

Week Two – Summer 2022/2023

Monday	Tuesday	Wednesday	Thursday	Friday
Milk and Water is served with Morning Tea				
Wholemeal Toast Wholemeal bread, Vegemite & Nutalex, watermelon and banana	Dried & Fresh Fruit platter Dried- Sultanas, cranberries, apricots, Fresh- apple, pear, oranges	Fruit & Cheese platter Apple, banana, oranges with cubed hard cheese corn thins	Fresh Fruit Watermelon, Cantaloupe, Honey dew, bananas, grapes, wholegrain crackers	Fresh Fruit Cantaloupe, pear, banana & grapes, whole grain crackers
Water is served with Lunch				
Chicken & vegetable pasta in a Neapoli sauce Sweet potato's carrots, zucchini beans and broccoli fresh tomato's	Salmon & Rice Patties Fresh Salmon, potato, sweet potato, carrot, white rice	Beef and Veggie meatballs Carrots, zucchini, onion, apple, minced beef, mixed herbs, egg, whole meal flour Cous cous	Mini quiches in wholemeal bread cups Eggs, grated hard cheese and wholemeal flour, sweet potatoes, carrots, and beans	Beef Casserole with cous cous Beef, salt reduced gravy, salt reduced stock, carrots, potato, cous cous
Water is served with Second course				
Fresh Fruit salad & yoghurt Natural yoghurt with watermelon & strawberries	Fresh Fruit Watermelon, Cantaloupe, Honey dew	Fresh Fruit Apple, orange, pineapple	Fresh Fruit salad & yoghurt Natural yoghurt with watermelon & strawberries	Fresh Fruit Watermelon, Cantaloupe, Honey dew
Second Option- Wholemeal Sandwiches with Vegemite & block cheese				
Milk and Water is served with Afternoon Tea				
Cheese, Crackers, fruit platter Cubed Cheese, corn Cruskits, apple, oranges, grapes,	Apple oat squares with veggie sticks Pureed apple, oatmeal, wholemeal flour, cinnamon. Carrots, cucumber	Savory 3 Veggie Muffins broccoli, carrots, zucchini eggs, milk, wholemeal flour.	Fruit & veggie platter Carrots, cucumber, cherry tomatoes, oranges, grapes, Peaches, cubed cheese. Multi grain corn thins	Wholemeal date and coconut cake Wholemeal flour, milk, egg, dates, desiccated coconut. Grapes & oranges
Water is served with Late Snack. Late Snack- Wholemeal sandwiches with vegemite & block cheese, fruit & veggie sticks				