Spring/ Summer menu – Week 1

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Water/milk is served with Morning Tea** | | | | |
| **Fresh Fruit platter**  Apple, nectarine, banana & grapes, strawberries blueberries, corn thins | **Fruit & Cheese platter**  Apple, banana, oranges with cubed hard cheese | **Fresh Fruit Vegetable platter**  Banana, rockmelon, strawberries, cucumber, carrot, Wholegrain crackers | **Multi grain Toast**  Multigrain l bread, Vegemite & Nutalex, | **Fresh Fruit**  Watermelon, nectarine, banana & grapes, whole grain crackers |
| **Water is served with Lunch** | | | | |
| **Savoury Vegetable pikelets with steamed veggies**  Carrots, onions, zucchini, peas, corn, egg and lentils or beans | **Spaghetti Bolognese with steamed veggies**  Beef mince, crushed tomatoes, grated carrot & zucchini, herbs, pasta, | **Chicken Tacos with steamed veggies**  Chicken mince, home-made taco seasoning, cannellini beans, white rice. Wholegrain wraps | **Crumbed fish with roasted vegetables**  Whiting, breadcrumbs, Potatoes, Zucchini, sweet potato, Carrots | **Corned Beef with Roasted vegetables**  Corned beef. Potato, carrots, pumpkin roasted.  & Steamed greens |
| **Water is served with Second course** | | | | |
| **Fresh Fruit**  Watermelon, Cantaloupe, Honey dew, pineapple and oranges | **Fresh Fruit salad & yoghurt**  Watermelon, Cantaloupe, Honey dew, pineapple and orange | **Fresh Fruit**  Watermelon, Cantaloupe, Honey dew, pineapple and orange | **Fresh Fruit**  Watermelon, Cantaloupe, Honey dew, pineapple and orange | **Fresh Fruit salad & Yoghurt**  Watermelon, Cantaloupe, Honey dew, pineapple and orange |
| **Second Option- multi grain salad Sandwiches or Vegemite & block cheese** | | | | |
| **Water /milk is served with Afternoon Tea** | | | | |
| **Wholemeal vegemite scrolls**  Wholemeal bread with vegemite and hard cheese  Served with fruit | **Oaty Wheetbix Slice**  Wholemeal flour, Weetbix, oats, Coconut, milk.  Carrot, cucumber, cherry tomatoes | **Cheese & Crackers**  Cream cheese & wholegrain crackers with veggies sticks- Carrot & Cucumber  **Babies-** Fresh Fruit- Banana, pear, strawberries | **Fruit & Vegetable platter**  Carrot, cucumber, cherry tomatoes, oranges, grapes, peaches, cubed cheese, multigrain corn thins | **Wholemeal Banana biscuits**  Rolled oats, banana, bran wholemeal flour cinnamon  Apples and berries |
| **late Snack- multi grain sandwiches with either shredded chicken (only 2 days a week) vegemite & block cheese, fruit & vegetable sticks** | | | | |

Spring/Summer menu – Week 2

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Milk and Water is served with Morning Tea** | | | | |
| **Multi grain Toast**  Multi grain bread, Vegemite & Nutalex, | **Fresh Fruit platter**  Fresh- apple, pear, oranges blueberries strawberries, grapes, raspberries | **Fresh Fruit & Cheese platter**  Apple, banana, oranges with cubed hard cheese corn thins | **Fresh Fruit platter**  Watermelon, Cantaloupe, Honey dew, bananas, grapes, wholegrain crackers | **Fresh Fruit platter**  Cantaloupe, pear, banana & grapes, whole grain crackers |
| **Water is served with Lunch** | | | | |
| **Chicken & leek pasta in a white sauce with steamed veggies**  Sweet potato, carrots, zucchini, broccoli and leeks | **Salmon & Rice Patties with steamed veggies**  Fresh Salmon, potato, sweet potato, carrot, with steamed vegetables and white rice | **Beef ,Vegetable meatballs**  **with steamed veggies**  Carrots, zucchini, onion, apple, minced beef, mixed herbs,Cous cous  **Indigenous herbs** | **Mini quiches in wholemeal bread cups with steamed veggies**  Eggs, grated hard cheese and wholemeal flour, sweet potatoes, carrots, and beans | **Beef stroganoff with cous cous with steamed veggies**  Beef, salt reduced gravy, salt reduced stock, carrots, mushrooms potato, |
| **Water is served with Second course** | | | | |
| **Fresh Fruit**  Watermelon, Cantaloupe, Honey dew, pineapple and orange | **Fresh Fruit salad & yoghurt**  Watermelon, Cantaloupe, Honey dew, pineapple and orange | **Fresh Fruit**  Watermelon, Cantaloupe, Honey dew, pineapple and orange | **Fresh Fruit salad & yoghurt**  Watermelon, Cantaloupe, Honey dew, pineapple and orange | **Fresh Fruit**  Watermelon, Cantaloupe, Honey dew, pineapple and orange |
| **Second Option- multi grain salad 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 vegetable sticks**  Pureed apple, oatmeal, wholemeal flour, cinnamon. Carrots, cucumber | **Savoury 3 Vegetable Muffins**  Broccoli, carrots, zucchini eggs, milk, grated block cheese wholemeal flour. | **Fruit & vegetable 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 |
| **late Snack- multi grain sandwiches with either shredded chicken (only 2 days a week) vegemite & block cheese, fruit & vegetable sticks** | | | | |

