

# SPRING MENU WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Low Fat Yoghurt Fresh Sliced Fruit Raisin Toast Water	Muesli with Low Fat Milk Fresh Sliced Fruit Low Fat Yoghurt Water	Low Fat Yoghurt Muesli with Low Fat Milk Fresh Fruit Salad Water	Low Fat Yoghurt Fresh Fruit Salad Raisin Toast Water	Baked Beans Wholemeal Toast Fresh Sliced Fruit Water
Morning Tea	Wholemeal Pikelets Fresh Fruit Salad 1/2 cup milk	Wholemeal Vegetable Muffins 1/2 cup milk	Mini Wholemeal Vege Pizza 1/2 cup milk	Wholemeal Banana Muffins 1/2 cup milk	1/2 Wholemeal egg & Spinach Sandwich 1/2 cup Milk
Standard Lunch	Beef Lasagne Peas Grapes Water	Wholemeal Roast Beef & salad Sandwich Corn Cob Water	Meatloaf Corn Cob Grapes Water	Stir-fry Chicken & Veges Wholemeal Pasta Whole Fruit Water	Zucchini Slice Broccoli Florets 1/2 Slice Wholemeal Bread Dried Apricots Water
Vegetarian Lunch	Vegetable Lasagne Peas Grapes Water	Wholemeal Egg & Lettuce Sandwich Corn Cob Water	Mushroom Quiche Corn Cob Grapes Water	Stir-fry Veges Wholemeal Pasta Whole Fruit Water	
Afternoon Tea	Corn on the Cob Fruit Smoothie	Vegetable Sticks and Hommus 1/2 cup milk	Fresh Fruit Kebabs 1/2 cup milk	Sweet Potato Fries Fruit Smoothie	Wholegrain crackers & Cheese Fruit Smoothie
Evening Snack	Seasonal Fruit, Sultanas and Water				

# SPRING MENU WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge with Warm Milk Fresh Fruit Salad Water	Wholegrain English Muffin Creamed Corn Fresh Sliced Fruit Water	Weet-Bix Apricot Bites Low Fat Milk Fresh Fruit Salad Water	Baked Beans Wholegrain Toast Sliced Fruit Water	Weet-Bix Apricot Bites Low Fat Milk Fresh Fruit Salad Water
Morning Tea	Mini Wholemeal Vegetable Pizza 1/2 cup milk	Wholemeal Blueberry Muffins 1/2 cup milk	1/2 Wholemeal Ham & Spinach Sandwich 1/2 cup Milk	Vegetable Sticks Hommus Dip Fruit Smoothie	Wholemeal Vegetable Muffins 1/2 cup milk
Standard Lunch	Beef Meatballs Broccoli Florets Grapes Water	Chicken Leg Wholemeal Bread Roll Corn & Sultana Mix Water	Bolognaise Wholemeal Pasta Cauliflower Florets Sliced Fruit Water	Tuna & Lettuce Wholemeal Roll Cheese Stick Corn Cob Water	Lamb Casserole Brown Rice 1/2 cup Cherry Tomato Water
Vegetarian Lunch	Tofu Meatballs Broccoli Florets Grapes Water	Wholemeal Pasta Salad Wholemeal Bread Roll Corn & Sultana Mix Water	Savoury Baked Beans Wholemeal Pasta Sliced Fruit Water	Cheese & Tomato Wholemeal Roll Cheese Stick Corn Cob Water	Vegetable Casserole Brown Rice 1/2 cup Cherry Tomato Water
Afternoon Tea	Vege Sticks & Cream Cheese 1/2 cup milk	Wholemeal Banana Bread carrot Sticks 1/2 cup milk	Wholemeal Pikelets with Fruit Spread Fruit Smoothie	Wholemeal crackers & Cream Cheese Celery Sticks Water	Vegetable Sticks Hommus Dip 1/2 cup milk
Evening Snack	Seasonal Fruit, Sultanas and Water				

