

Week Four - Summer 2022-2023

Monday	Tuesday	Wednesday	Thursday	Friday
Milk and Water is served with Morning Tea				
Fresh Fruit Apples, nectarine, banana & grapes, whole grain crackers	Dried & Fresh Fruit platter Dried- Sultanas, cranberries, apricots, Fresh- apple, pear, oranges with multigrain corn thins	Wholemeal English muffins Wholemeal muffins, Vegemite & Nutalex, watermelon and banana, cubed cheese	Fresh Fruit Apples, nectarine, banana & grapes, whole grain crackers	Fruit & Cheese platter Apple, banana, oranges with cubed hard cheese
Water is served with lunch				
Tuna pasta bake Tuna, pasta, tomatoes, cheese, carrots, pumpkin Red kidney beans	Moroccan Beef Meatballs with brown rice Beef, herbs, tomatoes, brown rice, potato, broccoli, beans Indigenous herbs	Lentil Bolognese with veggies Red lentils, tomatoes, herbs, pasta, carrots, cauliflower, zucchini, broccoli	Savory mince with couscous Beef, salt reduced gravy, carrots, potato, peas, brown rice Indigenous herbs	Chicken cacciatore Chicken thighs, fresh tomatoes cannellini beans, Carrots, beans, broccoli sweet potato's White rice
Water is served with Second course				
Fresh Fruit Watermelon, apple, oranges	Fresh Fruit salad & yoghurt Natural yogurt strawberries Watermelon, oranges	Fresh Fruit Apples, cantaloupe & oranges	Fresh Fruit Apple, orange, Strawberries	Fresh Fruit salad & yoghurt Natural yoghurt Honeydew, cantaloupe & oranges
Second Option- Wholemeal Sandwiches with Vegemite & block cheese				
Milk and Water is served with Afternoon Tea				
Cheese & Crackers Cream cheese & multigrain corn thins with veggies sticks- Carrot & Cucumber	Crackers, fruit & Veggie platter corn Cruskits, apple, oranges, grapes, carrots, cucumber & tomato	Cheese & Crackers Cream cheese & wholegrain crackers with veggies sticks- Carrot & Cucumber	Wholemeal Apple biscuits with veggie sticks Wholemeal flour, bananas, milk, carrot & cucumber	Wholemeal ABCD muffins Wholemeal flour, apple, bananas, coconut, dates, milk, carrot & cucumber
Water is served with Late Snack. Late Snack- Wholemeal sandwiches with vegemite & block cheese, fruit & veggie sticks				