



Spring/ Summer Menu

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	A Variety of Toast, English Muffins, Crumpets with Cereals such as Weetbix and Rice Bubbles 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	Vegetable Platter / Fresh Fruit	Vegetable Platter / Fresh Fruit	Vegetable Platter / Fresh Fruit	Vegetable Platter / Fresh Fruit	Vegetable Platter / 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 and milk 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.



Spring/ Summer Menu

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	A Variety of Toast, English Muffins, Crumpets with Cereals such as Weetbix and Cornflakes 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	Vegetable Platter / Fresh Fruit	Vegetable Platter / Fresh Fruit	Vegetable Platter / Fresh Fruit	Vegetable Platter / Fresh Fruit	Vegetable Platter / Fresh Fruit
Afternoon Tea	Banana and raspberry slice with fresh fruit	Cheesy / Vegemite Pastry Twists	Fruit Salad with Natural Yoghurt	Homemade Custard with Banana	Cruskits with Variety of Toppings (Cold Meats) and Vegetable Sticks
Late snack:	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter

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Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	A Variety of Toast, English Muffins, Crumpets with Cereals such as Weetbix and Rice Bubbles is offered on a daily basis with Milk				
Lunch	Pumpkin and Roasted Cauliflower Curry served with Rice	Assorted wraps with a Variety of Cold Meat, Cheese and Salad	Moroccan Lamb served with Rice	Spaghetti Bolognese served with Parmesan Cheese	Mexican Chilli Con Carne served with Lettuce, Tomato, Sour Cream, Taco Shells
Vegetarian	Pumpkin and Roasted Cauliflower Curry served with Rice	Assorted wraps with Salad and Cheese	Vegetable Stew served with Rice	Spaghetti with Napolitana sauce with Parmesan Cheese	Mexican Chilli Bean Tomato, Sour Cream, Taco Shells
Second Course	Vegetable Platter / Fresh Fruit	Vegetable Platter / Fresh Fruit	Vegetable Platter / Fresh Fruit	Vegetable Platter / Fresh Fruit	Vegetable Platter / Fresh Fruit
Afternoon Tea	Ham and Cheese Scrolls	Natural Yoghurt with a hint of Vanilla Bean served with Banana and Honey	Thin Rice Cakes topped with Cream Cheese, Tomato and Cucumber	Blueberry Muffins with Fresh Fruit	Turkish Bread with Cucumber, Cheese, Carrot, Hummus /Corn Relish dip
Late snack:	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter

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Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	A Variety of Toast, English Muffins, Crumpet and Fresh Fruit with Cereals such as Weetbix and Cornflakes 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 Nacho 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	Vegetable Platter / Fresh Fruit	Vegetable Platter / Fresh Fruit	Vegetable Platter / Fresh Fruit	Vegetable Platter / Fresh Fruit	Vegetable Platter / Fresh Fruit
Afternoon Tea	Natural Yoghurt with a hint of Vanilla Bean served with Frozen Berries	Raisin Bread with Fresh Fruit	Cruskits with Variety of Toppings (cold meats) and Vegetable Sticks	Banana Cake with Fresh Fruit	Cheesy / Vegemite Pastry Twists
Late snack:	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter

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

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