



# Menu Plan

## WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b>	seasonal fruit salad served with vanilla flavoured yogurt & sultana's milk / water	seasonal fruit platter toasted english muffins served with cream cheese milk / water	seasonal fruit platter weetbix  milk / water	seasonal fruit platter toast served with butter / jam / vegemite milk / water	seasonal fruit platter pikelets served with butter / jam milk / water
<b>LUNCH</b>	<i>(Indian)</i> Butter Chicken with vegetables & steamed rice (vegetarian: with lentils) water custard	<i>(Italian)</i> Spaghetti Bolognaise (vegetarian: with kidney beans)  water vanilla ice cream	Vegetarian Pizza served with garden salad  water two fruits	<i>(Jamie Oliver's)</i> Home style Beef stew served with steamed rice (vegetarian: with 5 bean mix) water jelly	Tuna & Vegetable pasta bake topped with crusty cheese  water vanilla yogurt
<b>AFTERNOON TEA</b>	seasonal fruit platter cream cheese & vegemite "Tiger" sandwiches milk / water	seasonal fruit platter cheesy vegemite pastries <i>(cooking class)</i> milk / water	seasonal fruit platter vegetable sticks served with "Pink" beetroot dip & cheese cubes milk / water	seasonal fruit platter custard slice  milk / water	seasonal fruit platter anzac biscuits with sultanas <i>(cooking class)</i> milk / water
<b>LATE SNACK</b>	crackers	rice cakes with cream cheese	arrowroot biscuits	corn thins	crackers & cheese

## WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b>	seasonal fruit platter weetbix  milk / water	seasonal fruit platter raisin toast served with butter / jam milk / water	seasonal fruit platter oven baked cinnamon apples served with custard milk / water	seasonal fruit salad served with vanilla flavoured yogurt & sultana's milk / water	seasonal fruit platter spaghetti on toast  milk / water
<b>LUNCH</b>	<i>(Jamie Oliver's)</i> Sausage & Bean stew served with penne pasta (vegetarian: with 5 bean mix) water two fruits	Minestrone Soup with Lentils served with crusty bread fingers  water custard	<i>(Asian)</i> Noodles with steamed vegetables & chicken in soy sauce (vegetarian: with kidney beans) water vanilla ice cream	Tuna & Mixed Vegetables Frittata served with crusty bread fingers  water vanilla ice cream	<i>(Lebanese)</i> Rice & Beef dish served with natural yogurt & fattoush salad (vegetarian: with lentils) water jelly
<b>AFTERNOON TEA</b>	seasonal fruit platter baked beans on toast  milk / water	seasonal fruit platter buttered arrowroot biscuits & sultana's milk / water	seasonal fruit platter home made fruity loaf served with butter / jam milk / water	seasonal fruit platter assorted healthy choice cupcakes <i>(cooking class)</i> milk / water	seasonal fruit platter 100's & 1000's fairy bread  milk / water
<b>LATE SNACK</b>	arrowroot biscuits	corn thins	crackers & cheese	rice cakes with cream cheese	arrowroot biscuits & sultana's

## WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b>	seasonal fruit salad served with vanilla flavoured yogurt & sultana's milk / water	seasonal fruit platter pikelets served with butter / jam milk / water	seasonal fruit platter raisin toast served with butter / jam milk / water	seasonal fruit platter baked beans on toast  milk / water	seasonal fruit platter weetbix  milk / water
<b>LUNCH</b>	Honey Mustard Chicken & Vegetables served with penne pasta (vegetarian: with 5 bean mix) water vanilla ice cream	<i>(Jamie Oliver's)</i> Beefy Nacho's served with toasted pita bread (vegetarian: with red beans) water two fruits	<i>(Greek)</i> Beef & Vegetable tomato based casserole served with steamed rice (vegetarian: with kidney beans) water jelly	<i>(Chinese)</i> Chicken & Vegetable Curry served with steamed rice (vegetarian: with lentils) water vanilla yogurt	<i>(Asian)</i> Vegetable stir fry with noodles in soy sauce (vegetarian: with kidney beans) water custard
<b>AFTERNOON TEA</b>	seasonal fruit platter home made cheese & herb bread <i>(cooking class)</i> milk / water	seasonal fruit platter custard slice  milk / water	seasonal fruit platter little cheesy scones <i>(cooking class)</i> milk / water	seasonal fruit platter mixed fruit & jelly cups  milk / water	seasonal fruit platter vegetable sticks served with hommous & cheese cubes milk / water
<b>LATE SNACK</b>	corn thins	arrowroot biscuits & sultana's	rice cakes with cream cheese	crackers & cheese	rice cakes