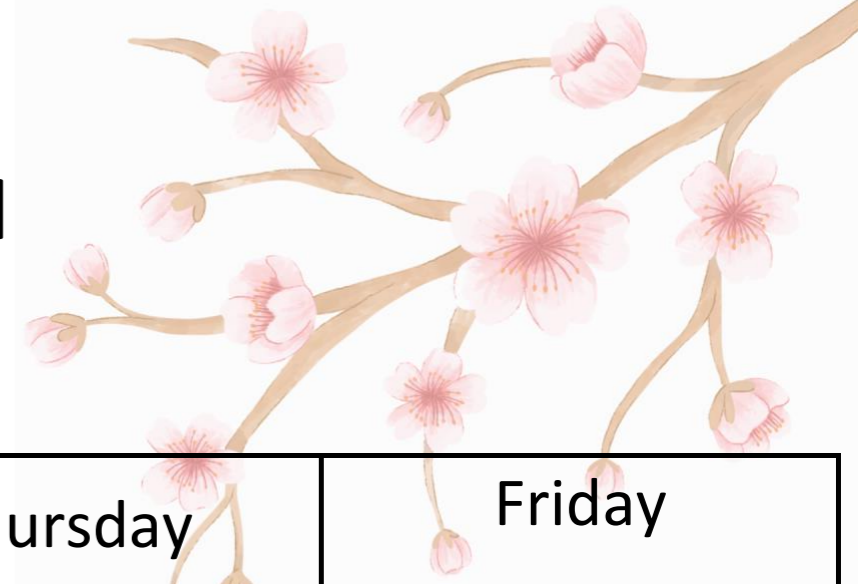


Summer and Spring Menu

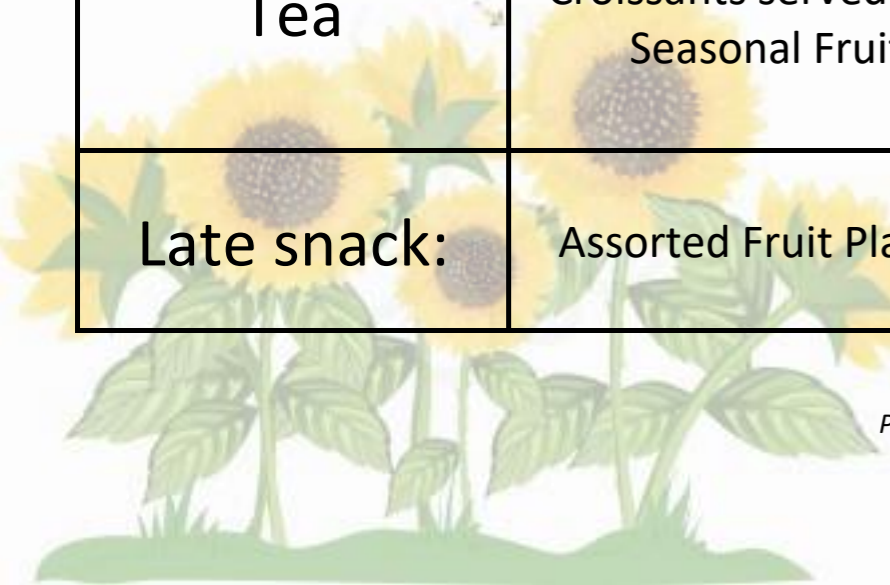
Week One



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A Variety of Toast, English Muffins, Crumpets and Fresh Fruit with Cereals such as Weetbix and Special K is offered on a daily basis with Milk				
Lunch	Mexican Chilli Con Carne served with Rice and Sour Cream	Chicken Pasta Salad with Parmesan Cheese	Assorted Sandwiches with a Variety of Cold Meat, Cheese and Salad	Fried Rice with Bacon	Stir Fried Vegetables Noodles
Vegetarian	Vegetarian Mexican Chilli Con Carne served with Rice and sour cream	Pasta Salad with Parmesan Cheese	Assorted Sandwiches with Salad and Cheese	Vegetarian Stir Fried Rice	Stir Fried Vegetables Noodles
Second Course	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Afternoon Tea	Croissants served with Seasonal Fruit	Thin Rice Cake topped with Cream Cheese, Sliced Tomato and Cucumber	Apple Crumble served with Whipped Cream	Banana Bread with Fresh Fruit	Toasted Muesli served with Natural Yoghurt
Late snack:	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter

Drinks: Water is made available to the children throughout the day

Please note: Children with allergies or food restrictions are accommodated in the menu as stated in our Food Safety Plan



