

# Spring/Summer Menu



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 6:30am – 7:15am	Cereals on Offer: Weet-Bix, Corn Flakes & Rice Bubbles served with milk (Lactose Free and soy milk available upon request). Toast on Offer: Vegemite and Jam Milk and Water are offered throughout the day.				
<b>Morning Tea</b>	Seasonal fresh fruit Salad with Cinnamon Chips	Toast with Spaghetti and Baked Beans	Toasted Vegemite & Cheese English Muffins	Anti-Pasto Platter with Kabana, Cheese, Cucumber, Olives, Crackers and Dips	Rice Cakes with Vegemite and Cream Cheese and Toppings
<b>Lunch</b>	A Selection of Fresh Sandwiches with Ham, Cheese, Spreads, and Salad.	Butter Chicken with Homemade Bread	Spaghetti Bolognese & Homemade Garlic Bread	Veggie Packed Fried Rice	Beef Nachos with Sour Cream and Cheese
<b>Vegetarian option</b>	A Selection of Vegetarian Sandwiches	Chickpea Curry with Homemade Bread	Lentil Bolognese & Homemade Garlic Bread		Veggie Packed, Lentil Nachos
<b>Afternoon Tea</b>	Homemade Cheesy Vegemite Scrolls & Fresh Smoothie	Coconut Cake with Custard & Two Fruits	Fruit Platter with Yoghurt	Pikelets and Fresh Fruit	Seasonal Fruit Platter with Rice Crackers
<b>Late Snack</b> 5:30pm	A variety of rice cakes, fresh fruit, dried fruit, vegie sticks, crackers, cheese, dips, fruit toast, sandwiches and baked goods.  A small snack which is served to the children still at the service to tie them over to dinner when they arrive home.				

Please check the black board daily for fruit selection on offer with the fruit platter and sandwich selections offered.  
Alternative meals are provided to the children with dietary requirements with careful precaution taken.

## Spring/Summer Menu

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 6:30am – 7:15am	Cereals on Offer: Weet-Bix, Corn Flakes & Rice Bubbles served with milk (Lactose Free and soy milk available upon request). Toast on Offer: Vegemite and Jam Milk and Water are offered throughout the day.				
<b>Morning Tea</b>	Toasted Ham, Cheese, and Tomato English Muffins	Seasonal fresh fruit Salad with Cinnamon Chips	Cracker Squares with Vegemite, Jam and Cream Cheese	Seasonal Fruit Salad and Yoghurt	Dried Fruits, Crackers and Cheese and Apples
<b>Lunch</b>	Veggie Packed Sausage Hot Pot and Rice	A Selection of Homemade Pizzas	Pumpkin, Bacon and Corn Chowder with Homemade Focaccia Bread	Beef Burritos & Fresh Salad mix	Potato Bake & Homemade Bread
<b>Vegetarian Option</b>	Chickpea Hot Pot and Mash with Seamed Veggies	Vegetarian Pizzas	Chickpea Pumpkin and Corn Chowder and Homemade Focaccia Bread	Vegetarian Lentil Burritos	
<b>Afternoon Tea</b>	Seasonal Fruit Platter and Crackers	Crackers, Veggie Sticks and Homemade French Onion Dip	Homemade Chocolate and Coconut Slice with Two Fruit Platter	Crispbreads with Vegemite, Jam and Cream Cheese Toppings & Fresh Smoothie	Apple Crumble & Custard
<b>Late Snack</b> 5:30pm	A variety of rice cakes, fresh fruit, dried fruit, vegie sticks, crackers, cheese, dips, fruit toast, sandwiches and baked goods.  A small snack which is served to the children still at the service to tie them over to dinner when they arrive home				

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# Spring/Summer Menu

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 6:30am – 7:15am	Cereals on Offer: Weet-Bix, Corn Flakes & Rice Bubbles served with milk (Lactose Free and soy milk available upon request). Toast on Offer: Vegemite and Jam Milk and Water are offered throughout the day.				
<b>Morning Tea</b>	Toast with Spaghetti and Baked Beans	Rice Cakes with Vegemite, Jam and Cream Cheese	Seasonal fresh fruit Salad with Cinnamon Chips	Toasted Vegemite & Cheese English Muffins	Seasonal Fruit Platter with Crackers
<b>Lunch</b>	Tuna & Corn Fritters with Homemade Garlic Bread	Chilli Con Carne with Rice	Chicken Tetrzzini	Sausage Sizzle with Buttered Bread and Greek Salad	Italian Pasta Salad
<b>Vegetarian Option</b>	Veggie & Corn Fritters with Homemade Garlic Bread	Vegetarian Chilli Con Carne	Mushroom Tetrzzini	Vegetarian Sausages with Buttered Bread and Greek Salad	Veggie Packed Pasta Salad
<b>Afternoon Tea</b>	Berry Muffins with a side of Fruit	Seasonal Fresh Fruit Platter	Carrot Cake with Cream Cheese Icing & Fresh Smoothie	Cheesy Vegemite Scrolls	Sticky Date Pudding with Butterscotch Sauce and Custard
<b>Late Snack</b> 5:30pm	A variety of rice cakes, fresh fruit, dried fruit, vegie sticks, crackers, cheese, dips, fruit toast, sandwiches and baked goods.  A small snack which is served to the children still at the service to tie them over to dinner when they arrive home.				

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WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 6:30am – 7:15am	Cereals on Offer: Weet-Bix, Corn Flakes & Rice Bubbles served with milk (Lactose Free and soy milk available upon request). Toast on Offer: Vegemite and Jam Milk and Water are offered throughout the day.				
<b>Morning Tea</b>	Anti-Pasto Platter with Kabana, Cheese, Cucumber, Olives, Crackers and Dips	Seasonal Fruit Platter with Crackers	Crispbreads with Cream Cheese or Vegemite and Sliced Fruit	Toasted Ham, Cheese and Tomato English Muffins	Seasonal fresh fruit Salad with Cinnamon Chips
<b>Lunch</b>	Loaded Potato Wedges with Cheese, Sour Cream & Fresh Tomato & Corn Salsa	Bacon and Mushroom Pie	Beef Lasagne and Homemade Garlic Bread	Chicken Vermicelli with Garlic, Ginger, Soy and Rice	A Selection of Homemade Pizzas
<b>Vegetarian options</b>		Veggie and Mushroom Pie	Pumpkin & Lentil Lasagne	Veggies, Garlic, Ginger, Soy Vermicelli and Rice	Vegetarian Pizzas
<b>Afternoon Tea</b>	Freshly Baked Scones with Jam and Cream and Sliced Fruit Platter	Jam Scrolls and Fresh Smoothie	Homemade Cookies & Fresh Fruit	Seasonal Fruit Platter with Crackers	Ham & Cheese Pull Apart and Apples
<b>Late Snack</b> 5:30pm	A variety of rice cakes, fresh fruit, dried fruit, vegie sticks, crackers, cheese, dips, fruit toast, sandwiches and baked goods.  A small snack which is served to the children still at the service to tie them over to dinner when they arrive home.				

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