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| Monday | Tuesday | Wednesday | Thursday | Friday |
| **Morning Tea- Milk and Water** | | | | |
| **Fruit & Cheese platter**  Apple, banana, oranges with cubed hard cheese  Corn cruskets | **Fruit & Cheese platter**  Apple, banana, oranges with cubed hard cheese  Brown crackers | **Fresh Fruit platter**  Fresh- apple, pear, oranges with multigrain corn thins | **Wholemeal Toast**  Wholemeal bread, Vegemite & Nutalex, watermelon and banana & cubed cheese | **Fresh Fruit & vegies platter**  Apples, nectarine, banana & grapes, carrots, cucumber, whole grain crackers |
| **lunch** | | | | |
| **tomato & tuna pasta bake**  Tuna, creamed corn tomatoes, carrots, Macaroni, Potato, sweet potato, broccoli, kidney beans, **Indigenous herbs** | **Spaghetti Bolognese**  Beef mince, crushed tomatoes, grated carrot & zucchini, herbs, pasta,  Cauliflower, carrots, sweet potato **Indigenous herbs** | **Pumpkin & Sweet Potato Soup with homemade wholemeal rolls**  Pumpkins, legumes, garlic, stock wholemeal flour Carrot, Broccoli, beans | **Apricot chicken,** **Brown rice**  Chicken, salt reduced stock, apricot nectar, onion, dried apricots carrots. | **Beef Casserole with cous cous**  Beef, salt reduced gravy, salt reduced stock, carrots, potato, **Indigenous herbs** |
| **Second course** | | | | |
| **Fresh fruit**  Apple, orange, strawberries | **Fresh Fruit salad & yoghurt**  Natural yoghurt with watermelon and apple | **Fresh Fruit**  Watermelon, Cantaloupe, Honey dew | **Fresh Fruit**  Apples, cantaloupe & oranges | **Fresh Fruit salad & yoghurt**  Natural yoghurt with watermelon and berries |
| **Second option –wholemeal sandwiches with vegemite and block cheese** | | | | |
| **Afternoon tea** | | | | |
| **Savoury 3 Veggie Muffins**  broccoli, carrots, zucchini eggs, milk, wholemeal flour. | **Fruit & Veggie platter**  Carrot, cucumber, cherry tomatoes, oranges, grapes, peaches, multigrain corn thins | **Wholemeal banana biscuits with veggie sticks & fruit**  Wholemeal flour, bananas, milk, banana, grapes, strawberries, cantaloupe | **Cheese, Crackers, fruit**  Cubed Cheese, corn Cruskits, apple, oranges, grapes | **Apple pikelets**  Pureed apple, eggs buttermilk cinnamon oatmeal wholemeal flour  Bananas and strawberries |
| **Late Snack- Wholemeal sandwiches with either- Ham (2 days a week) vegemite, or Creamed Cheese and Cucumber, block cheese, fruit & veggie sticks** | | | | |