

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Assorted Cereals and Toast with assorted spreads				
<b>MORNING TEA</b>	Seasonal fresh fruit platter with rice crackers	Seasonal fresh fruit platter with sultanas	Seasonal fresh fruit platter with saos and spreads	Yoghurt with muesli	English muffins with cheese and a seasonal fresh fruit platter
<b>LUNCH</b>	Assorted sandwiches with salads, cold meats and spreads	Red lentil dhal with rice	Assorted sandwiches with salads, cold meats and spreads	Bacon and pumpkin pasta	Beef nachos with salsa and sour cream
<b>AFTERNOON TEA</b>	Lemon cake with a seasonal fresh fruit platter	Mini blueberry muffins with seasonal fresh fruit and vegetable platter	Apple and cinnamon scrolls with seasonal fresh fruit platter	Savoury platter with rice crackers and dip	Chocolate slice with seasonal fresh fruit platter
<b>LATE SNACK</b>	A variety of rice cakes, fresh fruit, dried fruit, vegetable sticks, crackers, cheese, dips, fruit toast, 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
<b>BREAKFAST</b>	Assorted Cereals and Toast with assorted spreads				
<b>MORNING TEA</b>	Rice cakes with spreads and a seasonal fresh fruit platter	Seasonal fresh fruit platter with mini chocolate chia muffins	Yoghurt with muesli	Seasonal fresh fruit platter with saos and spreads	Seasonal fresh fruit platter with sultanas and rice crackers
<b>LUNCH</b>	Tuna mornay with vegetables	Assorted sandwiches with salads, cold meats and spreads	Chicken and corn pasta bake	Assorted sandwiches with salads, cold meats and spreads	Home made pizzas with salad
<b>AFTERNOON TEA</b>	Seasonal fresh fruit platter with rice crackers and dip	Anzac slice with seasonal fresh fruit platter	Savoury platter with rice crackers and dip	Vanilla raspberry cake with seasonal fresh fruit	Two fruits and custard
<b>LATE SNACK</b>	A variety of rice cakes, fresh fruit, dried fruit, vegetable sticks, crackers, cheese, dips, fruit toast, sandwiches and baked goods				

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WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Assorted Cereals and Toast with assorted spreads				
<b>MORNING TEA</b>	Seasonal fresh fruit with rice crackers	Mini choc-chop vanilla muffins with seasonal fruit	Seasonal fresh fruit platter with rice cake and spreads	Seasonal fresh fruit platter with rice crackers and dip	Yoghurt with seasonal fresh fruit
<b>LUNCH</b>	Assorted sandwiches with salads, cold meats and spreads	Vegetable curry with rice	Assorted sandwiches with salads, cold meats and spreads	Mango chicken with rice	Curry puffs with vegetables
<b>AFTERNOON TEA</b>	Cheesy tomato scrolls with seasonal fresh fruit	Seasonal fresh fruit platter with saos and spreads	Raspberry and white chocolate cookies with seasonal fresh fruit platter	Seasonal fresh fruit platter with dried fruit	Savoury platter with rice crackers and dip
<b>LATE SNACK</b>	A variety of rice cakes, fresh fruit, dried fruit, vegetable sticks, crackers, cheese, dips, fruit toast, sandwiches and baked goods				

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WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Assorted Cereals and Toast with assorted spreads				
<b>MORNING TEA</b>	Seasonal fresh fruit platter with saos and spreads	Seasonal fresh fruit platter with sultanas	Mini cinnamon muffins with seasonal fresh fruit platter	Seasonal fresh fruit platter with rice cakes	Yoghurt with muesli
<b>LUNCH</b>	Wraps with cold meats and salad	Assorted sandwiches with salads, cold meats and spreads	Spaghetti bolognaise with mixed vegetables	Assorted sandwiches with salads, cold meats and spreads	Morrocan chicken with rice
<b>AFTERNOON TEA</b>	Marble cake with seasonal fresh fruit platter	Orange cake with seasonal fresh fruit platter	Savoury platter with dip and crackers	Anzac slice with seasonal fresh fruit platter	Seasonal fresh fruit platter with dried fruit
<b>LATE SNACK</b>	A variety of rice cakes, fresh fruit, dried fruit, vegetable sticks, crackers, cheese, dips, fruit toast, sandwiches and baked goods				

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