

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |
|---|--|---|---|---|
| Breakfast - 6:00 -<br>7:00am  | Breakfast - 6:00 -<br>7:00am                                 | Breakfast - 6:00 -<br>7:00am  | Breakfast - 6:00 -<br>7:00am                                      | Breakfast - 6:00 -<br>7:00am  |
| Assortments of cereal with milk   | Assortments of cereal with milk                              | Assortments of cereal with milk   | Assortments of cereal with milk                                   | Assortments of cereal with milk   |
| Weetbix and<br>Cornflakes   | Weetbix and<br>Cornflakes                                    | Weetbix and<br>Cornflakes   | Weetbix and Cornflakes  | Weetbix and Cornflakes  |
| Morning Tea 8.30am -<br>9.30am  | Morning Tea 8.30am -<br>9.30am                               | Morning Tea 8.30am<br>– 9.30am  | Morning Tea 8.30am –<br>9.30am                                    | Morning Tea 8.30am –<br>9.30am  |
| Yoghurt<br>With Berries   | Seasonal Fruit<br>Platter                                    | Seasonal Fruit<br>Platter   | Raisin Toast Fingers  | Veggie Sticks,<br>Cheese and<br>Crackers  |
| Lunch - 11:30 -<br>12:30pm  | Lunch - 11:30 -<br>12:30pm                                   | Lunch – 11:30 -<br>12:30pm  | Lunch - 11:30 -12:30pm  | Lunch - 11:30 -12:30pm  |
| Savoury Mince   | Potato Bake  | Chili Con Carne   | Creamy Chicken<br>Pasta   | Assorted Sandwiches   |
| with Rice  Salt, Pepper, Mixed Vegetables, Onion, Garlic, Potato, Carrot, Mince | Potato, cheese,<br>onion, Cream                              | with rice  Beans, onion, garlic, capsicum, paprika, cumin, mince, tomato.                     | Chicken, Pasta, Cream,<br>Bacon, onion, garlic,<br>Mixed Veggies. | Wholemeal bread,<br>assortment of meats<br>(chicken, ham, roast<br>beef) salads, cheese, and<br>spreads – vegemite,<br>Avocado, Banana,<br>cream cheese |
| Afternoon Tea 2:00 -<br>3:00pm  | Afternoon Tea 2:00 -<br>3:00pm                               | Afternoon Tea 2:00 -<br>3:00pm  | Afternoon Tea 2:00 -<br>3:00pm                                    | Afternoon Tea 2:00 -<br>3:00pm  |
| Seasonal Fruits   | Rice Cakes with spreads                                      | Veggies Sticks<br>and Hummus  | Fruit Platter   | Fruit Platter   |
| Apple, Banana,<br>Oranges, Pear,<br>Rockmelon,<br>Watermelon,                   | Ham, Cheese, Sao<br>Crackers, Vegemite,<br>avocado           | Wraps, Carrots, Cucumber, Capsicum, Garlic, Tahini Paste, Chickpeas, Oil, Salt, Pepper, Cumin | Apple, Banana,<br>Oranges, Pear,<br>Rockmelon,<br>Watermelon      | Apple, Banana, Oranges,<br>Rockmelon, Pear,<br>Rockmelon, Watermelon,<br>Jelly  |
| Late Snack -5:00pm  | Late Snack – 5:00pm  | Late Snack – 5:00pm   | Late Snack – 5:00pm   | Late Snack – 5:00pm   |
| Rice Cakes<br>and apples  | Rice Cakes<br>and apples                                     | Rice Cakes<br>and apples  | Rice Cakes<br>and apples  | Rice Cakes<br>and apples  |
| Children under 2<br>years will be<br>provided with softer<br>crackers           | Children under 2 years will be provided with softer crackers | Children under 2<br>years will be<br>provided with softer<br>crackers                         | Children under 2 years will be provided with softer crackers      | Children under 2 years will<br>be provided with softer<br>crackers  |