# SPRING MENU WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Low Fat Yoghurt Fresh Sliced Fruit Raisin Toast Water	Muesli with Low Fat Milk Fresh Sliced Fruit Low Fat Yoghurt Water	Low Fat Yoghurt Muesli with Low Fat Milk Fresh Fruit Salad Water	Low Fat Yoghurt Fresh Fruit Salad Raisin Toast Water	Baked Beans Wholemeal Toast Fresh Sliced Fruit Water
Morning Tea	Wholemeal Pikelets Fresh Fruit Salad 1/2 cup milk	Wholemeal Vegetable Muffins 1/2 cup milk	Mini Wholemeal Vege Pizza 1/2 cup milk	Wholemeal Banana Muffins 1/2 cup milk	1/2 Wholemeal egg & Spinach Sandwich 1/2 cup Milk
Standard Lunch	Beef Lasagne Peas Grapes Water	Wholemeal Roast Beef & salad Sandwich Corn Cob Water	Meatloaf Corn Cob Grapes Water	Stir-fry Chicken & Veges Wholemeal Pasta Whole Fruit Water	Zucchini Slice Broccoli Florets 1/2 Slice Wholemeal Bread Dried Apricots Water
Vegetarian Lunch	Vegetable Lasagne Peas Grapes Water	Wholemeal Egg & Lettuce Sandwich Corn Cob Water	Mushroom Quiche Corn Cob Grapes Water	Stir-fry Veges Wholemeal Pasta Whole Fruit Water	
Afternoon Tea	Corn on the Cob Fruit Smoothie	Vegetable Sticks and Hommus 1/2 cup milk	Fresh Fruit Kebabs 1/2 cup milk	Sweet Potato Fries Fruit Smoothie	Wholegrain crackers & Cheese Fruit Smoothie
Evening Snack	Seasonal Fruit, Sultanas and Water				

# SPRING MENU WEEK 4

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Porridge with Warm Milk Fresh Fruit Salad Water	Wholegrain English Muffin Creamed Corn Fresh Sliced Fruit Water	Weet-Bix Apricot Bites Low Fat Milk Fresh Fruit Salad Water	Baked Beans Wholegrain Toast Sliced Fruit Water	Weet-Bix Apricot Bites Low Fat Milk Fresh Fruit Salad Water
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Morning Tea

Mini Wholemeal Vegetable Pizza 1/2 cup milk	Wholemeal Blueberry Muffins 1/2 cup milk	1/2 Wholemeal Ham & Spinach Sandwich 1/2 cup Milk	Vegetable Sticks Hommmus Dip Fruit Smoothie	Wholemeal Vegetable Muffins 1/2 cup milk
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Standard Lunch

Beef Meatballs Broccoli Florets Grapes Water	Chicken Leg Wholemeal Bread Roll Corn & Sultana Mix Water	Bolognaise Wholemeal Pasta Cauliflower Florets Sliced Fruit Water	Tuna & Lettuce Wholemeal Roll Cheese Stick Corn Cob Water	Lamb Casserole Brown Rice 1/2 cup Cherry Tomato Water
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Vegetarian Lunch

Tofu Meatballs Broccoli Florets Grapes Water	Wholemeal Pasta Salad Wholemeal Bread Roll Corn & Sultana Mix Water	Savoury Baked Beans Wholemeal Pasta Sliced Fruit Water	Cheese & Tomato Wholemeal Roll Cheese Stick Corn Cob Water	Vegetable Casserole Brown Rice 1/2 cup Cherry Tomato Water
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Afternoon Tea

Vege Sticks & Cream Cheese 1/2 cup milk	Wholemeal Banana Bread carrot Sticks 1/2 cup milk	Wholemeal Pikelets with Fruit Spread Fruit Smoothie	Wholemeal crackers & Cream Cheese Celery Sticks Water	Vegetable Sticks Hommmus Dip 1/2 cup milk
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Evening Snack