Summer and Spring Menu

Week Two

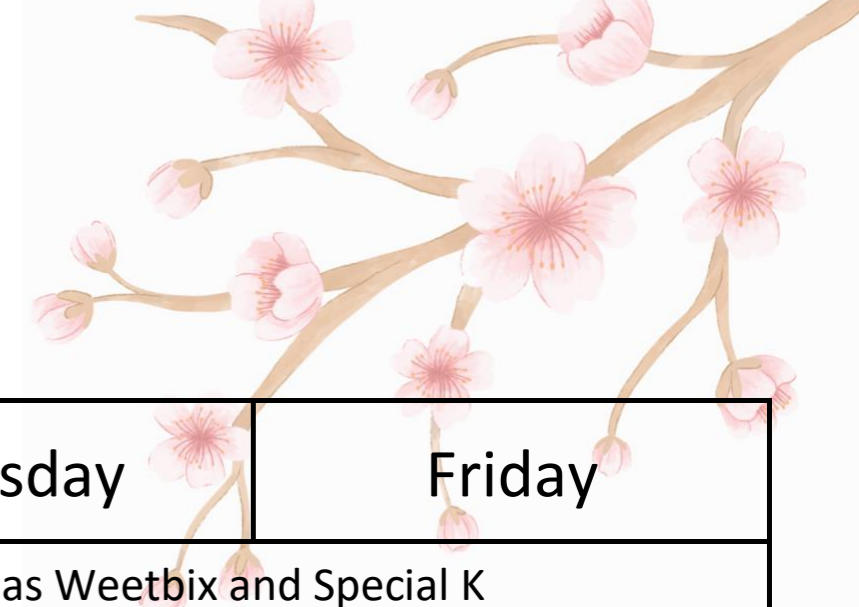
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A Variety of Toast, English Muffins, Crumpet and Fresh Fruit with Cereals such as Weetbix and Special K is offered on a daily basis with Milk				
Lunch	Assorted Mini Rolls with a Variety of Cold Meat, Salad and Cheese	Vegetable Curry with White Rice	English Muffin Pizza with a Variety of Toppings	Roasted Chicken Drumettes served with Garden salad	Tuna Pasta Salad
Vegetarian	Assorted Mini Rolls with Salad and Cheese	Vegetable Curry with White Rice	English Muffin Pizza with a Variety of Toppings	Roasted Vegetables with Garden Salad	Tuna Pasta Salad
Second Course	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Afternoon Tea	Banana and raspberry slice with fresh fruit	Cheesy / Vegemite Pastry Twists	Tropical Fruit Salad with Natural Yoghurt	Homemade Custard with Banana	Cruskits with Variety of Toppings and Vegetable Sticks
Late snack	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter

Drinks: Water is made available to the children throughout the day

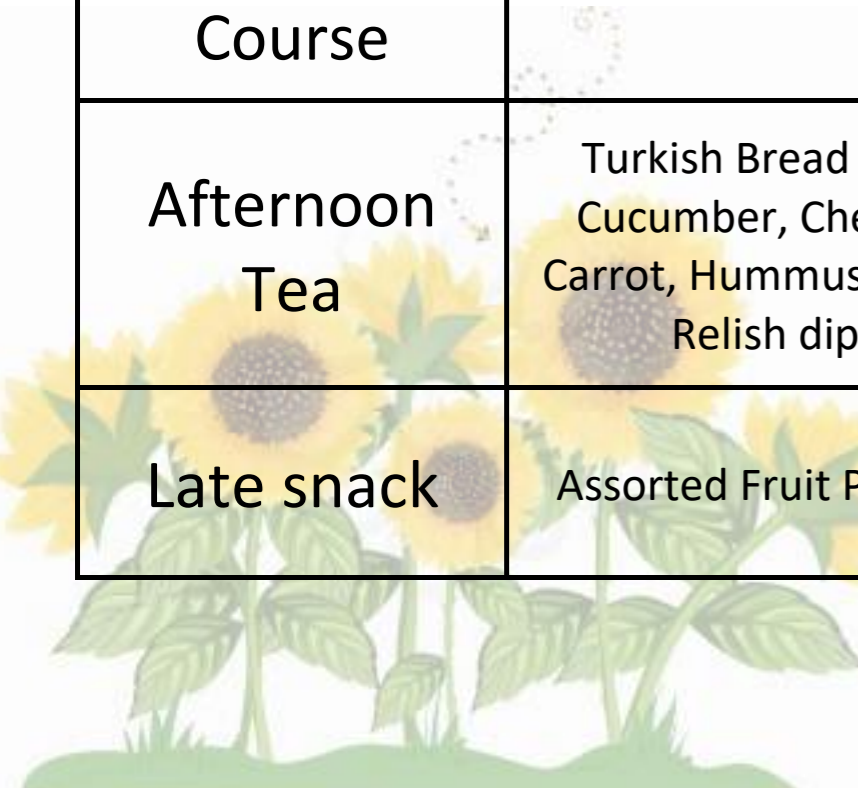
Please note: Children with allergies or food restrictions are accommodated in the menu as stated in our Food Safety Plan.

