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| Monday | Tuesday | Wednesday | Thursday | Friday |
| **Morning Tea- Milk and Water** | | | | |
| **Fresh Fruit**  Watermelon, nectarine, banana & grapes, whole grain crackers | **Wholemeal Toast**  Wholemeal bread, Vegemite, ricotta & Nuttalex, watermelon and banana | **Fresh Fruit platter**  Fresh- apple, pear, oranges with multigrain corn thins | **Fresh Fruit**  Cantaloupe, pear, banana & grapes, whole grain crackers | **Fruit & Cheese platter**  Apple, banana, oranges with cubed hard cheese. |
| **Lunch** | | | | |
| **Chilli Con Carne & Brown Rice**  Beef mince, Mexican spices, brown rice, Kidney beans, Carrots, Broccoli, Sweet potato | **Fried Rice**  White rice, peas, beans carrots, corn, egg, cannellini beans, salt reduced soy sauce | **Thai fish cakes**  Whiting, brown rice, curry powder, fresh beans, fresh parsley, grated carrots, bread crumbs. Served with steamed veggies | **Beef and Veggie meatballs**  Carrots, zucchini, onion, apple, minced beef, mixed herbs, egg, wholemeal flour  Couscous **Indigenous herbs** | **Chicken noodle soup & home-made wholemeal bread rolls-**  Chicken mince, salt reduced stock, carrots, zucchini & noodles. |
| **Second course** | | | | |
| **Fresh Fruit salad & yoghurt**  Natural yoghurt with watermelon and apple | **Fresh Fruit**  Watermelon, Cantaloupe, Honey dew | **Fresh Fruit**  Watermelon, Cantaloupe, Honey dew | **Fresh Fruit salad & yoghurt**  Natural yoghurt with watermelon & strawberries | **Fresh Fruit**  Apple, orange, pineapple |
| **Second Option- Wholemeal Sandwiches with Vegemite & block cheese** | | | | |
| **Afternoon Tea- Milk and Water** | | | | |
| **Oaty Wheetbix Slice**  Wholemeal flour, Weetbix, oats, Coconut, milk.  Carrot, cucumber, cherry tomatoes | **Fruit & Veggie platter**  Carrot, cucumber, cherry tomatoes, oranges, grapes, peaches, creamed cheese, multigrain corn thins. | **Cheese, Crackers, fruit platter**  Cubed Cheese, corn Cruskits, apple, oranges, grapes | **Wholemeal date and coconut cake**  Wholemeal flour, milk, egg, dates, desiccated coconut. Grapes & oranges | **Fruit & Veggie platter**  Carrot, cucumber, cherry tomatoes, oranges, grapes, peaches, cubed cheese, multigrain corn thins. |
| **Late Snack- Wholemeal sandwiches with either- Ham (2 days a week) vegemite, or Creamed Cheese and Cucumber, block cheese, fruit & veggie sticks** | | | | |