
















MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b> (served until 8am)	Weet bix, rice bubbles, and wholemeal toast with variety of spreads. Milk and water				
<b>Morning Tea</b> (Served with milk & water)	<b>Fresh fruit platter</b>  <b>Wholemeal Pita &amp; Hummus Dip</b>	<b>Fresh fruit platter</b>  <b>Apricot &amp; oat protein balls</b> (apricots, coconut, chia seeds, cacao powder, iron cereal)	<b>Fresh fruit platter</b>  <b>Natural Yoghurt &amp; Low Sugar Home Made Oat Granola</b>	<b>Fresh fruit platter</b>  <b>Wholemeal tortilla bread chips and Mexican bean dip</b>	<b>Fresh fruit platter</b>  <b>Cheese &amp; vegemite wholemeal wraps</b>
<b>Lunch</b> (Served with water)	<b>Cheese &amp; Tuna Pizza</b>  Shredded tuna, celery, lettuce, beetroot, tomato, wholemeal Lebanese bread.	<b>Cheese &amp; Tuna Pizza</b>  Shredded tuna, celery, lettuce, beetroot, tomato, wholemeal Lebanese bread.	<b>Beef Spaghetti bolognaise &amp; salad</b>  Beef mince, onion, carrot, tomato, wholemeal pasta, iceberg lettuce, cherry tomato, cucumber.	 <b>Pumkin &amp; Lentil Soup</b>  With crispy cheesy wholemeal bread  Brown lentils, onions, pumpkin, basil, celery, carrot.  Served with Orange Wedges.	<b>Mexican slow cooked pulled beef with brown rice</b>  Chopped beef steak, onion, spinach, corn, garlic, carrots, tomatoes, wholemeal rice.
	 Margherita/ Cheese and Tofu Pizza on wholemeal Lebanese bread Served with raw snow peas.	 Tofu replaces beef. Served with raw broccoli.	 Beans replace beef. Served with raw capsicum.		 Mexican beans replace beef. Served with raw cabbage.
<b>Afternoon Tea</b> (Served with milk & water)	<b>Fresh raw vegetable platter</b>  <b>Wholemeal raisin toast</b>	<b>Fresh raw vegetable platter</b>  <b>Wholemeal English muffins &amp; cheese</b>	<b>Fresh raw vegetable platter</b>  <b>Cheese and Tomato Rice Cakes</b>  (99% whole grain brown rice)	<b>Fresh raw vegetable platter</b>  <b>Wholemeal Zucchini Slice</b>  (made by children) (wholemeal flour, soy milk, zucchini, carrots, cheese)	<b>Fresh raw vegetable platter</b>  <b>Homemade wholemeal Garlic bread</b>
<b>Late Snack</b>	Fresh fruit, veg or dried fruit / Brown Rice Crackers				






Water is available throughout the day. Reduced-fat milk is served to children over 2yrs, full-cream milk to children under 2yrs.