Seasonal Fruit, Sultanas and Water

# SUMMER MENU WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Low Fat Yoghurt Fresh Sliced Fruit Raisin Toast Water	Meusli with Low Fat Milk Fresh Sliced Fruit Low Fat Yoghurt Water	Low Fat Yoghurt Muesli Fresh Fruit Salad Water	Low Fat Yoghurt Fresh Fruit Salad Raisin Toast Water	Baked Beans Wholemeal Toast Fresh Sliced Fruit Water
Morning Tea	Wholemeal Banana Bread 1/2 cup milk	Fruit Crumble 1/2 cup milk	Vegetable Sticks with Cream Cheese Fruit Smoothie	Vegetable Chips Frozen Fruit Sticks 1/2 cup milk	Fruit Salad Low Fat Yoghurt 1/2 cup low fat milk
Standard Lunch	Zucchini Slice Corn Cob Cheese Stick Water	Beef Bolognaise Wholemeal Pasta Cauliflower Florets Water	Tuna & lettuce wholemeal roll Corn Cob Cheese Stick Water	Wholemeal Pasta Salad with Beef Strips Boiled Egg Grapes Water	Lamb Casserole Rice Broccoli Florets Water
Vegetarian Lunch		Chickpea Bolognaise Wholemeal Pasta Cauliflower Florets Water	Egg & lettuce wholemeal roll Corn Cob Cheese Stick Water	Wholemeal Pasta Salad with Veges Boiled Egg Grapes Water	Tofu Stir-fry Rice Broccoli Florets Water
Afternoon Tea	Vegetable Sticks Hommus 1/2 cup milk	Vegetable Chips Frozen Fruit Sticks 1/2 cup milk	Wholemeal Banana Bread 1/2 cup milk	Wholemeal Corn Pikelets Fruit Smoothie	1/2 Wholemeal Egg & Spinach Sandwich 1/2 cup milk
Evening Snack	Seasonal Fruit, Sultanas and Water				

# SUMMER MENU WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge with Warm Milk Wholemeal Toast Fresh Fruit Salad Water	Fruit Smoothie Wholemeal Toast Water	Weet-Bix Apricot Bites Low Fat Milk Fresh Fruit Salad Water	Fruit Smoothie Wholemeal Toast Water	Weet-Bix Apricot Bites Low Fat Milk Fresh Fruit Salad Water
Morning Tea	Vegetable Sticks Cream Cheese Fruit Smoothies	Wholemeal Vegetable Muffin 1/2 cup milk	Wholemeal Banana Bread 1/2 cup milk	Fruit Crumble 1/2 cup milk	Fruit Salad Low Fat Yoghurt 1/2 cup low fat milk
Standard Lunch	Chicken Leg Corn & Sultana Sliced Fruit Water	Egg and Cheese Wholemeal Roll Cherry Tomato Cheese Stick Water	Rissole Wholemail Bread Roll Broccoli Florets Water	Meatballs Wholemeal Pasta Green Beans Water	Lamb Stroganoff Wholemeal Pasta Cauliflower florets Water
Vegetarian Lunch	Vege/tofu stirfry Corn & Sultana Sliced Fruit Water		Vege Burger Wholemail Bread Roll Broccoli Florets Water	Vegetable & tofu Wholemeal Pasta Green Beans Water	Vegetable Casserole Wholemeal Pasta Cauliflower florets Water
Afternoon Tea	Frozen Fruit Sticks 1/2 cup milk	Fresh Fruit Salad Custard Water	Baked Vege Chips 1/2cup milk	Vegetable Sticks Hommus Fruit Smoothie	Vegetable Sticks Cream Cheese 1/2 cup milk
Evening Snack	Seasonal Fruit, Sultanas and Water				

# SUMMER MENU WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Low Fat Yoghurt Fresh Sliced Fruit Raisin Toast Water	Meusli with Low Fat Milk Fresh Sliced Fruit Low Fat Yoghurt Water	Low Fat Yoghurt Muesli Fresh Fruit Salad Water	Low Fat Yoghurt Fresh Fruit Salad Raisin Toast Water	Baked Beans Wholemeal Toast Fresh Sliced Fruit Water
Morning Tea	Wholemeal Banana Bread 1/2 cup milk	Fruit Crumble 1/2 cup milk	Vegetable Sticks with Cream Cheese Fruit Smoothie	Vegetable Chips Frozen Fruit Sticks 1/2 cup milk	Fruit Salad Low Fat Yoghurt 1/2 cup low fat milk
Standard Lunch	Zucchini Slice Corn Cob Cheese Stick Water	Beef Bolognaise Wholemeal Pasta Cauliflower Florets Water	Tuna & lettuce wholemeal roll Corn Cob Cheese Stick Water	Wholemeal Pasta Salad with Beef Strips Boiled Egg Grapes Water	Lamb Casserole Rice Broccoli Florets Water
Vegetarian Lunch		Chickpea Bolognaise Wholemeal Pasta Cauliflower Florets Water	Egg & lettuce wholemeal roll Corn Cob Cheese Stick Water	Wholemeal Pasta Salad with Veges Boiled Egg Grapes Water	Tofu Stir-fry Rice Broccoli Florets Water
Afternoon Tea	Vegetable Sticks Hommus 1/2 cup milk	Vegetable Chips Frozen Fruit Sticks 1/2 cup milk	Wholemeal Banana Bread 1/2 cup milk	Wholemeal Corn Pikelets Fruit Smoothie	1/2 Wholemeal Egg & Spinach Sandwich 1/2 cup milk
Evening Snack	Seasonal Fruit, Sultanas and Water				

