

Spring/Summer Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast served between 6:30am - 8:00am	Wholemeal bread served with nuttelex and/or vegemite Cereals offered include; cornflakes, weetbix or rolled oats Milk and/or water provided				
Morning Tea served between 9:30am.- 10:30am	Seasonal Fruit (apples, banana, grapes, watermelon, oranges and pears) Milk and/or Water 	Seasonal Fruit (apples, banana, grapes, watermelon, oranges and pears) Milk and/or Water	Seasonal Fruit (apples, banana, grapes, watermelon, oranges and pears) Milk and/or Water	Seasonal Fruit (apples, banana, grapes, watermelon, oranges and pears) Milk and/or Water	Seasonal Fruit (apples, banana, grapes, watermelon, oranges and pears) Milk and/or Water
Lunch served between 11:30am - 1:00pm	First (1st) serving: Vegetarian Fried Rice Ingredients include; Carrot, peas, corn, egg and rice.	First (1st) serving: Chicken Carbonara Ingredients include; Chicken, cheese, milk, mushrooms, pumpkin, spinach, vegetable stock and pasta. 	First (1st) serving: Homemade Sausage Rolls Ingredients include; Beef, carrot, zucchini, tomato paste and sausage mince, served with salad.	First (1st) serving: Tuna Pasta Bake Ingredients include; Tuna, tomato, spinach, pumpkin, sweet potato, white sauce, cheese and pasta...	First (1st) serving: Zucchini Slice Ingredients include; zucchini, ham, and carrot served with wholemeal bread.
	Second (2nd) serving: Apples Water	Second (2nd) serving: Apples Water	Second (2nd) serving: Apples Water	Second (2nd) serving: Apples Water 	Second (2nd) serving: Apples Water
Afternoon Tea served between 2:30pm - 3:30pm	Spinach + Cheese Muffins Ingredients include; Cheese, eggs, milk, spinach and nuttelex. Water	Rice Cakes and Spreads Ingredients include; Rice cakes, cheese spread, hummus, beetroot dip and guacamole. Water	Yoghurt + Fruit Crumble Ingredients include; Yoghurt, rolled oats, cinnamon, flour, peach, pears, mixed seeds and brown sugar. Water	Savoury Platter Ingredients include; Carrot, celery, cucumber, pita bread, cheese and hummus. Water	Fruit Smoothies + Raisin Bread Ingredients include; banana, berries and milk. Water 
Late Snack served after 5:30pm	Vegetable Sticks include; carrot, capsicum, celery Wholemeal savoury biscuits, cheese and vegetable dip Water provided				
Dietary Information	Children with food allergies, intolerances, food preferences and cultural needs are catered for their individual health needs. Our Inspired menu has been assessed by the Healthy Eating Advisory Service and meets the menu planning guidelines for healthy eating from Nutrition Australia.				





Spring/Summer Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast served between 6:30am - 8:00am	Wholemeal bread served with nuttelex and/or vegemite Cereals offered include; cornflakes, weetbix or rolled oats Milk and/or water provided				
Morning Tea served between 9:30am.- 10:30am	Seasonal Fruit (apples, banana, grapes, watermelon, oranges and pears) Milk and/or Water	Seasonal Fruit (apples, banana, grapes, watermelon, oranges and pears) Milk and/or Water 	Seasonal Fruit (apples, banana, grapes, watermelon, oranges and pears) Milk and/or Water	Seasonal Fruit (apples, banana, grapes, watermelon, oranges and pears) Milk and/or Water	Seasonal Fruit (apples, banana, grapes, watermelon, oranges and pears) Milk and/or Water
Lunch served between 11:30am - 1:00pm	First (1st) serving: Homemade Pizza Ingredients include; Wraps, chicken, ham, spinach, pumpkin, cheese, tomato paste.	First (1st) serving: Vegetarian Pesto Ingredients include; vegetables, sun- dried tomatoes, pesto sauce, cream and cheese.	First (1st) serving: Popcorn Chicken Wraps Ingredients include; Crumbed chicken breast, served wraps and garden salad, lettuce, cucumber, cheese, carrot and tomato.	First (1st) serving: Mexican Beef Bowls Ingredients include; beef, avocado, tomato, lettuce, cheese and salad served with toasted corn chips.. 	First (1st) serving: Tuna Mornay Ingredients include; Tuna, pasta, carrot, cheese, flour, broccoli, onion, zucchini and mixed vegetables.
