

Weekly Menu Planner

Week One

Monday

Morning Tea- Fresh fruit platter with yoghurt

Lunch- Grilled chicken and baked vegetables

Afternoon Tea- Pear and raspberry loaf with fresh fruit

Tuesday

Morning Tea- Fresh fruit platter, crumpets with spreads

Lunch- Spaghetti bolognaise with garlic bread

Afternoon Tea- Pikelets with jam and cream and a fresh fruit platter

Wednesday

Morning Tea- Yoghurt with fruit salad

Lunch- Sandwich platter with deli meats, cheese and spreads

Afternoon Tea- Carrot Cake with a fresh fruit platter

Thursday

Morning Tea- Fresh fruit platter with raisin toast

Lunch- Bangers and mash with mixed vegetables and gravy

Afternoon Tea- Oat and sultana slice with a fresh fruit platter

Friday

Morning Tea- Fresh fruit platter with yoghurt

Lunch- Mini fish finger tacos with lettuce, tomato, cheese and lime sour cream sauce

Afternoon Tea- Rice cakes with spreads and fresh fruit

Puree Menu

Monday- Pumpkin, carrot and corn

Tuesday- Potato and carrot, beef mince with risoni

Wednesday- Sweet potato and corn

Thursday- Potato and broccoli with rice

Friday- Pumpkin, potato and carrot

Alternatives are available if required

Weekly Menu Planner

Week Two

Monday

Morning Tea- Pancakes with mixed berry smoothie

Lunch- Shepherds pie with minced beef and mixed vegetables topped with mashed potato and cheese

Afternoon Tea- Banana bread and fresh fruit

Tuesday

Morning Tea- Fresh fruit platter. Toast with spreads

Lunch- Chicken meatballs in tomato sauce with spiral pasta

Afternoon Tea- Homemade muesli bars with seasonal fruit platter

Wednesday

Morning Tea- Homemade nut free granola and yoghurt

Lunch- Mini loaded hotdogs with cheese and bacon

Afternoon Tea- Fresh fruit platter with raisin toast

Thursday

Morning Tea- Fresh fruit platter with yoghurt

Lunch- Homemade crumbed fish fillets with baked potatoes and salad

Afternoon Tea- Platter of rice crackers. cheese, dip and vegetable sticks

Friday

Morning Tea- Seasonal fruit platter with custard

Lunch- Chicken chow mein with mixed vegetables

Afternoon Tea- Raspberry and vanilla muffins with seasonal fruit

Puree Menu

Monday- Potato, carrot, corn and minced beef

Tuesday- Pumpkin and cauliflower

Wednesday- Potato, spinach and corn

Thursday- Sweet potato, carrot and apple

Friday- Pumpkin, cauliflower and corn

Alternatives are available if required

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Week Three

Monday

Morning Tea- Fresh fruit platter with yoghurt

Lunch- Loaded jacket potatoes with mexican beef, sour cream and cheese

Afternoon Tea- Pumpkin pikelets with greek yoghurt and fresh fruit

Tuesday

Morning Tea- Fruit platter. Crumpets with spreads

Lunch- Homemade chicken nuggets with potato wedges and salad

Afternoon Tea- Platter with rice crackers, rice cakes with spreads and seasonal fruit

Wednesday

Morning Tea- Raisin toast with mixed berry smoothie

Lunch- Pinwheel sandwiches with meats, cheese and spreads served with a side salad

Afternoon Tea- Scones with jam and cream and fresh fruit

Thursday

Morning Tea- Fruit platter with custard

Lunch- Extra mild green chicken curry with rice

Afternoon Tea- Blueberry teacake with seasonal fruit

Friday

Morning Tea- Fresh fruit platter with yoghurt

Lunch- Home made pizza with deli meats, vegetable and cheese

Afternoon Tea- Apple and cinnamon scrolls with fresh seasonal fruit

Puree Menu

Monday- Potato and pumpkin with black beans

Tuesday- Sweet potato, pumpkin and chicken

Wednesday- Carrot and beans with rice

Thursday- Potato, beans and corn

Friday- Pumpkin, corn and beans

Alternatives are available if required

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Week Four

Monday

Morning Tea- Pikelets with spreads and a fresh fruit platter

Lunch- Variety of toasted sandwiches with cheese and deli meats

Afternoon Tea- Homemade muesli bars with fresh fruit

Tuesday

Morning Tea- Fresh fruit platter. Toast with spreads

Lunch- Beef and vegetarian quesadilla served with sour cream and guacamole

Afternoon Tea- Pumpkin Scones with fresh fruit

Wednesday

Morning Tea- Fruit platter and yoghurt

Lunch- Chicken and corn pasta bake with a side salad

Afternoon Tea- Mini apple and cinnamon muffins with fresh fruit

Thursday

Morning Tea- Cinnamon oatmeal cookies with a smoothie

Lunch- Vegetarian fried rice

Afternoon Tea- Platter of rice crackers, cheese, dip and vegetable sticks

Friday

Morning Tea- Fruit salad and yoghurt

Lunch- Wraps with deli meats, cheese and salad

Afternoon Tea- Cheese and vegemite scrolls with fresh fruit

Puree Menu

Monday- Pumpkin, potato and broccoli

Tuesday- Potato and spinach

Wednesday- Sweet potato and corn with risoni

Thursday- Pumpkin and cauliflower with rice

Friday- Sweet potato, carrot and apple

Alternatives are available if required