# SUMMER MENU WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge with Warm Milk Wholemeal Toast Fresh Fruit Salad Water	Fruit Smoothie Wholemeal Toast Water	Weet-Bix Apricot Bites Low Fat Milk Fresh Fruit Salad Water	Fruit Smoothie Wholemeal Toast Water	Weet-Bix Apricot Bites Low Fat Milk Fresh Fruit Salad Water
Morning Tea	Vegetable Sticks Cream Cheese Fruit Smoothies	Wholemeal Vegetable Muffin 1/2 cup milk	Wholemeal Banana Bread 1/2 cup milk	Fruit Crumble 1/2 cup milk	Fruit Salad Low Fat Yoghurt 1/2 cup low fat milk
Standard Lunch	Chicken Leg Corn & Sultana Sliced Fruit Water	Egg and Cheese Wholemeal Roll Cherry Tomato Cheese Stick Water	Rissole Wholemail Bread Roll Broccoli Florets Water	Meatballs Wholemeal Pasta Green Beans Water	Lamb Stroganoff Wholemeal Pasta Cauliflower florets Water
Vegetarian Lunch	Vege/tofu stirfry Corn & Sultana Sliced Fruit Water		Vege Burger Wholemail Bread Roll Broccoli Florets Water	Vegetable & tofu Wholemeal Pasta Green Beans Water	Vegetable Casserole Wholemeal Pasta Cauliflower florets Water
Afternoon Tea	Frozen Fruit Sticks 1/2 cup milk	Fresh Fruit Salad Custard Water	Baked Vege Chips 1/2cup milk	Vegetable Sticks Hommus Fruit Smoothie	Vegetable Sticks Cream Cheese 1/2 cup milk
Evening Snack	Seasonal Fruit, Sultanas and Water				



# AUTUMN MENU WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Low Fat Yoghurt Fresh Sliced Fruit Raisin Toast Water	Muesli with Low Fat Milk Fresh Sliced Fruit Low Fat Yoghurt Water	Low Fat Yoghurt Muesli with Low Fat Milk Fresh Fruit Salad Water	Low Fat Yoghurt Fresh Fruit Salad Raisin Toast Water	Baked Beans Wholemeal Toast Fresh Sliced Fruit Water
Morning Tea	Wholemeal Pikelets Fresh Fruit Salad 1/2 cup milk	Wholemeal Vegetable Muffins 1/2 cup milk	Mini Wholemeal Vege Pizza 1/2 cup milk	Wholemeal Banana Muffins 1/2 cup milk	1/2 Wholemeal egg & Spinach Sandwich 1/2 cup Milk
Standard Lunch	Beef Lasagne Peas Grapes Water	Wholemeal Roast Beef & salad Sandwich Corn Cob Water	Meatloaf Corn Cob Grapes Water	Stir-fry Chicken & Veges Wholemeal Pasta Whole Fruit Water	Zucchini Slice Broccoli Florets 1/2 Slice Wholemeal Bread Dried Apricots Water
Vegetarian Lunch	Vegetable Lasagne Peas Grapes Water	Wholemeal Egg & Lettuce Sandwich Corn Cob Water	Mushroom Quiche Corn Cob Grapes Water	Stir-fry Veges Wholemeal Pasta Whole Fruit Water	
Afternoon Tea	Corn on the Cob Fruit Smoothie	Vegetable Sticks and Hommus 1/2 cup milk	Fresh Fruit Kebabs 1/2 cup milk	Sweet Potato Fries Fruit Smoothie	Wholegrain crackers & Cheese Fruit Smoothie
Evening Snack	Seasonal Fruit, Sultanas and Water				

