













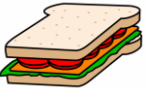


SAMPLE MENU






WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 	Porridge with Berries Glass of Milk	Weetbix with Banana Glass of Milk	Wholegrain Toast with Jam Glass of Milk	Organic Muesli with yoghurt and honey Glass of Milk	Sultana Bran Glass of Milk
MORNING TEA 	Greek Style Yoghurt Seasonal Fresh Fruit Platter	Raisin Toast Seasonal Fresh Fruit Platter	English Muffins with Melted Cheese Seasonal Fresh Fruit Platter	Apple and Cinnamon Muffins Seasonal Fresh Fruit Platter	Vegemite and Cheese Scrolls Seasonal Fresh Fruit Platter
LUNCH 	Beef Tacos with Salad	Apricot Chicken and steamed Jasmine Rice	Lamb, Barley and Vegetable Casserole	Spaghetti Bolognese	Vegetarian Pizzas
AFTERNOON TEA 	Cheese Scrolls Seasonal Fresh Fruit Platter	Platter with Cabanossi, Crackers and Cheese Seasonal Fresh fruit platter	Vegetable Sticks with Sour Cream and Salsa Dip Seasonal Fresh Fruit Platter	Pita Bread Wrap Triangles with Honey Ricotta Dip Seasonal Fresh fruit platter	Bread sticks with guacamole Seasonal Fresh fruit platter
LATE SNACK 	Assortment of wholemeal Sandwiches and Dried Fruit.	Assortment of wholemeal Sandwiches and Dried Fruit.	Assortment of wholemeal Sandwiches and Dried Fruit.	Assortment of wholemeal Sandwiches and Dried Fruit.	Assortment of wholemeal Sandwiches and Dried Fruit.





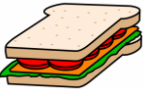
WEEK 1

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 	Porridge with Berries Glass of Milk	Weetbix with Banana Glass of Milk	Wholegrain Toast with Jam Glass of Milk	Organic Muesli with yoghurt and honey Glass of Milk	Sultana Bran Glass of Milk
MORNING TEA 	Greek Style Yoghurt Seasonal Fresh Fruit Platter	Raisin Toast Seasonal Fresh Fruit Platter	English Muffins with Melted Cheese Seasonal Fresh Fruit Platter	Apple and Cinnamon Muffins Seasonal Fresh Fruit Platter	Vegemite and Cheese Scrolls Seasonal Fresh Fruit Platter
LUNCH 	Beef Tacos with Salad	Apricot Chicken and steamed Jasmine Rice	Lamb, Barley and Vegetable Casserole	Spaghetti Bolognese	Vegetarian Pizzas
AFTERNOON TEA 	Cheese Scrolls Seasonal Fresh Fruit Platter	Platter with Cabanossi, Crackers and Cheese Seasonal Fresh fruit platter	Vegetable Sticks with Sour Cream and Salsa Dip Seasonal Fresh Fruit Platter	Pita Bread Wrap Triangles with Honey Ricotta Dip Seasonal Fresh fruit platter	Bread sticks with guacamole Seasonal Fresh fruit platter
LATE SNACK 	Assortment of wholemeal Sandwiches and Dried Fruit.	Assortment of wholemeal Sandwiches and Dried Fruit.	Assortment of wholemeal Sandwiches and Dried Fruit.	Assortment of wholemeal Sandwiches and Dried Fruit.	Assortment of wholemeal Sandwiches and Dried Fruit.





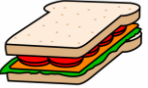
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 	Porridge with Berries Glass of Milk	Weetbix with Banana Glass of Milk	Wholegrain Toast with Jam Glass of Milk	Organic Muesli with yoghurt and honey Glass of Milk	Sultana Bran Glass of Milk
MORNING TEA 	Cinnamon toast fingers Seasonal Fresh Fruit Platter	Homemade Cheese Scones Seasonal Fresh Fruit Platter	Homemade gingerbread Seasonal Fresh Fruit Platter	Grilled Cheese on Toast Fingers Seasonal Fresh Fruit Platter	Homemade Pancakes with berry coulis Seasonal Fresh Fruit Platter
Lunch 	Moroccan Lamb with Couscous	Quiche Lorraine and salad	Sausage and vegetable hotpot	Chicken and vegetable stirfry with hokkein noodles and light soy sauce	Tuna pasta bake with crunchy bread topping
Afternoon Tea 	Homemade Anzac Biscuits Seasonal Fresh Fruit Platter	Custard Seasonal Fresh Fruit Platter	Pita Bread Triangles with Hummus Seasonal Fresh Fruit Platter	Cruskits with Avocado Seasonal Fresh Fruit Platter	Vegetable Sticks with Tzaziki Seasonal Fresh Fruit Platter
Late Snack 	Assortment of wholemeal Sandwiches and Dried Fruit.	Assortment of wholemeal Sandwiches and Dried Fruit.	Assortment of wholemeal Sandwiches and Dried Fruit.	Assortment of wholemeal Sandwiches and Dried Fruit.	Assortment of wholemeal Sandwiches and Dried Fruit.