	Second (2nd) serving: Apples Water	Second (2nd) serving: Apples Water	Second (2nd) serving: Apples Water 	Second (2nd) serving: Apples Water	Second (2nd) serving: Apples Water
Afternoon Tea served between 2:30pm - 3:30pm	Fruit Smoothies + Raisin Bread Ingredients include; banana, berries and milk. Water	Savoury Platter Ingredients include; Carrot, celery, cucumber, pita bread, cheese and hummus. Water	Muesli Slice Ingredients include; Apricots, coconut, pumpkin and sunflower seeds, sultanas and maple syrup. Water	Apple, Cinnamon Muffins Ingredients include; Flour, milk, rolled oats, vanilla extract, flaxseeds, apples, cinnamon and nuttelex. Water	Cheesy Vegemite Wraps Ingredients include; Pita bread, cheese, vegemite. Water 
Late Snack served after 5:30pm	Vegetable Sticks include; carrot, capsicum, celery Wholemeal savoury biscuits, cheese and vegetable dip Water provided				
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Spring/Summer Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast served between 6:30am - 8:00am	Wholemeal bread served with nuttelex and/or vegemite Cereals offered include; cornflakes, weetbix or rolled oats Milk and/or water provided				
Morning Tea served between 9:30am - 10:30am	Seasonal Fruit (apples, banana, grapes, watermelon, oranges and pears) Milk and/or Water	Seasonal Fruit (apples, banana, grapes, watermelon, oranges and pears) Milk and/or Water	Seasonal Fruit (apples, banana, grapes, watermelon, oranges and pears) Milk and/or Water	Seasonal Fruit (apples, banana, grapes, watermelon, oranges and pears) Milk and/or Water	Seasonal Fruit (apples, banana, grapes, watermelon, oranges and pears) Milk and/or Water
Lunch served between 11:30am - 1:00pm	First (1st) serving: Tuna Poke Bowls Ingredients include; tuna, avocado, tomato, lettuce, cheese and edamame beans served with toasted chips.	First (1st) serving: Sweet + Sour Stir-Fry Ingredients include; Beef, broccoli, cauliflower, capsicum, zucchini, garlic and rice..	First (1st) serving: Assorted Sandwiches Options include; Chicken + Avocado, Ham, Tomato + Cheese, Vegemite + Cheese, Lettuce, Carrot + Mayonnaise.	First (1st) serving: Sticky Chicken Stir-fry Ingredients include; Chicken, noddles noodles, broccoli, capsicum, corn, green beans, tofu and kecap manis.	First (1st) serving: Beef Burgers Ingredients include; Beef, carrot, zucchini, salad and wholemeal wraps.
	Second (2nd) serving: Apples Water	Second (2nd) serving: Apples Water	Second (2nd) serving: Apples Water	Second (2nd) serving: Apples Water	Second (2nd) serving: Apples Water
Afternoon Tea served between 2:30pm - 3:30pm	Rice Cakes and Spreads Ingredients include; Rice cakes, cheese spread, hummus, beetroot dip and guacamole. Water	Ginger and Oat Muffins Ingredients include; oat meal, coconut, bananas and maple syrup. Water	Savoury Platter Ingredients include; Carrot, celery, cucumber, pita bread, cheese and hummus. Water	Fruit Smoothies + Raisin Bread Ingredients include; banana, berries and milk. Water	Pikelets and Berries Ingredients include; Flour, milk, nuttelex, cinnamon, rolled oats, strawberries and blueberries. Water
Late Snack served after 5:30pm	Vegetable Sticks include; carrot, capsicum, celery Wholemeal savoury biscuits, cheese and vegetable dip Water provided				
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Spring/Summer Menu Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast served between 6:30am - 8:00am	Wholemeal bread served with nuttex and/or vegemite Cereals offered include; cornflakes, weetbix or rolled oats Milk and/or water provided				
Morning Tea served between 9:30am.- 10:30am	Seasonal Fruit (apples, banana, grapes, watermelon, oranges and pears) Milk and/or Water	Seasonal Fruit (apples, banana, grapes, watermelon, oranges and pears) Milk and/or Water	Seasonal Fruit (apples, banana, grapes, watermelon, oranges and pears) Milk and/or Water 	Seasonal Fruit (apples, banana, grapes, watermelon, oranges and pears) Milk and/or Water	Seasonal Fruit (apples, banana, grapes, watermelon, oranges and pears) Milk and/or Water
Lunch served between 11:30am - 1:00pm	First (1st) serving: Spaghetti Bolognese Ingredients include; Beef, pasta, tomato, lentils, zucchini, carrot and herbs.	First (1st) serving: Tuna Fritters + Salad Ingredients include; Tuna, carrot, zucchini and corn served with fresh garden salad. 	First (1st) serving: Beef Chilli Con Carne Ingredients include; Beef, kidney beans, cabbage, carrot, celery, tomatoes and rice.	First (1st) serving: Pumpkin Soup Ingredients include; Wholemeal Bread, Nuttex, Pumpkin, Lentils, Potato, Vegetable Stock and Yoghurt.	First (1st) serving: Chicken Pad Thai Ingredients include; Chicken, broccoli, capsicum, carrot, spinach, zucchini,, and rice noodles.
	Second (2nd) serving: Apples Water 	Second (2nd) serving: Apples Water	Second (2nd) serving: Apples Water	Second (2nd) serving: Apples Water	Second (2nd) serving: Apples Water
Afternoon Tea served between 2:30pm - 3:30pm	Savoury Platter Ingredients include; Carrot, celery, cucumber, pita bread, cheese and hummus. Water	Banana Bread Ingredients include; Banana, cinnamon, egg, flour, milk, brown sugar and nuttex. Water	Fruit Smoothies + Raisin Bread Ingredients include; banana, berries and milk. Water	Ham, Cheese Pinwheels Ingredients include; Tortilla bread, ham, cheese, tomato and mixed herbs. Water	Anzac Biscuits Ingredients include; Rolled oats, flour, brown sugar and vegetable oil. Water 
Late Snack served after 5:30pm	Vegetable Sticks include; carrot, capsicum, celery Wholemeal savoury biscuits, cheese and vegetable dip Water provided				
Dietary Information	Children with food allergies, intolerances, food preferences and cultural needs are catered for their individual health needs. Our Inspired menu has been assessed by the Healthy Eating Advisory Service and meets the menu planning guidelines for healthy eating from Nutrition Australia.				