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b> (served until 8am)	Weet bix, rice bubbles, and wholemeal toast with variety of spreads.				
<b>Morning Tea</b> (Served with milk & water)	<b>Fresh fruit platter</b>  <b>Wholemeal tortilla bread chips and Mexican bean dip</b>	<b>Fresh fruit platter</b>  <b>Date &amp; oat protein balls</b> (dates, coconut, chia seeds, cacao powder)	<b>Fresh fruit platter</b>  <b>Natural Yoghurt &amp; Home Made Low Sugar Oat Granola</b>	<b>Fresh fruit platter</b>  <b>Natural Greek Yoghurt &amp; Cheerio's</b>	<b>Fresh fruit platter</b>  <b>Wholemeal Pita bread &amp; Hummus Dip</b>
<b>Lunch</b> (Served with water)	  <b>Lentil curry, wholemeal rice</b>  Lentils, garlic, tomato, ginger, coriander, celery, cumin, turmeric.  Served with tomato wedges.	<b>Slow cooked beef steak stroganoff &amp; wholemeal pasta</b>  Beef mince, onion, carrot, mushrooms, corn, peas, tomatoes, wholemeal pasta.	<b>Tuscan Chicken Casserole</b>  Steak, onions, potatoes, celery, carrots, peas, mushrooms, butterbeans, lentils, parsley, chicken stock, flour.	<b>Turkish Ham and Pineapple Open melt</b>  Base of tomato sauce with shredded ham and pineapple pieces and cheese.	<b>Build our own beef burgers.</b>  Beef mince, onion, breadcrumbs, cheese, paprika, oregano, parsley, chia seeds, lettuce, tomato, cheese slices, wholemeal bread.
		  Cannellini beans replace beef. Served with raw snow peas.	  Palak Paneer and Rice Casserole. Served with raw snow peas.	  Mushroom and pineapple cheese melts. Served with orange wedges.	  Lentil replaces beef. Served with raw capsicum.
<b>Afternoon Tea</b> (Served with milk & water)	<b>Fresh raw vegetable platter</b>  <b>Cheese and brown rice crackers</b>	<b>Fresh raw vegetable platter</b>  <b>Wholemeal English muffins &amp; cheese</b>	<b>Fresh raw vegetable platter</b>  <b>Melted cheese fingers on wholegrain bread</b>	<b>Fresh raw vegetable platter</b>  <b>Iron rich wholemeal banana slice</b> (banana, wholemeal flour, wheat germ, golden syrup, iron cereal, sultanas)	<b>Fresh raw vegetable platter</b>  <b>Cheese &amp; Vegemite Rice Cakes</b> (99% whole grain brown rice)
<b>Late Snack</b>	Fresh fruit, veg or dried fruit / Brown Rice Crackers				

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MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b> (served until 8am)	Weet bix, rice bubbles, and wholemeal toast with variety of spreads.				
<b>Morning Tea</b> (Served with milk & water)	<b>Fresh fruit platter</b>  <b>Granola Cluster with natural Greek yoghurt</b> (buckwheat flour, brown sugar, rolled oats, butter, ground cinnamon, raspberry jam, Greek yoghurt)	<b>Fresh fruit platter</b>  <b>Greek Yoghurt with Strawberries &amp; Honey</b> (no honey for under 1yo)	<b>Fresh fruit platter</b>  <b>Baked sweet potato</b>	<b>Fresh fruit platter</b>  <b>Avocado &amp; tomato on Wholegrain Rice Cakes</b>	<b>Fresh fruit platter</b>  <b>Healthy Apple Loaf</b> (with dried fruit)
<b>Lunch</b> (Served with water)	<b>Chilli Con Carne with brown Rice</b> Ground Beef, Rice, diced tomatoes, red Onions, Garlic, mixed beans, corn, capsicum, spinach.	<b>Lisa's Shepherds Pie</b> Beef mince, onion, carrot, tomato, peas and garlic with a top of mash potato and a side of peas.	 <b>Savoury baked Beans With Wholemeal Pasta</b>  <b>Pasta, baked beans, onion, carrots, zucchini, cheese</b>  Served with tomato wedges.	<b>Kangaroo Sausage Wholemeal Pizza</b> BBQ Base on Lebanese Bread with cooked sausages, sweet corn, capsicum and cheese and side salad.	<b>Moroccan Lamb Stew with couscous</b> Slow cooked lamb, Couscous, diced tomatoes, thickened cream, red Onions, Garlic, carrots, sweet potato, Parsley.
	Baked beans replaces beef. Served with raw broccoli. 	Cannellini beans replace beef. Served with raw snow peas. 		Wholemeal Lebanese bread with Cheese, onion and Eggplant. Served with raw capsicum wedges. 	Lentil replaces lamb. Served with raw capsicum. 
<b>Afternoon Tea</b> (Served with milk & water)	<b>Fresh raw vegetable platter</b>  <b>Radish whole grain rice cakes with cream cheese</b>	<b>Fresh raw vegetable platter</b>  <b>Homemade Muesli bars</b>	<b>Fresh raw vegetable platter</b>  <b>Anzac Slice</b> (made by the children) (rolled oats, brown sugar, coconut, plain flour, self-raising flour, butter, dried fruit, golden syrup, shredded coconut)	<b>Fresh raw vegetable platter</b>  <b>Roasted rainbow carrots with pea hummus</b>	<b>Fresh raw vegetable platter</b>  <b>Mozzarella Bites</b> with toasted bread sticks
<b>Late Snack</b>	Fresh fruit, veg or dried fruit / Brown Rice Crackers				