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| Assortments of cereal with milk   | Assortments of cereal with milk   | Assortments of cereal with milk  | Assortments of cereal with milk  | Assortments of cereal with milk   |
| Weetbix and<br>Cornflakes   | Weetbix and<br>Cornflakes   | Weetbix and<br>Cornflakes  | Weetbix and Cornflakes   | Weetbix and<br>Cornflakes   |
| Morning Tea 8.30am -<br>9.30am  | Morning Tea 8.30am -<br>9.30am  | Morning Tea 8.30am<br>– 9.30am   | Morning Tea 8.30am –<br>9.30am   | Morning Tea 8.30am –<br>9.30am  |
| Anti-Pasto Platter  | Breakfast Slice<br>with a side of fruit   | English Muffins topped with  | Rice Cakes with<br>Spreads   | Banana Bread with<br>Yoghurt  |
| Apples, Cheese, Ham,<br>Carrot, Cucumber,<br>Crackers   |   | Cheese, Tomato<br>and Ham  | Cream Cheese, Cucumber,<br>Avocado, Vegemite   |   |
| Lunch – 11:30 -<br>12:30pm  | Lunch – 11:30 -<br>12:30pm  | Lunch – 11:30 -<br>12:30pm   | Lunch - 11:30 -12:30pm   | Lunch - 11:30 -12:30pm  |
| Beef Pasta Bake   | Butter Chicken  | Potato Topped  | Assorted Sandwiches  | Veggie Fried Rice   |
| Mince, Capsicum,<br>onion, garlic, Italian<br>herbs, Sweet Paprika,<br>Tomatoes, Pasta,<br>Cheese | with Rice  Chicken, Rice, Garlic, Onion, Ginger, Coriander, Chilli, Cumin, Tomato Paste, Cream, Garam Masala, Chicken Stock | Beef Pie  Beef Mince, Potato, Garlic, Capsicum, Carrot, Onion, Cheese, Italian Herbs, Sweet Paprika, Mixed Veggies, Beef Stock, Worcestershire Sauce | Wholemeal bread,<br>assortment of meats (chicken,<br>ham, roast beef) salads,<br>cheese, and spreads –<br>vegemite, Avocado, Banana,<br>cream cheese | Rice, Soy Sauce, Ham,<br>Sweet Corn, Green Peas                                       |
| Afternoon Tea 2:00 -<br>3:00pm  | Afternoon Tea 2:00 -<br>3:00pm  | Afternoon Tea 2:00 -<br>3:00pm   | Afternoon Tea 2:00 -<br>3:00pm   | Afternoon Tea 2:00 -<br>3:00pm  |
| Seasonal Fruits  Apple, Banana,   | Veggies Sticks<br>and<br>Hummus   | Seasonal Fruit<br>Platter  | Grazing Platter with<br>Seasonal Fruits  | Seasonal Fruit<br>Platter   |
| Oranges, Pear,<br>Rockmelon,<br>Watermelon,<br>Honeydew, Kiwi Fruit                               | Wraps, Carrots,<br>Cucumber, Capsicum,<br>Garlic, Tahini Paste,<br>Chickpeas, Oil, Salt,<br>Pepper, Cumin                   | Apple, Banana,<br>Oranges, Pear,<br>Rockmelon,<br>Watermelon,<br>Honeydew, Kiwi Fruit  | Ham, Cheese, Rice<br>Crackers, Sultanas, Dried<br>Fruit, Apple, Banana,<br>Oranges, Pear,<br>Rockmelon, Watermelon                                   | Apple, Banana,<br>Oranges, Pear,<br>Rockmelon,<br>Watermelon,<br>Honeydew, Kiwi Fruit |
| Late Snack -5:00pm  | Late Snack – 5:00pm   | Late Snack – 5:00pm  | Late Snack – 5:00pm  | Late Snack – 5:00pm   |
| Rice Cakes<br>and apples  | Rice Cakes<br>and apples  | Rice Cakes<br>and apples   | Rice Cakes<br>and apples   | Rice Cakes<br>and apples  |
| Children under 2 years will be provided with softer crackers                                      | Children under 2 years will be provided with softer crackers  | Children under 2 years<br>will be provided with<br>softer cracker  | Children under 2 years will be provided with softer crackers   | Children under 2 years will<br>be provided with softer<br>crackers                    |