# AUTUMN MENU WEEK 2

Little Gumnuts Early Learning Group

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge with Warm Milk Fresh Fruit Salad Water	Wholegrain English Muffin Creamed Corn Fresh Sliced Fruit Water	Weet-Bix Apricot Bites Low Fat Milk Fresh Fruit Salad Water	Baked Beans Wholegrain Toast Sliced Fruit Water	Weet-Bix Apricot Bites Low Fat Milk Fresh Fruit Salad Water
Morning Tea	Mini Wholemeal Vegetable Pizza 1/2 cup milk	Wholemeal Blueberry Muffins 1/2 cup milk	1/2 Wholemeal Ham & Spinach Sandwich 1/2 cup Milk	Vegetable Sticks Hommus Dip Fruit Smoothie	Wholemeal Vegetable Muffins 1/2 cup milk
Standard Lunch	Beef Meatballs Broccoli Florets Grapes Water	Chicken Leg Wholemeal Bread Roll Corn & Sultana Mix Water	Bolognaise Wholemeal Pasta Cauliflower Florets Sliced Fruit Water	Tuna & Lettuce Wholemeal Roll Cheese Stick Corn Cob Water	Lamb Casserole Brown Rice 1/2 cup Cherry Tomato Water
Vegetarian Lunch	Tofu Meatballs Broccoli Florets Grapes Water	Wholemeal Pasta Salad Wholemeal Bread Roll Corn & Sultana Mix Water	Savoury Baked Beans Wholemeal Pasta Sliced Fruit Water	Cheese & Tomato Wholemeal Roll Cheese Stick Corn Cob Water	Vegetable Casserole Brown Rice 1/2 cup Cherry Tomato Water
Afternoon Tea	Vege Sticks & Cream Cheese 1/2 cup milk	Wholemeal Banana Bread carrot Sticks 1/2 cup milk	Wholemeal Pikelets with Fruit Spread Fruit Smoothie	Wholemeal crackers & Cream Cheese Celery Sticks Water	Vegetable Sticks Hommus Dip 1/2 cup milk
Evening Snack	Seasonal Fruit, Sultanas and Water				

# AUTUMN MENU WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Low Fat Yoghurt Fresh Sliced Fruit Raisin Toast Water	Muesli with Low Fat Milk Fresh Sliced Fruit Low Fat Yoghurt Water	Low Fat Yoghurt Muesli with Low Fat Milk Fresh Fruit Salad Water	Low Fat Yoghurt Fresh Fruit Salad Raisin Toast Water	Baked Beans Wholemeal Toast Fresh Sliced Fruit Water
Morning Tea	Wholemeal Pikelets Fresh Fruit Salad 1/2 cup milk	Wholemeal Vegetable Muffins 1/2 cup milk	Mini Wholemeal Vege Pizza 1/2 cup milk	Wholemeal Banana Muffins 1/2 cup milk	1/2 Wholemeal egg & Spinach Sandwich 1/2 cup Milk
Standard Lunch	Beef Lasagne Peas Grapes Water	Wholemeal Roast Beef & salad Sandwich Corn Cob Water	Meatloaf Corn Cob Grapes Water	Stir-fry Chicken & Veges Wholemeal Pasta Whole Fruit Water	Zucchini Slice Broccoli Florets 1/2 Slice Wholemeal Bread Dried Apricots Water
Vegetarian Lunch	Vegetable Lasagne Peas Grapes Water	Wholemeal Egg & Lettuce Sandwich Corn Cob Water	Mushroom Quiche Corn Cob Grapes Water	Stir-fry Veges Wholemeal Pasta Whole Fruit Water	
Afternoon Tea	Corn on the Cob Fruit Smoothie	Vegetable Sticks and Hommus 1/2 cup milk	Fresh Fruit Kebabs 1/2 cup milk	Sweet Potato Fries Fruit Smoothie	Wholegrain crackers & Cheese Fruit Smoothie
Evening Snack	Seasonal Fruit, Sultanas and Water				

