

# Week One

# MEALS



## Morning Tea

## Lunch

## Afternoon Tea

*monday*

Banana Bread  
served with fresh  
fruit slices and milk

Beef mince Borritos  
served with lettuce,  
tomato, cheese, corn,  
sour cream

Fresh Fruit, Rice  
crackers, dried fruit  
and Dip

*tuesday*

Jelly and Fruit Cups

Apricot Chicken with  
mixed vegetables  
served on a bed of  
Basmati Rice

Rice Cakes with  
assorted spreads

*wednesday*

Ham and cheese  
Grilled English  
Muffins

Italian style Pasta  
Salad

Assorted Saladas  
with Cheese,  
Tomato, vegemite

*thursday*

Fruit Toast served  
with fresh fruit  
slices

Assorted Sandwiches,  
Ham, Cheese, variety  
of spreads

Fresh Fruit, Rice  
crackers, dried fruit  
and Dip

*friday*

Vegemite and Jam  
Toast served with  
fresh fruit slices  
and Milk

Crumbed Fish served  
with a home made  
potato Salad

Fresh Fruit, Rice  
crackers, dried fruit  
and Dip

# Week Two

# MEALS



## Morning Tea

## Lunch

## Afternoon Tea

*monday*

Fruit Toast with  
fresh fruit slices

Chicken and vegetable  
style Fried Rice

Fresh fruit, Veg  
sticks, Cheese, Dips,  
Dried fruit and  
Crackers

*tuesday*

Greek yoghurt with  
Mixed fruit

Creamy Coconut  
Curried Sausages  
with mixed  
vegetables served  
with mash potato

Fresh fruit, Veg  
sticks, Cheese, Dips,  
Dried fruit and  
Crackers

*wednesday*

Warm Baked beans  
& Spaghetti on  
Toast

Creamy Tuna and  
vegetable Pasta  
Bake

Fresh fruit, Veg  
sticks, Cheese, Dips,  
Dried fruit and  
Crackers

*thursday*

Jelly and Fruit cups

Shepherds Pie with  
Mash potato and  
sweet potato  
topping

Fresh fruit, Veg  
sticks, Cheese, Dips,  
Dried fruit and  
Crackers

*friday*

Fruit Toast with  
fresh fruit slices

Chicken Fajitas  
served with Rice

Fresh fruit, Veg  
sticks, Cheese, Dips,  
Dried fruit and  
Crackers

# Week Three



# MEALS

## Morning Tea

## Lunch

## Afternoon Tea

*monday*

Greek Yoghurt and  
muesli cups

Assorted Sandwiches,  
Ham, Cheese, variety  
of spreads

Fresh Fruit, Veg  
Sticks, Rice  
crackers, dried fruit  
and Dip

*tuesday*

Grilled English  
muffins with ham  
and cheese

Hand made Beef  
Rissoles served with  
fresh Garden Salad

Rice Cakes with  
assorted spreads

*wednesday*

Mixed fruit and  
Jelly cups

Baked Penne, Sausage,  
Zucchini and Penne  
Pasta

Assorted Saladas  
with Cheese,  
Tomato, vegemite

*thursday*

Fruit Toast served  
with fresh fruit  
slices

Chicken Chow Mein

Fresh Fruit, Veg  
Sticks, Rice  
crackers, dried fruit  
and Dip

*friday*

Vegemite and Jam  
Toast served with  
fresh fruit slices  
and Milk

Aussie Hot dogs

Fresh Fruit, Veg  
Sticks, Rice  
crackers, dried fruit  
and Dip

# Week Four

# MEALS



## Morning Tea

## Lunch

## Afternoon Tea

*monday*

Greek yoghurt with  
Mixed fruit

Home made Pizzas

Fresh fruit, Veg  
sticks, Cheese, Dips,  
Dried fruit and  
Crackers

*tuesday*

Vegemite & Jam  
toast with fresh  
fruit slices

Cheesy Chicken  
and vegetable  
Pasta Bake

Fresh fruit, Veg  
sticks, Cheese, Dips,  
Dried fruit and  
Crackers

*wednesday*

Vegetable sticks,  
home made  
beetroot dip and  
Rice crackers

Assorted Ham and  
Salad Wraps

Fresh fruit, Veg  
sticks, Cheese, Dips,  
Dried fruit and  
Crackers

*thursday*

Jelly and Fruit cups

Fish Cakes served  
with a home made  
Potato salad

Fresh fruit, Veg  
sticks, Cheese, Dips,  
Dried fruit and  
Crackers

*friday*

Fresh Fruit Platter

Beef, Zucchini &  
Pumpkin Lasagne

Fresh fruit, Veg  
sticks, Cheese, Dips,  
Dried fruit and  
Crackers

# Nursery MEALS



**Morning  
Tea**

**Lunch**

**Afternoon  
Tea**

*monday*

Pureed Fruit

Pureed Vegetables

Pureed Fruit

*tuesday*

Pureed Fruit

Pureed Vegetables

Pureed Fruit

*wednesday*

Pureed Fruit

Pureed Vegetables

Pureed Fruit

*thursday*

Pureed Fruit

Pureed Vegetables

Pureed Fruit

*friday*

Pureed Fruit

Pureed Vegetables

Pureed Fruit