Spring/Summer menu – Week 3

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Milk and Water is served with Morning Tea** | | | | |
| **Fresh Fruit platter**  stone fruit banana & grapes, whole grain crackers | **Fresh Fruit platter**  Apple, pear, stone fruit grapes, strawberries and multigrain corn thins | **Multi grain toast**  Multi grain bread, vegemite and nutelex | **fresh fruit and cheese platter**  Cubed Cheese, apple, stone fruit, grapes cucumber sticks carrot sticks and corn thins | **Wholemeal crumpets**  Wholemeal bread, Vegemite & Nutalex |
| **Water is served with Lunch** | | | | |
| **Beef Tacos with steamed veggies**  Beef mince, home-made taco seasoning, cannellini beans, white rice. Wholegrain wraps | **Fried Rice with steamed veggies**  White rice, peas, beans carrots, corn, egg, cannellini beans, salt reduced soy sauce | **Beef Lasagne with steamed veggies**  Beef, tomatoes, carrots, zucchini, pasta sheets.  **Indigenous herbs** | **Crumbed chicken tenderloins**  Zucchini, sweet potato, Carrots beans and cauliflower | **Thai fish cakes with steamed veggies**  Whiting, brown rice, curry powder, fresh parsley, grated carrots, breadcrumbs  Served with white rice |
| **Water is served with Second Course** | | | | |
| **Fresh Fruit**  Watermelon, Cantaloupe, Honey dew, pineapple and orange | **Fresh Fruit**  Watermelon, Cantaloupe, Honey dew, pineapple and orange | **Fresh fruit salad & yoghurt**  Watermelon, Cantaloupe, Honey dew, pineapple and orange | **Fresh fruit salad & yoghurt**  Watermelon, Cantaloupe, Honey dew, pineapple and orange | **Fresh Fruit**  Watermelon, Cantaloupe, Honey dew, pineapple and orange |
| **Second Option- multi grain salad Sandwiches with Vegemite & block cheese** | | | | |
| **Milk and Water is served with Afternoon Tea** | | | | |
| **Easy Oat Slice**  Wholemeal flour, oats vanilla, egg bran. Strawberries and oranges | **Apple Pikelets**  Pureed apple, eggs, cinnamon, Oatmeal and wholemeal flour  Served with fruit | **Vegetable & Cheese platter**  Carrot, cucumber cherry tomato’s with cubed hard cheese & Cruskits | **Wholemeal banana biscuits with vegetable sticks**  Wholemeal flour, bananas, milk, carrot & cucumber | **Fruit & Vegetable platter**  Carrot, cucumber, cherry tomatoes, oranges, grapes, peaches, multigrain corn thins with cream cheese |
| **late Snack- multi grain sandwiches with either shredded chicken (only 2 days a week) vegemite & block cheese, fruit & vegetable sticks** | | | | |

Spring/Summer menu – Week 4

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Milk and Water is served with Morning Tea** | | | | |
| **Fresh Fruit platter**  Apples, stone fruit, banana & grapes, whole grain crackers | **Fresh Fruit platter**  Fresh- apple, pear, oranges stone fruit strawberries with multigrain corn thins | **Multi grain English muffins**  Multi grain muffins, Vegemite & Nuttalex, | **Fresh Fruit platter**  Apples, stone frui,t banana & grapes, whole grain crackers | **Fresh Fruit Cheese platter**  Apple, banana, oranges, stone fruit, blueberries with cubed hard cheese |
| **Water is served with lunch** | | | | |
| **Tuna pasta with steamed veggies**  Tuna, pasta, tomatoes, cheese, carrots, pumpkin  Red kidney beans | **Moroccan Beef Meatballs with steamed veggies**  Beef, herbs, tomatoes, brown rice,  **Indigenous herbs** | **Falafels with Hummus or tzatziki Dip with steamed veggies served on a bed of cous cous**  Chickpeas red onion lentils, herbs, carrots, | **Savory mince and white rice with steamed veggies**  Beef, salt reduced gravy, carrots, potato, peas, brown rice **Indigenous herbs** | **Chicken cacciatore with steamed veggies**  Chicken thighs, fresh tomatoes cannellini beans,  Carrots, beans, with white rice |
| **Water is served with Second course** | | | | |
| **Fresh Fruit**  Watermelon, Cantaloupe, Honey dew, pineapple and orange | **Fresh Fruit salad & yoghurt**  Watermelon, Cantaloupe, Honey dew, pineapple and orange | **Fresh Fruit**  Watermelon, Cantaloupe, Honey dew, pineapple and orange | **Fresh Fruit**  Watermelon, Cantaloupe, Honey dew, pineapple and orange | **Fresh Fruit salad & yoghurt**  Watermelon, Cantaloupe, Honey dew, pineapple and orange |
| **Second Option- multigrain salad Sandwiches with Vegemite & block cheese** | | | | |
| **Milk and Water is served with Afternoon Tea** | | | | |
| **Cheese & Crackers**  Cream cheese & multigrain corn thins with veggies sticks- Carrot & Cucumber | **Crackers, fruit & Veggie platter c**orn Cruskits, apple, oranges, grapes, carrots, cucumber & tomato | **Cheese & Crackers**  Cream cheese & wholegrain crackers with veggies sticks- Carrot & Cucumber | **Wholemeal Apple biscuits with vegetable sticks**  Wholemeal flour, bananas, milk, carrot & cucumber | **Wholemeal ABCD muffins**  Wholemeal flour, apple, bananas, dates, milk, carrot & cucumber |
| **Late snack- multi grain sandwiches with either shredded chicken (2days a week) vegemite or block cheese ,fruit and vegetable sticks** | | | | |