

MENU - WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Yoghurt & Fruit Salad	English Muffins with Jam & Vegemite	Savouy Biscuit Platter	Rice Cakes with Vegemite & Cheese	Cheese & Crackers
To Drink	Milk	Fruit Smoothies	Milk	Milk	Milk
LUNCH	Cheesy Pumpkin & Broccoli Pasta with Tuna	Sang Choy Bow (savoury mince wrapped in lettuce leaves)	Hearty Beef Casserole with White Rice	Chicken & Broccoli Bake with Garden Salad	Vegetarian Pizza Muffins with Garlic Bread
	White Meat Dish	*Red Meat Dish*	*Red Meat Dish*	*White Meat Dish*	*Vegetarian Dish*
AFTERNOON SNACK	2 Dips, Crackers, Cucumber & Cheese	Sultana Scones	Pikelettes with Vegemite & Jam	Buttered Fruit Loaf	Carrot & Zuccinni Muffins

Water is served with all meals and between meals.

MENU - WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Peaches & Custard	Savoury Vegetable Pikelettes	Ham, Cheese & Tomato Crackers. Fruit Platter	Fruit Salad & Yoghurt	Savoury Fruit Platter. Pita Bread & Dips
To Drink		Milk	Milk	Fruit Smoothies	Milk
LUNCH	Sausage & Baked Bean Casserole. Wholemeal Bread	Chicken & Cheese Pineapple Scrolls, with Garden Salad	Russian Potato Romanov. (potato/veg bake)	Ham & Zuccinni Slice with Pasta Salad	Chicken & Broccoli Bake with Garden Salad
	Red Meat Dish	*White Meat Dish*	*Vegetarian Dish*	*Red Meat Dish*	*White Meat Dish*
AFTERNOON SNACK	Cheesy Pumpkin Scones	Pear & Raspberry Bread	Savoury Biscuits with Jam & Vegemite	Banana Bread.	Cheese & Vegemite Scrolls

Water is served with all meals and between meals.

MENU - WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Fruit Saland & Custard	English Muffins with Vegemite & Jam	Wholemeal Toast with Honey & Jam	Cheese & Crackers	Raisin Toast & Fruit Platter
To Drink		Milk	Milk	Banana Smoothies	Milk
LUNCH	Twisty Tuna Pasta	Moroccan Chicken with Cous Cous	Mexican Beef Bake with Toasted Pita Bread	Vegetarian Pasta with Garlic Bread	Mild Beef & Vegetable Curry
	White Meat Dish	*White Meat Dish*	*Red Meat Dish*	*Vegetarian Dish*	*Red Meat Dish*
AFTERNOON SNACK	Raspberry Pikelettes	Sandwich Fingers	Savoury Biscuits with Jam & Vegemite	Fruit Patter. Rice Cakes with Cheese	Ham, Cheese & Pineapple Scrolls

Water is served with all meals and between meals.

MENU - WEEK FOUR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Ham & Cheese Muffin.	Baked Beans with Cheese & Toast.	Fruit Salad & Yoghurt.	Savoury Vegetable Pikelettes.	Cheese & Tomato on Toast.
To Drink	Fruit Smoothies	Milk		Milk	Milk
LUNCH	Chicken & Vegetable Pasta	Hearty Beef Casserole with White Rice	Vegetarian Lasagne with Garlic Bread	Mexican Beef Bake with Toasted Pita Bread	Chicken Fried Rice.
	White Meat Dish	*Red Meat Dish*	*Vegetarian Dish*	*Red Meat Dish*	*White Meat Dish*
AFTERNOON SNACK	Apple & Banana Muffins	Apple & Chocolate Crackles	Sandwich Fingers	Pita Bread & Dips. Fruit Platter	Banana Bread

Water is served with all meals and between meals.