



Sample menu

Week	Breakfast	Morning tea served with milk	Lunch/dessert served with water	Vegetarian meal	Babies meal	Afternoon tea served with milk	Late afternoon tea
Mon	<p>Weet-Bix served with milk and fresh season fruit</p> <p>OR</p> <p>Homemade toasted muesli with bran cereal, rolled oats, sunflower kernels, chia seeds, cinnamon, coconut flakes with a drizzle of honey served with milk and seasonal fresh fruit/yoghurt</p>	<p>Wholemeal toast with spread</p> <p>Watermelon and red apple</p>	<p>Lentils soup chickpeas onions, tomato, carrots mushrooms, zucchini and fried rice</p> <p>Oranges and grapes</p>	<p>Lentils soup chickpeas onions, tomato, carrots mushrooms, zucchini and fried rice</p> <p>Oranges and grapes</p>	<p>A blend of mashed vegetables, i.e. pumpkin, broccoli, sweet potato, cauliflower</p> <p>Seasonal fruit puree</p>	<p>Corn on the cobs, broccoli and Anzac slice</p>	<p>A selection of veggie sticks with a savoury cracker biscuit</p>
Tues		<p>Wholemeal crumpets</p> <p>Rockmelon and green apple</p>	<p>Beef spaghetti bolognaise, onions, celery, carrots, capsicum, tomato, mushrooms and zucchini</p> <p>Oranges and green apple</p>	<p>Pinto beans spaghetti Bolognaise, onions, celery, carrots, capsicum, tomato, mushrooms and zucchini</p> <p>Oranges and green apple</p>	<p>A blend of mashed vegetables, i.e. pumpkin, broccoli, sweet potato, cauliflower</p> <p>Seasonal fruit puree</p>	<p>French beans, carrot sticks and garlic bread</p>	<p>A selection of veggie sticks with Lebanese bread</p>
Wed		<p>Wholemeal English cheesy muffin</p> <p>Honeydew and grapes</p>	<p>Italian Lamb, onions, tomatoes, celery, garlic, carrots capsicum and pasta</p> <p>Oranges and pears</p>	<p>Butter beans, onions, tomatoes, celery, garlic, carrots capsicum and pasta</p> <p>Oranges and pear</p>	<p>A blend of mashed vegetables, i.e. pumpkin, broccoli, sweet potato, cauliflower</p> <p>Seasonal fruit puree</p>	<p>Carrot sticks, cucumber sticks with Lebanese bread and avocado dip</p>	<p>A selection of veggie sticks with a savoury cracker biscuit</p>
Thurs		<p>Wholemeal raisin toast</p> <p>Rockmelon and banana</p>	<p>Chicken korma, onions, corn, beans, cabbage, bok choy with fried rice</p> <p>Oranges and pears</p>	<p>Chickpeas, onions, corn, beans, cabbage, bok choy with fried rice</p> <p>Oranges and pears</p>	<p>A blend of mashed vegetables, i.e. pumpkin, broccoli, sweet potato, cauliflower</p> <p>Seasonal fruit puree</p>	<p>Snow peas, celery sticks and Carrot slice</p>	<p>A selection of veggie sticks with Lebanese bread</p>
Fri		<p>Wholemeal toast</p> <p>Pear and watermelon</p>	<p>Beef meat balls, sweet potato, broccoli, pumpkin and cauliflower sauce with hokkien noodles</p> <p>Oranges and apples</p>	<p>Curried vegetables with mushroom, capsicum and cabbage</p> <p>Oranges and apples</p>	<p>A blend of mashed vegetables, i.e. pumpkin, broccoli, sweet potato, cauliflower</p> <p>Seasonal fruit puree</p>	<p>Wholemeal sandwiches with cheese, cucumber and tomato</p>	<p>A selection of veggie sticks with a savoury cracker biscuit</p>