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MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b> (served until 8am)	Weet bix, rice bubbles, and wholemeal toast with variety of spreads.				
<b>Morning Tea</b> (Served with milk & water)	<b>Fresh fruit platter</b> <b>Carrot &amp; celery sticks with Beetroot Dip</b>	<b>Fresh fruit platter</b> <b>Cheesy Pizza slice</b> (high fibre pizza base)	<b>Fresh fruit platter</b> <b>Natural Yoghurt &amp; seasonal berries</b>	<b>Fresh fruit platter</b> <b>Date &amp; oat protein balls</b> (dates, coconut, chia seeds, cacao powder, iron cereal)	<b>Fresh fruit platter</b> <b>Nachos with Avocado Dip and Sour Cream</b>
<b>Lunch</b> (Served with water)	<b>Lasagne</b> Beef Mince, tomatoes, Lasagne Sheets, red Onions, Garlic, capsicum.  Carrots, mozzarella cheese, Basil, butter, plain flour, milk, parmesan cheese.	<b>Irish Beef Stew with brown Rice</b>  slow cooked beef, brown rice, potatoes, red Onions, Garlic, Carrot	 <b>Sweet Potato Chickpea Curry</b>  <b>With high fibre bread</b>  Lentils, garlic, tomato, ginger, Coriander, celery, cumin, Turmeric Served with tomato Wedges.	<b>Wholemeal Chicken &amp; Cheese Jaffles</b>  Sliced chicken, celery, Avocado, beetroot, tomato, wholemeal Bread.	<b>Lamb Kofta w/ pita bread &amp; tatziki</b>  Onion, garlic, lamb mince, coriander, mint, cumin, allspice, parsley yoghurt, and feta cheese on the side.  On the Side Tomato Cucumber Salad.
	 Lentil replaces beef. Served with raw capsicum.	 Tofu replace beef. Served with raw snow peas.		 Salad on the Side Cheese and Tomato and or Chickpea patty and cheese.	 Paneer Kofta.
<b>Afternoon Tea</b> (Served with milk & water)	<b>Fresh raw vegetable platter</b> <b>Raspberry coconut bliss balls (with iron cereal)</b>	<b>Fresh raw vegetable platter</b> <b>Rice Crackers / cakes with hummus dip</b>	<b>Fresh raw vegetable platter</b> <b>Carrot Cake</b> Made by children	<b>Fresh raw vegetable platter</b> <b>Wholemeal Rice Cracker with Cheese and Olives</b>	<b>Fresh raw vegetable platter</b> <b>Wholemeal Raisin Loaf</b>
<b>Late Snack</b>	Fresh fruit, veg or dried fruit / Brown Rice Crackers				

# PUREE MENU

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
We are able to store and prepare expressed breast milk.					
<b>Morning Tea</b>	<b>Apple &amp; Cinnamon Baby Food</b> Apples, Water, Cinnamon	<b>Banana &amp; Fruit Mash</b> Banana, Fruit	<b>Carrot &amp; Nutmeg Puree</b> Carrots, Water, Nutmeg	<b>Sweet Potato &amp; Thyme Puree</b> Sweet potatoes, Thyme, Water	<b>Broccoli Baby Food</b> Broccoli, White Potato
<b>Lunch</b>	<b>Pumpkin Puree</b> Pumpkin	<b>Chicken &amp; Broccoli Puree</b> Chicken, Broccoli, Water	<b>Oatmeal Puree</b> Water, Oats, Hemp seeds, Chia seeds	<b>Banana &amp; Avocado Puree</b> Bananas, Avocado	<b>Chicken &amp; Pea Puree</b> Chicken, Broccoli, Water
<b>Afternoon Tea</b>	<b>Sweet Potato &amp; Thyme Puree</b> Sweet potatoes, Thyme, Water	<b>Carrot &amp; Ginger Puree</b> Carrots, Water, Ginger	<b>Broccoli Baby Food</b> Broccoli, White Potato	<b>Carrot &amp; Nutmeg Puree</b> Carrots, Water, Nutmeg	<b>Capsicum Puree</b> Capsicum, Pear