Summer and Spring Menu

Week Three



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A Variety of Toast, English Muffins, Crumpet and Fresh Fruit with Cereals such as Weetbix and Special K is offered on a daily basis with Milk				
Lunch	Spaghetti Bolognese served with Parmesan Cheese	Assorted Sandwiches with a Variety of Cold Meat, Cheese and Salad	Moroccan Lamb served with White Rice	Pumpkin and Roasted Cauliflower Curry served with Rice	Mexican Chilli Con Carne served with Lettuce, Tomato, Sour Cream, Taco Shells / Wraps
Vegetarian	Spaghetti with Napolitana sauce	Assorted Sandwiches with Salad and Cheese	Vegetable Stew served with White Rice	Pumpkin and Roasted Cauliflower Curry served with Rice	Mexican Chilli Bean Tomato, Sour Cream, Taco Shells / Wraps
Second Course	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Afternoon Tea	Turkish Bread with Cucumber, Cheese, Carrot, Hummus /Corn Relish dip	Natural Yoghurt served with Banana and Honey	Thin Rice Cakes topped with Cream Cheese, Tomato and Cucumber	Ham and Cheese Scrolls	Blueberry Muffins with Fresh Fruit
Late snack	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter

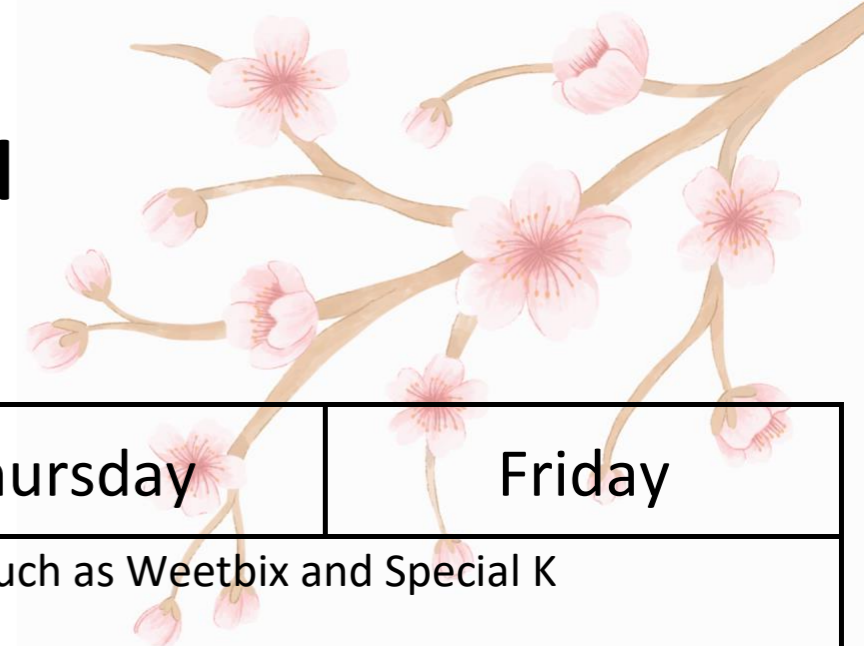


Drinks: Water is made available to the children throughout the day

Please note: Children with allergies or food restrictions are accommodated in the menu as stated in our Food Safety Plan.

Summer and Spring Menu

Week Four



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A Variety of Toast, English Muffins, Crumpet and Fresh Fruit with Cereals such as Weetbix and Special K is offered on a daily basis with Milk				
Lunch	Roasted Vegetable Pasta salad served with Tuna and Parmesan Cheese	Chicken Curry served with Brown Rice	Stir Fried Pork Rice Noodles	Assorted Mini Rolls with a Variety of Cold Meat, Salad and Cheese	Beef Nachos with Sour Cream, Corn Chips and Garden Salad
Vegetarian	Roasted Vegetable Pasta salad served with Parmesan Cheese	Curry Vegetables with Brown Rice	Stir Fried Vegetables with Rice Noodles	Assorted Mini Rolls with Salad and Cheese	Vegetarian Nacho with Sour Cream, Corn Chips and Garden salad
Second Course	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Afternoon Tea	Natural Yoghurt served with Frozen Berries	Homemade custard with Banana	Cruskits with Variety of Toppings (cold meats) and Vegetable Sticks	Banana Cake with Fresh Fruit	Raisin Toast with Fresh Fruit
Late snack	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter

Drinks: Water is made available to the children throughout the day

Please note: Children with allergies or food restrictions are accommodated in the menu as stated in our Food Safety Plan



