Summer Menu - Week 1

Breakfast

Cornflakes, Rice Bubbles, Weetbix, Toast with Butter, cheese spread or Vegemite

Morning Tea

Assorted seasonal fruits-Including: Watermelon, Rockmelon, Apple, Pear, Banana, Orange, Mandarin and Grapes

Afternoon Tea

Mon- Yoghurt with mixed berries **Tues-** Banana & Blueberry muffins

Wed- Ryvita crackers, cheese and

ham/tomato

Thurs- Veggie sticks with dip and crackers

Fri- Salada and cheese crackers

Lunch

Monday

Fish fingers with steamed vegetables/roast potato's

Tuesday

Freshly made mixed sandwiches

Wednesday

Omelette boats

Thursday

Chicken sausage rolls with vegetables

Friday

Homemade Pizzas



Summer Menu - Week 2

Breakfast

Cornflakes, Rice Bubbles, Weetbix, Toast with Butter, cheese spread or Vegemite

Morning Tea

Assorted seasonal fruits-Including: Watermelon, Rockmelon, Apple, Pear, Banana, Orange, Mandarin and Grapes

Afternoon Tea

Mon- Raisin toast with margarine **Tues-** Corn cakes with cream cheese and tomatoes

Wed- Cheese platter with crackers
Thurs- Pineapple and banana muffins
Fri- Yoghurt and mixed berries

Lunch

Monday

Spaghetti Bolognese

Tuesday

Chicken fried rice

Wednesday

Beef curry puffs served with corn on the cob

Thursday

Zucchini Slice served with fresh salad

Friday

Burrito Bowls



Summer Menu - Week 3

Breakfast

Cornflakes, Rice Bubbles, Weetbix, Toast with Butter, cheese spread or Vegemite

Morning Tea

Assorted seasonal fruits-Including: Watermelon, Rockmelon, Apple, Pear, Banana, Orange, Mandarin and Grapes

Afternoon Tea

Mon- Coconut cake slice

Tues- Rice crackers with vegetable

sticks and dips

Wed- Salada's with sliced cheese

Thurs- Cheese platter with crackers

Fri- Yoghurt and mango

Lunch

Monday

Beef Fried Rice

Tuesday

Chicken Sausage rolls with vegetables

Wednesday

Fish Fingers with steamed vegetables/roast potato

Thursday

Freshly made mixed sandwiches

Friday

Chicken Chow Mein



Summer Menu - Week 4

Breakfast

Cornflakes, Rice Bubbles, Weetbix, Toast with Butter, cheese spread or Vegemite

Morning Tea

Assorted seasonal fruits-Including: Watermelon, Rockmelon, Apple, Pear, Banana, Orange, Mandarin and Grapes

Afternoon Tea

Mon- Ryvita's with cream cheese, ham and tomato

Tues- Banana Bread

Wed- Vegetable sticks with dips and crackers

Thurs- Sweet potato muffins **Fri-** Yoghurt with mixed berries

Lunch

Monday

Beef Tacos

Tuesday

Freshly made ham & cheese wraps

Wednesday

Zucchini slice served with fresh salad

Thursday

Macaroni and cheese pasta

Friday

Bacon pinwheel pastries with a side of roast potato's



Winter Menu - Week 1

Breakfast

Cornflakes, Rice Bubbles, Weetbix, Toast with Butter, cheese spread or Vegemite

Morning Tea

Assorted seasonal fruits-Including: Watermelon, Rockmelon, Apple, Pear, Banana, Orange, Mandarin and Grapes

Served with warm herbal tea

Afternoon Tea

Mon- Yoghurt with mixed berries

Tues- Blueberry muffins

Wed- Brown rice crackers, cheese

and dried fruits

Thurs- Corn cakes with cream cheese and tomatoes

Fri- Pita bread with vegetables and dips

Lunch

Monday

Spaghetti Bolognese

Tuesday

Pumpkin Soup with garlic bread

Wednesday

Homemade cottage pie

Thursday

Chicken fried rice

Friday

Macaroni cheese bake

Winter Menu - Week 2

Breakfast

Cornflakes, Rice Bubbles, Weetbix, Toast with Butter, cheese spread or Vegemite

Morning Tea

Assorted seasonal fruits-Including: Watermelon, Rockmelon, Apple, Pear, Banana, Orange, Mandarin and Grapes

Served with warm herbal tea

Afternoon Tea

Mon- Raisin toast with butter

Tues- Corn cakes with cream cheese

and tomatoes

Wed- Brown rice crackers with vegetables and dip

Thurs- Salada's with sliced cheese

Fri- Coconut pancakes

Lunch

Monday

Butter chicken served with rice

Tuesday

Homemade chicken sausage rolls with corn cob and vegetables

Wednesday

Broccoli and cauliflower soup with bread

Thursday

Beef hokkien noodles

Friday

Spinach pasta bake



Winter Menu - Week 3

Breakfast

Cornflakes, Rice Bubbles, Weetbix, Toast with Butter, cheese spread or Vegemite

Morning Tea

Assorted seasonal fruits-Including: Watermelon, Rockmelon, Apple, Pear, Banana, Orange, Mandarin and Grapes

Served with warm herbal tea

Afternoon Tea

Mon- Yoghurt with mixed berries

Tues- Brown rice crackers with

vegetable sticks and dips

Wed- Oat and fruit slice

Thurs- Pita bread with vegetable

sticks and dips

Fri- Corn cakes with cream cheese and tomatoes

Lunch

Monday

Fish fingers served with roast potatoes and vegetables

Tuesday

Lasagne served with corn cob and vegetables

Wednesday

Potato and mushroom soup with pasta

Thursday

Macaroni cheese bake

Friday

Beef fried rice

Winter Menu - Week 4

Breakfast

Cornflakes, Rice Bubbles, Weetbix, Toast with Butter, cheese spread or Vegemite

Morning Tea

Assorted seasonal fruits-Including: Watermelon, Rockmelon, Apple, Pear, Banana, Orange, Mandarin and Grapes

Served with warm herbal tea

Afternoon Tea

Mon- Raisin bread

Tues- Vegetable sticks with brown

rice crackers and dips

Wed- Blueberry Muffins

Thurs- Brown rice crackers, cheese

and sultanas

Fri- Crumpets with spreads

Lunch

Monday

Lentil and vegetable curry with rice

Tuesday

Chicken corn noodle soup

Wednesday

Beef and broccoli stir fry

Thursday

Baked chicken and vegetable risotto

Friday

Chicken and corn pinwheel pastries