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| Assortments of cereal with milk  | Assortments of cereal with milk  | Assortments of cereal with milk   | Assortments of cereal with milk   | Assortments of cereal with milk   |
| Weetbix and<br>Cornflakes  | Weetbix and<br>Cornflakes  | Weetbix and<br>Cornflakes   | Weetbix and Cornflakes  | Weetbix and Cornflakes  |
| Morning Tea 8.30am -<br>9.30am   | Morning Tea<br>8.30am -9.30am  | Morning Tea 8.30am<br>– 9.30am  | Morning Tea 8.30am –<br>9.30am  | Morning Tea 8.30am –<br>9.30am  |
| Seasonal Fruit<br>Platter  | Seasonal Fruit<br>Platter  | Yoghurt topped with Mixed Berries   | Seasonal Fruit with a<br>side of Raisin Toast<br>Fingers  | Blueberry Slice with a side of Apples   |
| Apple, Banana,<br>Oranges, Rockmelon,<br>Pear, Watermelon,<br>Honeydew, Kiwi Fruit                   | Apple, Banana,<br>Oranges, Rockmelon,<br>Pear, Watermelon,<br>Honeydew, Kiwi Fruit |   | Apple, Banana, Oranges,<br>Rockmelon, Pear, Watermelon,<br>Honeydew, Raisin Toast Fingers   |   |
| Lunch - 11:30 -<br>12:30pm   | Lunch - 11:30 -<br>12:30pm   | Lunch - 11:30 -<br>12:30pm  | Lunch - 11:30 -12:30pm  | Lunch - 11:30 -12:30pm  |
| Moroccan Beef with Rice  | Creamy Bacon<br>& Zucchini Pasta   | Chicken Stir fry<br>with Rice   | Beef Taco Bowls<br>topped with Fresh<br>Salsa   | Assorted<br>Sandwiches  |
| Beef, Cumin, Coriander,<br>Cinnamon, Chilli, Beef<br>Stock, Ginger, Garlic,<br>Onion, Capsicum, Rice | Bacon, Vegetable<br>Stock, Cream, Onion,<br>Garlic, Capsicum,<br>Zucchini, Pasta   | Chicken Breast, Ginger,<br>Onion, Chicken Stock, Soy<br>Sauce, Garlic, Capsicums,<br>Carrots, mixed vegetables,<br>Rice | Beef, Sweet Paprika, Cumin,<br>Oregano, Chilli, Tomatoes, Beef<br>Stock, Kidney Beans, Capsicum,<br>Onion, Garlic, Fresh Tomatoes<br>and Cucumber Salsa | Wholemeal bread, assortment<br>of meats (chicken, ham, roast<br>beef) salads, cheese, and<br>spreads – vegemite, Avocado,<br>Banana, cream cheese |
| Afternoon Tea<br>2:00 - 3:00pm   | Afternoon Tea<br>2:00 - 3:00pm   | Afternoon Tea 2:00 -<br>3:00pm  | Afternoon Tea 2:00 -<br>, 3:00pm  | Afternoon Tea 2:00 -<br>3:00pm  |
| Apricot Cookies<br>with a side of<br>Apples  | Rice cakes<br>topped with<br>Cheese and<br>tomato                                  | Seasonal Fruit & Vegetable Platter  Apple, Banana, Oranges, Rockmelon, Pear, Watermelon,                                | Veggies Sticks and<br>Hummus  Wraps, Carrots, Cucumber,<br>Capsicum, Garlic, Tahini   | Seasonal Fruit & Dried Fruit Platter  Apple, Banana, Oranges, Rockmelon, Pear, Watermelon, Honeydew, Kiwi Fruit, Carrots,                         |
| Late Snack -5:00pm   | Late Snack   | Honeydew, Kiwi Fruit,<br>Carrots, Cucumber<br>Late Snack –5:00pm  | Paste, Chickpeas, Oil, Salt,<br>Pepper, Cumin<br>Late Snack – 5:00pm  | Cucumber, Sultanas, Dried Apricots  Late Snack – 5:00pm   |
|  | 5:00pm   |   |   |   |
| Rice Cakes<br>and apples   | Rice Cakes<br>and apples   | Rice Cakes<br>and apples  | Rice Cakes<br>and apples  | Rice Cakes<br>and apples  |
