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| Monday | Tuesday | Wednesday | Thursday | Friday |
| **Morning Tea- Milk and Water** | | | | |
| **Wholemeal Toast**  Wholemeal bread, ricotta Vegemite, & Nutalex, watermelon and banana, | **Fresh Fruit**  Apples, nectarine, banana & grapes, whole grain crackers | **Fruit & Cheese platter**  Apple, banana, oranges with cubed hard cheese, brown crackers | **Dried & Fresh Fruit platter**  Dried- Sultanas, cranberries, Fresh- apple, pear, oranges with multigrain corn thins | **Wholemeal English Muffins**  Wholemeal bread, Vegemite & Nutalex, Pear and banana |
| **lunch** | | | | |
| **Savoury mince with brown rice**  Beef, salt reduced gravy, carrots, potato, peas, brown rice, **Indigenous herbs** | **Chicken risotto & home-made wholemeal bread rolls-**  Chicken thighs, salt reduced stock, carrots, zucchini & noodles | **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, **Indigenous herbs** | **Salmon & Rice Patties**  salmon, zucchini potato, sweet potato, carrot, broccoli rice |
| **Second course** | | | | |
| **Fresh Fruit**  Apples, cantaloupe & oranges | **Fresh Fruit**  Honey dew, cantaloupe & oranges | **Fresh Fruit salad & yoghurt**  Watermelon, Cantaloupe, Honey dew | **Fresh Fruit**  Apple, orange, Strawberries | **Fresh Fruit salad & yoghurt**  Natural yoghurt with watermelon and berries |
| **Second option- wholemeal sandwiches with vegemite & block cheese** | | | | |
| **Afternoon tea** | | | | |
| **Cheese & Crackers**  Cream cheese & wholegrain crackers with veggies sticks- Carrot & Cucumber **Babies-** Fresh Fruit- Banana, pear, strawberries | **Cheese & Crackers**  Cream cheese & multigrain corn thins with veggies sticks- Carrot & Cucumber **Babies-** Fresh Fruit- Banana, pear, strawberries. | **Banana Pikelets & fresh fruit**  Bananas, wholemeal flour, milk. Apple, oranges, grapes | **Apple oat squares with veggie sticks**  Pureed apple, oatmeal, wholemeal flour, cinnamon. Carrots, cucumber | **Crackers, fruit platter**  corn Cruskits, apple, oranges, grapes |
| **Late Snack- Wholemeal Sandwiches with either- Ham (2 days a week) vegemite, or Creamed Cheese and Cucumber, block cheese, fruit & veggie sticks** | | | | |