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| Monday | Tuesday | Wednesday | Thursday | Friday |
| **Morning Tea- Milk and Water** |
| **Fruit & Cheese platter**Apple, banana, oranges with cubed hard cheeseCorn cruskets  | **Fruit & Cheese platter**Apple, banana, oranges with cubed hard cheeseBrown 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 flourBananas and strawberries |
| **Late Snack- Wholemeal sandwiches with either- Ham (2 days a week) vegemite, or Creamed Cheese and Cucumber, block cheese, fruit & veggie sticks** |