Autumn and Winter Menu

Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast with a variety of toppings Cereals such a Weet-Bix and Special K is offered daily with milk				
Lunch	Meatball and Tomato Sauce with Spiral Pasta and Parmesan Cheese	Creamy Tuna Mornay served with Rice	Minestrone Soup with Sourdough Bread	Roast Pork and Vegetables served with Brown Rice and Apple Sauce	Chicken Curry served with Brown Rice
Vegetarian	Spiral Pasta with Napoli Sauce and Parmesan Cheese	Creamy Vegetable Mornay served with Rice	As Above	Roasted Vegetables served with Brown Rice and Apple Sauce	Vegetable Curry served with Brown Rice
Second Course	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Afternoon Tea	Toasted Raisin Bread and Fresh Fruit	Variety of Sandwiches	Cruskits served with cold meats, cheese, vegetable sticks and avocado/ tzatziki dip	Natural Yoghurt served with Banana and Honey	Carrot and Sultana Cake with Fresh Fruit
Late Snack	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter

Drinks: Water is made available to the children throughout the day

Please note: Children will allergies or food restrictions are accommodated in the menu as stated in our Food Safety Plan

Autumn and Winter Menu

Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast with a variety of toppings Cereals such a Weet-Bix and Special K is offered daily with milk				
Lunch	Spaghetti Bolognese	Roast Chicken Drumettes with Steamed Vegetables, Brown Rice and Gravy	Lamb Tagine served with White Rice	Pumpkin Soup served with Wholemeal Bread	Beef Sausages served with Hot Potato Chips, Tomato and Mayo Sauce
Vegetarian	Napoli Sauce with Spagetti	Steamed Vegetables served with Brown Rice and Gravy	Potato Tagine served with White Rice	As Above	Vegetarian Sausages served with Hot Potato Chips, Tomato and Mayo Sauce
Second Course	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Afternoon Tea	Savoury Cheese Muffins served with Fresh Fruit	Natural Yoghurt with Banana and Honey	Raspberry and Banana Loaf served with Fresh Fruit	Apple Crumble served with Fresh Cream	Cruskits served with cold meats, cheese, vegetable sticks and avocado/ tzatziki dip
Late Snack	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter

Drinks: Water is made available to the children throughout the day

Please note: Children will allergies or food restrictions are accommodated in the menu as stated in our Food Safety Plan

Autumn and Winter Menu

Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast with a variety of toppings Cereals such a Weet-Bix and Special K is offered daily with milk				
Lunch	Sausage and White Bean Vegetable Stew served with White Rice	Stir Fried Chicken with Noodles	Cheesy Roasted Cauliflower, Potato and Leek Soup served with Wholemeal Bread	Mexican Chilli Con Carne served with White Rice and Sour Cream	Slow Cooked Roast lamb served with Roasted Potato, Steamed Vegetables and Gravy
Vegetarian	White Bean and Vegetable Stew served with White Rice	Stir Fried Vegetables with Noodles	As Above	Vegetarian Mexican Chilli Con Carne served with White Rice and Sour Cream	Roasted Potato served with Steamed Vegetable and Gravy
Second Course	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Afternoon Tea	Variety of Sandwiches	Crumpets served with a variety of toppings	Apple and Cinnamon Slice served with Fresh Fruit	Turkish Bread served with cheese, vegetable sticks and avocado/ tzatziki dip	Natural Yoghurt with Banana and Honey
Late Snack	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter

Drinks: Water is made available to the children throughout the day

Please note: Children will allergies or food restrictions are accommodated in the menu as stated in our Food Safety Plan

Autumn and Winter Menu

Week Four

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast with a variety of toppings Cereals such a Weet-Bix and Special K is offered daily with milk				
Lunch	Creamy Chicken Pasta Bake	Muffin Pizzas topped with a Variety of Toppings	Sausage, Baked Bean and Vegetable Casserole served with White Rice	Fried Rice with Bacon	Chicken and Corn Soup with Sourdough Bread
Vegetarian	Creamy Vegetable Pasta Bake	As Above	Baked Bean and Vegetable Casserole served with White Rice	Vegetarian Fried Rice	Sweet Corn Soup served with Sourdough Bread
Second Course	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Afternoon Tea	Raisin Bread and Fresh Fruit	Pear and Raspberry Slice	Flat Bread served with cheese, vegetable sticks and avocado/ tzatziki dip	Apple Crumble with Fresh Cream	Toasted Muesli served with Natural Yoghurt
Late Snack	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter

Drinks: Water is made available to the children throughout the day

Please note: Children will allergies or food restrictions are accommodated in the menu as stated in our Food Safety Plan