

# Week 1

## Monday

### Morning Tea

English Muffin With  
Spreads  
With Fresh Fruit  
**Lunch**

Cauliflower Mac And  
Cheese Served With  
Broccoli

### Afternoon Tea

Rice Crackers and  
Cheese  
With Fresh Fruit

## Tuesday

### Morning Tea

Smoothie Bowls  
With Fresh Fruit

### Lunch

Beef And Bean  
Burrito Wraps  
Or  
Bean Burrito Wraps

### Afternoon Tea

Scones With  
Homemade Jam  
With Fresh Fruit

## Wednesday

### Morning Tea

Fruit Crumble  
With Fresh Fruit

### Lunch

Fish Fingers With  
Mash Potato And  
Vegetables  
Or  
Sweet Potato steak

### Afternoon Tea

Apple Banana Mini  
Muffins With  
Fresh Fruit

## Thursday

### Morning Tea

Avocado Mousse With  
Arrowroot Biscuits With  
Fresh Fruit

### Lunch

Assorted Sandwiches  
with Vegetarian  
sandwich options

### Afternoon Tea

Funny Face Rice  
Crackers  
With Fresh Fruit

## Friday

### Morning Tea

Sweet Potato Muffin  
with Fresh Fruit

### Lunch

Veggie Loaded  
Bolognese  
OR  
Veggie Loaded lentil  
Bolognese

### Afternoon Tea

Yoghurt  
With Fresh Fruit



# Week 2

Monday

## Morning Tea

Yoghurt  
With Fresh Fruit

## Lunch

Basic Mince and  
Vegetable curry with  
pasta

## Afternoon Tea

Gluten Free Carrot  
Muffins  
with Fresh Fruit

Tuesday

## Morning Tea

Rasin Toast  
With Fresh Fruit

## Lunch

Assorted Sandwiches  
with Vegetarian  
options

## Afternoon Tea

Fruit and Vegetable  
Platter with Rice  
Crackers and  
Avocado Dip

Wednesday

## Morning Tea

Savoury Muffins  
With Fresh Fruit

## Lunch

Chow Mein Mince  
With Fried Rice  
Or  
lentil chow mein with  
fried rice

## Afternoon Tea

Banana Bread  
Watermelon Pieces

Thursday

## Morning Tea

Blueberry Pikelets  
With Fresh Fruit

## Lunch

Fish cake and Pasta  
Salad  
With Vegimite  
sandwiches

## Afternoon Tea

Cheese And Crackers  
With Fresh Fruit

Friday

## Morning Tea

Carrot Weetbix Slice with  
orange zest cream  
cheese topping  
With Fresh Fruit

## Lunch

Potato and Chickpea  
Curry with Rice

## Afternoon Tea

Savoury Muffin  
Orange Slices



# Week 3

## Monday

Morning Tea

Yoghurt  
With Fresh Fruit

Lunch

Sweet Lamb Curry  
with Rice or  
Chickpea and  
Vegetable Curry

Afternoon Tea

Homemade  
Shortbread Biscuits  
With Fresh Fruit

## Tuesday

Morning Tea

Vegemite Toast  
With Fresh Fruit

Lunch

Chilli Con Carne With  
Rice And Corn Chips  
Or  
Bean based chilli con  
carne

Afternoon Tea

Mini cheese pizzas  
With fresh Fruit

## Wednesday

Morning Tea

Rice Crackers French  
Onion Dip  
With Fresh Fruit

Lunch

Sweet And Sour  
Chicken With  
Noodles  
Or  
sweet and sour  
chickpea

Afternoon Tea

Cheese and Chive  
Muffins  
With Fresh Fruit

## Thursday

Morning Tea

Banana And  
Chocolate Muffins  
With Fresh Fruit

Lunch

Pasta Spirals with  
Sundried Tomato  
and Pea Pesto

Afternoon Tea

Crumbed Chicken  
Pieces with Yoghurt  
Dip

## Friday

Morning Tea

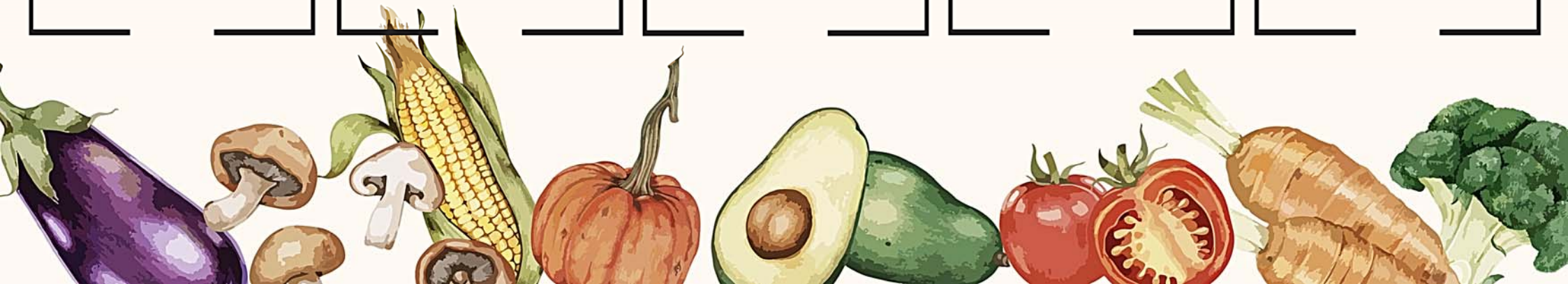
Fresh Fruit Plater

Lunch

Sausage Sizzle with  
Slaw and Buttered  
Bread Triangles  
Vegetarian Sausage

Afternoon Tea

Garlic Bread  
Orange Slices



# Week 4

## Monday

Morning Tea  
Vegie Sticks, Cheese  
and Crackers  
And Fresh Fruit

### Lunch

Muffin Pizza with  
Assorted Toppings

### Afternoon Tea

Cheese and  
Vegemite scroll  
Fresh fruit

## Tuesday

### Morning Tea

Raisin Toast  
With Fresh Fruit

### Lunch

Butter Chicken With  
Vegetables and Rice  
or Vegetable Curry

### Afternoon Tea

Zucchini choc muffin  
Fresh Fruit

## Wednesday

### Morning Tea

Yoghurt  
With Fresh Fruit

### Lunch

Beef Lasagne with  
Garden Salad  
And Garlic bread

### Afternoon Tea

Fruit, Cheese and  
Vegetable Platter  
with Rice Crackers

## Thursday

### Morning Tea

Apple Muffins  
With Fesh Fruit

### Lunch

Assorted Sandwiches  
with Vegetarian  
options

### Afternoon Tea

Avocado Mousse With  
Arrowroot Biscuits With  
Fresh Fruit

## Friday

### Morning Tea

Pikelets  
With Fresh Fruit

### Lunch

Chicken Pasta Bake  
With Steamed  
Vegetables

### Afternoon Tea

Cruskits with Spreads  
Apple slices

