

# Summer Menu - Week 1

	Monday		Tuesday		Wednesday		Thursday		Friday	
<b>Morning Tea</b>	Mixed Vegetable platter with Rice crackers and cheese	1V 1B ½ D	Mixed Vegetable platter with banana bread	1V 1B ½ D	Mixed Vegetable platter with sultana bran / milk	1V 1B ½ D	Mixed Vegetable platter served with Raisin toast and Milo Milk	1V 1B 1/2D	Mixed Vegetable platter with rice bubbles /milk	1V 1B ½ D
<b>Drinks</b>	WATER		MILK / WATER		WATER		MILK / WATER		WATER	
<b>Lunch</b>	All day breakfast served with eggs, baked beans, tomato, mushroom, ham and toast.	1V 1B 1V	Spaghetti Bolognese with wholemeal pasta, garlic bread and Veg.	1V 1B 1R M	Healthy nachos with crispy tortilla strips served with cheese, salad, salsa and sour cream	1V 1B ¼ D 1RM	Beef Stroganoff served with Wholemeal pasta and veg.	1V 1B 1RM	Mild butter chicken cooked with tomato, served with rice and vegetables.	1V 1B 1WM
<b>Snack</b>	Orange and apple salad	½ F V C	mixed fruit platter served with yoghurt	½ D ½ F	Warm apple crumble	½ F	mixed fruit platter served with yoghurt	½ D ½ F	mixed fruit platter served with yoghurt	½ D ½ F
	Mixed platter of Sandwiches with cream cheese and Vegemite, served with a fruit and veg platter.	1V 1F 1B	Vegemite and cheese scrolls served with a fruit and veg platter	1V 1F 1B ¼ D	Rice crackers and cheese served with a fruit and veg platter	1V 1F 1B ½ D	Weet=bix slice served with a fruit and veg platter	1V 1F 1B	Banana and choc chip muffins served with a fruit and veg platter	1V 1F 1B

WATER is to be served with ALL Meals !

(SWISH & SWIRL !)

## Summer Menu - Week 2

	Monday		Tuesday		Wednesday		Thursday		Friday	
<b>Morning Tea</b>	Mixed Vegetable platter with rice bubbles / milk	1V 1B ½ D	Mixed Vegetable platter served with toast fingers	1V 1B	Mixed Vegetable platter served with vita-wheats with Spreads	1V 1B	Mixed Vegetable platter served with sultana bran / milk	1V 1B ½ D	Mixed Vegetable platter served with cheese scones	1V 1B ½ D
<b>Drinks</b>	WATER		MILK	½ D	MILK	½ D	WATER		WATER	
<b>Lunch</b>	Tandori chicken with rice and vegetables.	1V 1B 1WM	Tomato glazed meatloaf served with mashed potato and veg.	1V 1B 1R M	Tuna Mornay with pasta, vegetables and bread.	1V 1B 1WM	Healthy Beef Lasagne served with mixed salad and garlic bread	1V 1B 1RM 1 D	Beef tacos served with cheese, salad, salsa and sour cream	1V 1B 1RM ½ D
<b>Snack</b>	Custard and banana	1F ½ D	mixed fruit platter served with yoghurt	½ D ½ F	Fruit salad with oranges and mixed fruit	VC ½ F	Warm apples and cinnamon	½ F	Mixed Veggie platter with dip	½ V
<b>Afternoon Tea</b>	Rice crackers with Dip served with a fruit and veg platter	1V 1F 1B	Chop chip cookies served with a fruit and veg platter	1V 1F 1B	Fruit and veg platter served with sandwiches with cheese & Spread	1V 1F 1B ½ D	Fruit and veg platter served with dips and rice crackers	1V 1F 1B	Anzac slice served with a fruit and veg platter	1V 1F 1B

WATER is to be served with ALL Meals !

(SWISH & SWIRL !)

## Summer Menu - Week 3

	Monday		Tuesday		Wednesday		Thursday		Friday	
<b>Morning Tea</b>	Mixed Vegetable platter served with Sultana Bran and milk	1V 1B ½ D	Mixed Vegetable platter served with popcorn	1V 1B	Mixed Vegetable platter served with Variety of Sandwiches	1V 1B ½ D	Mixed Vegetable platter served with Egg and Cheese breakfast burritos.	1V 1B	Mixed Vegetable platter served with rice Crackers & Cheese	1V 1B ½ D
<b>Drinks</b>	WATER		MILK	½ D	WATER		MILK / WATER	½ D	WATER	
<b>Lunch</b>	Beef macaroni bake with salad.	1V 1B 1RM	Pizza day! Kids choice of cheese, chicken, ham, pineapple, mushroom & tomato on tortilla bread.	1V 1B 1WM 1D	Sausages and mash served with gravy and vegetables.	1V 1B 1RM	Creamy Chicken Curry with Pasta and vegetables.	1V 1B 1WM	Rissoles with salad, sweet potato wedges and tortilla bread.	1V 1B 1RM
<b>Snack</b>	Mixed vegetable platter with dip	1V	Seasonal fruit platter	½ F	Yoghurt with mixed berries	½ D ½ F	Yoghurt with peaches	½ D ½ F	Milo Milk ice blocks	½ D
<b>Afternoon Tea</b>	Fruit and veg platter served with Vegemite & Cheese Scrolls	1V 1F ½ D 1B	Fruit and veg platter served with a variety of sandwiches.	1V 1F 1B	Fruit and veg platter served with Ham & Cheese Scrolls	1V 1F 1B	Fruit and veg platter served with Cheese & Vita - Wheats	1V 1F 1B	Fruit and veg platter served with Banana Bread Muffins	1V 1F 1B

WATER is to be served with ALL Meals !

(SWISH & SWIRL !)

## Summer Menu - Week 4

	Monday		Tuesday		Wednesday		Thursday		Friday	
<b>Morning Tea</b>	Mixed Vegetable platter served with Pikelets	1V 1B	Mixed Vegetable platter served with toast with spreads.	1V 1B	Mixed Vegetable platter served with Crumpets.	1V 1B	Mixed Vegetable platter served with Rice Bubbles & Milk	1V 1B ½ D	Mixed Vegetable platter served with Weet-Bix & Milk	1V 1B ½ D
<b>Drinks</b>	MILK / WATER	½ D	MILO MILK/WATER	½ D	MILK / WATER	½ D	WATER		WATER	
<b>Lunch</b>	Beef stir-fry with hokkien noodles and Asian vegetables.	1V 1B 1R M	Crumbed fish with roast potato and salad.	1V 1B 1WM	Shepard's pie with mash and veg	1V 1B 1RM	Homemade sausage rolls with mash and veg.	1V 1B 1RM	Mustard Chicken with veg and rice	1V 1B 1WM
<b>Snack</b>	Yoghurt	½ D	Fruit Salad	½ F	Banana and custard	½ D ½ F	Fresh Fruit salad	½ F	Fruit salad with yoghurt	½ D ½ F
<b>Afternoon Tea</b>	Fruit and veg platter served with mixed platter of sandwiches.	1V 1F 1B	Fruit and veg platter served with cheese and chive savoury muffins.	1V 1F 1B ½ D	Fruit and veg platter served with pita bread and dip.	1V 1F 1B	Fruit and veg platter served with rice crackers and cheese.	1V 1F 1B ½ D	Fruit and veg platter served with carrot cake with cream cheese Icing	1V 1F 1B

WATER is to be served with ALL Meals !

(SWISH & SWIRL !)