish: Sausage sizzle Beef sausages, wholemeal bread, sauce (tomato, barbeque)

WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Dish: Vanilla custard and fruit Vanilla custard, fresh fruit	Main Dish: Bolognese Pasta, Bolognese sauce, cheese, beef mince, herbs	Main Dish: Antipasto Ham, salami, chicken, olives, bread sticks, sun-dried tomato, wraps, dips	Main Dish: Sausage rolls Mince, mixed vegetables, pastry	Main Dish: Noodles Packet noodles (chicken, beef, oriental)

WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Dish: Yoghurt and Rolled Oates Vanilla Yoghurt topped with fruit and roll oats	Main Dish: Fried Rice Rice, Bacon, mixed veggies, and soy sauce	Main Dish: Rainbow Wraps Wraps, chicken, ham, salami, lettuce, tomato, cheese, and cucumber	Main Dish: Bangers & mash Sausages, gravy, and mash potatoes	Main Dish: Sandwiches Jam, Honey, Vegemite, cheese, butter, bread