

## Week One – Summer 2022/2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Water/milk is served with Morning Tea</b>				
<b>Fresh Fruit &amp; Dried Fruit</b> Apple, nectarine, banana & grapes, Sultanas, cranberries & apricots	<b>Fruit &amp; Cheese platter</b> Apple, banana, oranges with cubed hard cheese	<b>Fruit &amp; Veggie platter</b> Banana, rockmelon, strawberries, cucumber, carrot, Wholegrain crackers	<b>Wholemeal Toast</b> Wholemeal bread, Vegemite & Nutalex, apple and banana	<b>Fresh Fruit</b> Watermelon, nectarine, banana & grapes, whole grain crackers
<b>Water is served with Lunch</b>				
<b>Vegetable and lentil curry</b> Cauliflower, carrots onions zucchini legumes and lentils garlic, sweet potatoes, stock (salt reduced) fresh tomato's cous-cous	<b>Spaghetti Bolognese</b> Beef mince, crushed tomatoes, grated carrot & zucchini, herbs, pasta, Cauliflower, carrots, sweet potato	<b>Chicken Tacos</b> Chicken mince, home-made taco seasoning, cannellini beans, white rice. Wholegrain wraps Carrots, beans, broccoli	<b>Crumbed fish with Mashed Potato</b> Whiting, breadcrumbs, Potatoes, Zucchini, sweet potato, Carrots	<b>Corned Beef with Roasted veggies</b> Corned beef. Potato, carrots, pumpkin roasted. & Steamed greens
<b>Water is served with Second course</b>				
<b>Fresh Fruit</b> Watermelon, Cantaloupe, Honey dew	<b>Fresh Fruit salad &amp; yoghurt</b> Natural yoghurt with watermelon and apple	<b>Fresh Fruit</b> Watermelon, cantaloupe & oranges	<b>Fresh Fruit</b> Watermelon, Banana & oranges	<b>Fresh Fruit salad &amp; Yoghurt</b> Natural yoghurt with banana and apple
<b>Second Option- Wholemeal Sandwiches with Vegemite &amp; block cheese</b>				
<b>Water /milk is served with Afternoon Tea</b>				
<b>Wholemeal vegemite scrolls</b> Wholemeal bread with vegemite and hard cheese Served with fruit	<b>Oaty Wheetbix Slice</b> Wholemeal flour, Weetbix, oats, Coconut, milk. Carrot, cucumber, cherry tomatoes	<b>Cheese &amp; Crackers</b> Cream cheese & wholegrain crackers with veggies sticks- Carrot & Cucumber <b>Babies-</b> Fresh Fruit- Banana, pear, strawberries	<b>Fruit &amp; Veggie platter</b> Carrot, cucumber, cherry tomatoes, oranges, grapes, peaches, cubed cheese, multigrain corn thins	<b>Wholemeal Banana biscuits</b> Rolled oats, banana, chia seeds cinnamon Apples and berries
<b>Water is served with Late Snack. Late Snack- Wholemeal sandwiches with vegemite &amp; block cheese, fruit &amp; veggie sticks</b>				