# AUTUMN MENU WEEK 4

Little Gumnuts Early Learning Group

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge with Warm Milk Fresh Fruit Salad Water	Wholegrain English Muffin Creamed Corn Fresh Sliced Fruit Water	Weet-Bix Apricot Bites Low Fat Milk Fresh Fruit Salad Water	Baked Beans Wholegrain Toast Sliced Fruit Water	Weet-Bix Apricot Bites Low Fat Milk Fresh Fruit Salad Water
Morning Tea	Mini Wholemeal Vegetable Pizza 1/2 cup milk	Wholemeal Blueberry Muffins 1/2 cup milk	1/2 Wholemeal Ham & Spinach Sandwich 1/2 cup Milk	Vegetable Sticks Hommus Dip Fruit Smoothie	Wholemeal Vegetable Muffins 1/2 cup milk
Standard Lunch	Beef Meatballs Broccoli Florets Grapes Water	Chicken Leg Wholemeal Bread Roll Corn & Sultana Mix Water	Bolognaise Wholemeal Pasta Cauliflower Florets Sliced Fruit Water	Tuna & Lettuce Wholemeal Roll Cheese Stick Corn Cob Water	Lamb Casserole Brown Rice 1/2 cup Cherry Tomato Water
Vegetarian Lunch	Tofu Meatballs Broccoli Florets Grapes Water	Wholemeal Pasta Salad Wholemeal Bread Roll Corn & Sultana Mix Water	Savoury Baked Beans Wholemeal Pasta Sliced Fruit Water	Cheese & Tomato Wholemeal Roll Cheese Stick Corn Cob Water	Vegetable Casserole Brown Rice 1/2 cup Cherry Tomato Water
Afternoon Tea	Vege Sticks & Cream Cheese 1/2 cup milk	Wholemeal Banana Bread carrot Sticks 1/2 cup milk	Wholemeal Pikelets with Fruit Spread Fruit Smoothie	Wholemeal crackers & Cream Cheese Celery Sticks Water	Vegetable Sticks Hommus Dip 1/2 cup milk
Evening Snack	Seasonal Fruit, Sultanas and Water				

# WINTER MENU WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Baked Beans Wholemeal Toast Fresh Sliced Fruit Water	Porridge with Warm Milk Fresh Fruit Salad Water	Weet-Bix Apricot Bites Warm Low Fat Milk Fresh Fruit Salad Water	Wholemeal English Muffin Creamed Corn Fresh Sliced Fruit Water	Weet-Bix Apricot Bites Warm Low Fat Milk Fresh Fruit Salad Water
Morning Tea	Mini Wholemeal vege Pizza 1/2 cup low fat milk	Wholemeal Vegetable Muffins 1/2 cup low fat milk	Raisin Toast Fruit Smoothie	Wholemeal Banana Bread 1/2 cup low fat milk	Wholemeal Corn Pikelets Fruit Smoothie
Standard Lunch	Bolognaise Wholemeal Pasta Carrot Sticks Water	Vegetable Lasagne Corn Cob Cheese Stick Water	Beef Rissole Corn Cob Green Beans Water	Chicken Leg Broccoli Florets Cherry Tomatoes Water	Lamb Stroganoff Rice Cauliflower Floret Water
Vegetarian Lunch	Savoury Baked Beans Wholemeal Pasta Carrot Sticks Water		Vege Rissole Corn Cob Green Beans Water	Vege Sausages Broccoli Florets Cherry Tomatoes Water	Mushroom Stroganoff Rice Cauliflower florets Water
Afternoon Tea	Wholemeal Pikelets Sliced Banana 1/2 cup low fat milk	Wholegrain crackers Cheese 1/2 cup low fat milk	Fresh Fruit Salad Custard 1/2 cup low fat milk	Raisin Toast Fruit Smoothie	1/2 Toasted Sandwich 1/2 cup low fat milk
Evening Snack	Seasonal Fruit, Sultanas and Water				

# WINTER MENU WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge with Warm Milk Fresh Fruit Salad Water	Low Fat Yoghurt Fresh Sliced Fruit Raisin Toast Water	Baked Beans Wholemeal Toast Fresh Sliced Fruit Water	Porridge with Warm Milk Fresh Fruit Salad Water	Low Fat Yoghurt Fresh Sliced Fruit Raisin Toast Water
Morning Tea	Wholemeal Pikelets Fruit Smoothie	Wholemeal Banana Muffin 1/2 cup milk	Corn on the Cob Fruit Smoothie	Wholemeal Zucchini Muffins 1/2 cup milk	Sweet Potato Fries Fruit Smoothie
Standard Lunch	Meatloaf Corn Cob Green Beans Water	Mushroom Quiche Corn Cob Sliced Fruit Water	Beef Lasagne Broccoli Florets Grapes Water	Lamb Casserole Corn Cob Cauliflower Florets Water	Wholemeal Tuna & Lettuce Roll Cherry Tomatoes Fruit Salad Water
Vegetarian Lunch	Vegetarian Meatloaf Corn Cob Green Beans Water		Vegetarian Lasagne Broccoli Florets Grapes Water	Vegetable Stir-fry Corn Cob Sliced Fruit Water	Wholemeal Egg & Lettuce Roll Cherry Tomatoes Fruit Salad Water
Afternoon Tea	Wholemeal Banana Bread 1/2 cup milk	1/2 Wholemeal toasted sandwich Fruit Smoothie	Wholemeal Vegetable Muffin 1/2 cup milk	Raisin Toast Fruit Smoothie	Wholemeal Pikelets Cream Cheese 1/2 cup milk
Evening Snack	Seasonal Fruit, Sultanas and Water				