| Children under 2 years will be provided with softer crackers   | Children under 2 years<br>will be provided with<br>softer crackers                 | Children under 2 years<br>will be provided with<br>softer cracker   | Children under 2 years will<br>be provided with softer<br>crackers  | Children under 2 years will<br>be provided with softer<br>crackers  |



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| Weetbix and<br>Cornflakes   | Weetbix and<br>Cornflakes   | Weetbix and<br>Cornflakes   | Weetbix and<br>Cornflakes  | Weetbix and Cornflakes   |
| Morning Tea 8.30am -<br>9.30am  | Morning Tea 8.30am<br>-9.30am   | Morning Tea 8.30am –<br>9.30am  | Morning Tea 8.30am<br>-9.30am  | Morning Tea 8.30am –<br>9.30am   |
| Seasonal Fruit Platter with Rice Crackers  Apple, Banana, Oranges, Pear, Rockmelon, Watermelon, Honeydew, Kiwi Fruit, Rice Crackers | Apple Cinnamon<br>Cake.   | Seasonal Fruit Platter  Apple, Banana, Oranges, Pear, Rockmelon, Watermelon, Honeydew, Kiwi Fruit | Vanilla Yoghurt<br>with a side of<br>Raisin Bread  | Rice Cakes with<br>Spreads  Cream Cheese,<br>Cucumber, Avocado,<br>Vegemite                                      |
| Lunch – 11:30 -12:30pm  | Lunch - 11:30 -<br>12:30pm  | Lunch - 11:30 -12:30pm  | Lunch - 11:30 -<br>12:30pm   | Lunch - 11:30 -12:30pm   |
| Beef Tortilla Stack  Beef, Sweet Paprika,   | Assorted<br>Sandwiches  | Pasta Bolognese  Mince, Capsicum,   | Chickpea Curry<br>with Rice  | Chicken and Sweet<br>Corn Noodle Soup  |
| Cumin, Oregano, Chilli,<br>Tomatoes, Beef Stock,<br>Kidney Beans,<br>Capsicum, Onion,<br>Garlic, Wraps, Cheese                      | Wholemeal bread,<br>assortment of meats<br>(chicken, ham, roast<br>beef) salads, cheese,<br>and spreads –<br>vegemite, Avocado,<br>Banana, cream cheese | onion, garlic, Italian<br>herbs, Basil, Sweet<br>Paprika, Tomatoes,<br>Pasta                      | Rice, Chickpeas,<br>Passata, Garlic, Onion,<br>Cumin, Garam,<br>Turmeric, Vegetable<br>Stock, Coconut Milk,<br>Ginger, Mixed Veggies                         | Chicken, Ginger, Garlic,<br>Onion, Creamed Corn,<br>Rice Noodles   |
| Afternoon Tea 2:00<br>- 3:00pm  | Afternoon Tea<br>2:00 - 3:00pm  | Afternoon Tea 2:00 -<br>3:00pm  | Afternoon Tea 2:00 -<br>3:00pm   | Afternoon Tea 2:00 -<br>3:00pm   |
| Apricot Cookies<br>with a side of<br>Apples   | Seasonal Fruit Platter  Apple, Banana, Oranges, Pear, Rockmelon, Watermelon, Honeydew, Kiwi Fruit   | Cinnamon Scrolls,<br>Vegemite &<br>Cheese Scrolls   | Seasonal Fruit & Dried Fruit Platter  Apple, Banana, Oranges, Rockmelon, Pear, Watermelon, Honeydew, Kiwi Fruit, Carrots, Cucumber, Sultanas, Dried Apricots | Seasonal Fruit<br>Platter  Apple, Banana,<br>Oranges, Pear,<br>Rockmelon,<br>Watermelon,<br>Honeydew, Kiwi Fruit |
| Late Snack -5:00pm  | Late Snack – 5:00pm   | Late Snack –5:00pm  | Late Snack – 5:00pm  | Late Snack – 5:00pm  |
| Rice Cakes<br>and apples  | Rice Cakes<br>and apples  | Rice Cakes<br>and apples  | Rice Cakes<br>and apples   | Rice Cakes<br>and apples   |
| Children under 2 years will<br>be provided with softer<br>crackers  | Children under 2 years<br>will be provided with<br>soffer crackers  | Children under 2 years will<br>be provided with softer<br>cracker                                 | Children under 2 years<br>will be provided with<br>softer crackers   | Children under 2 years will<br>be provided with softer<br>crackers   |