

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Crackers, cheese and fruit platter	Cruskits with various toppings and fresh fruit	Cheese, fruit and rice cakes with spreads	Yoghurt and fruit	Rice crackers and variety of fresh fruit
LUNCH	Healthy sandwiches and wraps	Carbonara	Healthy Sandwiches and wraps	Deville Sausages with Mash potato	Healthy Sandwiches and wraps
AFTERNOON TEA	Apple muffins and veggie sticks	Pumpkin scones and dried fruit	Cracker, cheese and vegetable platter with corn dip	Bite size ribbon sandwiches	Zucchini slice and cheese sticks
ASC AFTERNOON TEA LATE SNACK	Variety of arrowroot biscuits, dried and fresh fruit, vegetable sticks, cruskits, cheese, dips, fruit toast, rice cakes, sandwiches and baked goods				

NB: Locally sourced seasonal Fruit may include: Apples, Oranges, Mandarins, Mango, Strawberries, Pineapple, Rockmelon, Watermelon, Banana, Honeydew, Kiwi Fruit, Lychees and Grapes.

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Fresh seasonal fruit with crackers	Rice cakes with toppings and fruit slices	Fruit toast and fruit platter	Fresh fruit and cruskits with spreads	Crackers, cheese and fruit
LUNCH	Fried Rice	Healthy sandwiches and wraps	Macaroni Cheese	Healthy Sandwiches and wraps	Tropical chicken and rice
AFTERNOON TEA	Sandwiches	Banana muffins and vegetable sticks	Fruit salad and custard	Sweet corn muffins and cheese sticks	Coconut cake with melon
ASC AFTERNOON TEA LATE SNACK	Variety of arrowroot biscuits, dried and fresh fruit, vegetable sticks, cruskits, cheese, dips, fruit toast, rice cakes, sandwiches and baked goods				

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WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Crackers, cheese and fresh fruit	Warm toast with spreads and fruit	Yoghurt and fruit	Rice cakes, toppings and fruit slices	Cruskits with fruit
LUNCH	Healthy sandwiches and wraps	Beef stroganoff	Healthy sandwiches and wraps	Baked bean sausage pasta	Healthy sandwiches and wraps
AFTERNOON TEA	ANZAC Slice with fruit	Hommus dip with cheese and vegetable sticks and crackers	Pineapple and coconut bread and dried fruit	Oaty chocolate chip cookies and cheese sticks	Date cake with melon
ASC AFTERNOON TEA LATE SNACK	Variety of arrowroot biscuits, dried and fresh fruit, vegetable sticks, cruskits, cheese, dips, fruit toast, rice cakes, sandwiches and baked goods				

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WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Fresh fruit and crackers	Cruskits and toppings with fruit	Toast with assorted spreads and fresh fruit	Fresh fruit with rice cakes and spreads	Yoghurt and fruit
LUNCH	Creamy Corn Pasta	Healthy sandwiches and wraps	Spaghetti Bolognaise	Healthy Sandwiches and wraps	Homemade pizza
AFTERNOON TEA	Cornflake biscuits and dried fruit	Oaty date slice and cheese sticks	Vegemite dip with crackers, cheese and vegetable sticks	Sultana cake and vegemite crusts	Ribbon sandwiches with assorted fillings
ASC AFTERNOON TEA LATE SNACK	Variety of arrowroot biscuits, dried and fresh fruit, vegetable sticks, cruskits, cheese, dips, fruit toast, rice cakes, sandwiches and baked goods				

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WEEK FIVE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Fresh seasonal fruit with crackers	Flavoured cruskits and fresh fruits	Rice cakes and fruit	Toast with toppings and fruit	Yoghurt and fruit
LUNCH	Healthy sandwiches and wraps	Mango chicken with rice	Healthy sandwiches and wraps	Sweet potato bake and rice	Healthy sandwiches and wraps
AFTERNOON TEA	Beetroot brownie and sultanas	Apple cinnamon scrolls and vegetable sticks	Choc chip muffins, popcorn and dried fruit	Corn dip, crackers, cheese and vegetable sticks	Banana cake with melon
ASC AFTERNOON TEA LATE SNACK	Variety of arrowroot biscuits, dried and fresh fruit, vegetable sticks, cruskits, cheese, dips, fruit toast, rice cakes, sandwiches and baked goods				

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