

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA served with milk and water	Wholegrain and Low Sugar Cereals served with milk	Wholemeal Toast served with assorted spreads	Wholegrain and Low Sugar Cereals served with milk	Strawberry Gum and Apple Oats served with yoghurt	Wholemeal Toast served with assorted spreads
LUNCH	Chicken and Mushroom Fettuccine A light cream sauce with sauteed mushrooms and chicken tossed through al dente fettuccine.	Taco Tuesday Cheesy Bake No ordinary rice bake! Tomatoey, taco spiced beef and veggies topped with melted cheese.	Lemony Herb and Fish Risotto Delicate white fish and seasonal vegetables cooked in a light and zesty risotto.	Homestyle Pumpkin Soup Served with fresh bread, full of vitamins, minerals and antioxidants its extra filling with added pasta.	Italian Bolognese A delicious tomato and vegetable ragu that originated in Bologna, Italy served with perfectly cooked pasta and cheese.
AFTERNOON TEA	Cheese and Vegemite Pinwheels served with fresh fruit	Grazing Platter with Tzatziki Dip served with fresh fruit, crackers and vegetables	Wholemeal Sandwich Selection served with assorted fillings	Healthy Sausage Rolls served with fresh fruit	Choc Orange Muffins served with fresh fruit
LATE SNACK	A selection of crackers, cheese, fresh fruit or vegetables served with water				

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	<p>Wholemeal Toast served with assorted spreads</p>	<p>Wholegrain and Low Sugar Cereals served with milk</p>	<p>Wholemeal Toast served with assorted spreads</p>	<p>Wholegrain and Low Sugar Cereals served with milk</p>	<p>Toasted Muesli served with fruit and yoghurt</p>
LUNCH	<p>Beef Nasi Goreng (Fried Rice) Indonesian flavour coated rice and vegetables stir-fried to perfection.</p> 	<p>'Honey' Mustard Chicken Chicken and vegetables tossed through a sweet and creamy sauce served with mashed potato or pasta.</p> 	<p>Creamy Pumpkin Risotto Baked until creamy, this risotto tastes sweet and savoury. Spinach and cheese is stirred through just before serving.</p> 	<p>Beef Goulash and Pasta A traditional European stew of meat and vegetables, boldly flavoured with paprika, onion and garlic.</p> 	<p>Creamy French Style Chicken A cosy, wholesome meal with notes of rosemary and thyme served with rice or mashed potatoes.</p> 
AFTERNOON TEA	<p>Pea Pesto Dip served with vegetables, cheese, crackers and fresh fruit</p>	<p>ANZAC Cookies served with fresh fruit</p>	<p>Pizza Scrolls served with fresh fruit</p>	<p>Weetbix Slice Served with fresh fruit and cheese sticks</p>	<p>Savoury Pumpkin Scones served with fresh fruit</p>
LATE SNACK	<p>A selection of crackers, cheese, fresh fruit or vegetables served with water</p>				

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA <i>served with milk</i>	Wholemeal Toast served with assorted spreads	Overnight Banana Bread Oats served with milk	Wholegrain and Low Sugar Cereals served with milk	Wholemeal Toast served with assorted spreads	Wholegrain and Low Sugar Cereals served with milk
LUNCH	Pork Ragu A rich and tender pork sauce with hearty flavours of tomato, garlic and herbs served with pasta.	Hidden Vegetable Mac and Cheese A classic comfort food with a nutritional twist of added vegetables in a creamy sauce.	'Satay' Beef and Rice Nut free satay sauce added to stir-fried beef and vegetables served on a bed of rice.	Mild Butter Chicken and Rice Simplified and mild, this butter chicken is creamy and unforgettable.	Beef Stroganoff with Pasta Sautéed beef and vegetables in a rich and creamy sauce, stirred through pasta.
AFTERNOON TEA	Pumpkin and Cream Cheese Swirl Cake served with fresh fruit	Vegemite Scrolls served with fresh fruit	Orange and Poppyseed Loaf served with fresh fruit	Grazing Platter and Creamy Hummus Dip served with vegetables, cheese, crackers and fresh fruit	Wholemeal Sandwich Selection served with assorted fillings
LATE SNACK	A selection of crackers, cheese, fresh fruit or vegetables served with water				



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA served with milk	Wholemeal Fruit Toast served with milk	Wholegrain and Low Sugar Cereals served with milk	Wholemeal Toast served with assorted spreads and milk	Toasted Muesli served with fruit and yoghurt	Wholegrain and Low Sugar Cereals served with milk
LUNCH	Asian Style Beef Meatballs Meat seasoned with garlic, ginger and soy sauce served with rice and corn cobs.	Coconut Fish Curry and Rice Tender pieces of fish cooked in a mild and flavoursome coconut sauce with seasonal vegetables.	Chicken Noodle 'Soup' With all the comfort of a soup, this noodle dish is packed full of vegetables.	Mexican Beef and Bean Pasta This Mexican inspired beef and pasta dish is loaded with vegetables and red kidney beans.	Outback Bush Lentil Curry A vegetable packed curry spiced with wattleseed, mountain pepperleaf and aniseed myrtle.
AFTERNOON TEA	Wholemeal Sandwich Selection served with assorted fillings	Cacao Beetroot Cake served with fresh fruit and cheese cubes	Grazing Platter with Ranch Dip served with vegetables, crackers and fresh fruit	Chickpea Blondies served with fresh fruit	Healthy Sausage Rolls served with fresh fruit and cheese cubes
LATE SNACK	A selection of crackers, cheese, fresh fruit or vegetables served with water				