# WINTER MENU WEEK 3

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

Baked Beans  
Wholemeal Toast  
Fresh Sliced Fruit  
Water

Porridge with Warm Milk  
Fresh Fruit Salad  
Water

Weet-Bix Apricot Bites  
Warm Low Fat Milk  
Fresh Fruit Salad  
Water

Wholemeal English Muffin  
Creamed Corn  
Fresh Sliced Fruit  
Water

Weet-Bix Apricot Bites  
Warm Low Fat Milk  
Fresh Fruit Salad  
Water

Morning Tea

Mini Wholemeal vege Pizza  
1/2 cup low fat milk

Wholemeal Vegetable Muffins  
1/2 cup low fat milk

Raisin Toast  
Fruit Smoothie

Wholemeal Banana Bread  
1/2 cup low fat milk

Wholemeal Corn Pikelets  
Fruit Smoothie

Standard Lunch

Bolognaise  
Wholemeal Pasta  
Carrot Sticks  
Water

Vegetable Lasagne  
Corn Cob  
Cheese Stick  
Water

Beef Rissole  
Corn Cob  
Green Beans  
Water

Chicken Leg  
Broccoli Florets  
Cherry Tomatoes  
Water

Lamb Stroganoff  
Rice  
Cauliflower Floret  
Water

Vegetarian Lunch

Savoury Baked Beans  
Wholemeal Pasta  
Carrot Sticks  
Water

Vege Rissole  
Corn Cob  
Green Beans  
Water

Vege Sausages  
Broccoli Florets  
Cherry Tomatoes  
Water

Mushroom Stroganoff  
Rice  
Cauliflower florets  
Water

Afternoon Tea

Wholemeal Pikelets  
Sliced Banana  
1/2 cup low fat milk

Wholegrain crackers  
Cheese  
1/2 cup low fat milk

Fresh Fruit Salad  
Custard  
1/2 cup low fat milk

Raisin Toast  
Fruit Smoothie

1/2 Toasted Sandwich  
1/2 cup low fat milk

Evening Snack

Seasonal Fruit, Sultanas and Water

# WINTER MENU WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Porridge with Warm Milk Fresh Fruit Salad Water	Low Fat Yoghurt Fresh Sliced Fruit Raisin Toast Water	Baked Beans Wholemeal Toast Fresh Sliced Fruit Water	Porridge with Warm Milk Fresh Fruit Salad Water	Low Fat Yoghurt Fresh Sliced Fruit Raisin Toast Water
Morning Tea	Wholemeal Pikelets Fruit Smoothie	Wholemeal Banana Muffin 1/2 cup milk	Corn on the Cob Fruit Smoothie	Wholemeal Zucchini Muffins 1/2 cup milk	Sweet Potato Fries Fruit Smoothie
Standard Lunch	Meatloaf Corn Cob Green Beans Water	Mushroom Quiche Corn Cob Sliced Fruit Water	Beef Lasagne Broccoli Florets Grapes Water	Lamb Casserole Corn Cob Cauliflower Florets Water	Wholemeal Tuna & Lettuce Roll Cherry Tomatoes Fruit Salad Water
Vegetarian Lunch	Vegeloaf Corn Cob Green Beans Water		Vege Lasagne Broccoli Florets Grapes Water	Vegetable Stir-fry Corn Cob Sliced Fruit Water	Wholemeal Egg & Lettuce Roll Cherry Tomatoes Fruit Salad Water
Afternoon Tea	Wholemeal Banana Bread 1/2cup milk	1/2 Wholemeal toasted sandwich Fruit Smoothie	Wholemeal Vegetable Muffin 1/2 cup milk	Raisin Toast Fruit Smoothie	Wholemeal Pikelets Cream Cheese 1/2cup milk
Evening Snack	Seasonal Fruit, Sultanas and Water				