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<p>BREAKFAST</p> 	<p>Porridge with Berries</p> <p>Glass of Milk</p>	<p>Weetbix with Banana</p> <p>Glass of Milk</p>	<p>Wholegrain Toast with Jam</p> <p>Glass of Milk</p>	<p>Organic Muesli with yoghurt and honey</p> <p>Glass of Milk</p>	<p>Sultana Bran</p> <p>Glass of Milk</p>
<p>MORNING TEA</p> 	<p>Vanilla Custard</p> <p>Seasonal Fresh Fruit Platter</p>	<p>Raisin Toast</p> <p>Seasonal Fresh Fruit Platter</p>	<p>English Muffins with Melted Cheese</p> <p>Seasonal Fresh Fruit Platter</p>	<p>Blueberry Muffins</p> <p>Seasonal Fresh Fruit Platter</p>	<p>Cinnamon scrolls</p> <p>Seasonal Fresh Fruit Platter</p>
<p>LUNCH</p> 	<p>Spaghetti and meatballs in tomato sauce</p>	<p>Tandoori Chicken and steamed Jasmine Rice</p>	<p>Chickpea, vegetable and pasta Casserole</p>	<p>Beef nachos with chunky avocado and tomato salsa</p>	<p>Fish fingers, potato mash, steamed carrots and broccolini</p>
<p>AFTERNOON TEA</p> 	<p>Cheese Scrolls</p> <p>Seasonal Fresh Fruit Platter</p>	<p>Platter with Cabanossi, Crackers and Cheese</p> <p>Seasonal Fresh Fruit platter</p>	<p>Vegetable Sticks with Hummus</p> <p>Seasonal Fresh Fruit Platter</p>	<p>Grilled cheese on toast fingers</p> <p>Seasonal Fresh Fruit platter</p>	<p>Bread sticks with guacamole</p> <p>Seasonal Fresh Fruit platter</p>
<p>LATE SNACK</p> 	<p>Assortment of wholemeal Sandwiches and Dried Fruit.</p>	<p>Assortment of wholemeal Sandwiches and Dried Fruit.</p>	<p>Assortment of wholemeal Sandwiches and Dried Fruit.</p>	<p>Assortment of wholemeal Sandwiches and Dried Fruit.</p>	<p>Assortment of wholemeal Sandwiches and Dried Fruit.</p>

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 	Porridge with Berries Glass of Milk	Weetbix with Banana Glass of Milk	Wholegrain Toast with Jam Glass of Milk	Organic Muesli with yoghurt and honey Glass of Milk	Sultana Bran Glass of Milk
MORNING TEA 	Crumpets with Vegemite Seasonal Fresh Fruit Platter	Homemade Cheese Scones Seasonal Fresh Fruit Platter	Homemade Banana Bread Seasonal Fresh Fruit Platter	Grilled Cheese on Toast Fingers Seasonal Fresh Fruit Platter	Homemade Pancakes with Honey Ricotta Seasonal Fresh Fruit Platter
Lunch 	Zucchini and corn slice and salad	Tuna Pasta Bake	Fried Rice with Tofu	Chicken and Vegetable Ragout	Minestrone with bread roll
Afternoon Tea 	Homemade Anzac Biscuits Seasonal Fresh Fruit Platter	Custard Seasonal Fresh Fruit Platter	Pita Bread Triangles with Hummus Seasonal Fresh Fruit Platter	Cruskits with Avocado Seasonal Fresh Fruit Platter	Vegetable Sticks with Tzaziki Seasonal Fresh Fruit Platter
Late Snack 	Assortment of wholemeal Sandwiches and Dried Fruit.	Assortment of wholemeal Sandwiches and Dried Fruit.	Assortment of wholemeal Sandwiches and Dried Fruit.	Assortment of wholemeal Sandwiches and Dried Fruit.	Assortment of wholemeal Sandwiches and Dried Fruit.






WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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BREAKFAST 	Porridge with Berries Glass of Milk	Weetbix with Banana Glass of Milk	Wholegrain Toast with Jam Glass of Milk	Organic Muesli with yoghurt and honey Glass of Milk	Sultana Bran Glass of Milk
MORNING TEA 	Greek Style Yoghurt Seasonal Fresh Fruit Platter	Raisin Toast Seasonal Fresh Fruit Platter	English Muffins with Melted Cheese Seasonal Fresh Fruit Platter	Apple and Cinnamon Muffins Seasonal Fresh Fruit Platter	Vegemite and Cheese Scrolls Seasonal Fresh Fruit Platter
LUNCH 	Chili con carne, black beans and steamed rice	Teriyaki Chicken and steamed Jasmine Rice	Vegetarian Quiche and salad	Spaghetti Bolognese	Chicken Pad Thai
AFTERNOON TEA 	Cheese Scrolls Seasonal Fresh Fruit Platter	Platter with Cabanossi, Crackers and Cheese Seasonal Fresh Fruit platter	Vegetable Sticks with Sour Cream and Salsa Dip Seasonal Fresh Fruit Platter	Pita Bread Wrap Triangles with Honey Ricotta Dip Seasonal Fresh Fruit platter	Bread sticks with guacamole Seasonal Fresh Fruit platter
LATE SNACK 	Assortment of wholemeal Sandwiches and Dried Fruit.	Assortment of wholemeal Sandwiches and Dried Fruit.	Assortment of wholemeal Sandwiches and Dried Fruit.	Assortment of wholemeal Sandwiches and Dried Fruit.	Assortment of wholemeal Sandwiches and Dried Fruit.

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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BREAKFAST 	Porridge with Berries Glass of Milk	Weetbix with Banana Glass of Milk	Wholegrain Toast with Jam Glass of Milk	Organic Muesli with yoghurt and honey Glass of Milk	Sultana Bran Glass of Milk
MORNING TEA 	Cinnamon toast fingers Seasonal Fresh Fruit Platter	Homemade Cheese Scones Seasonal Fresh Fruit Platter	Homemade gingerbread Seasonal Fresh Fruit Platter	Grilled Cheese on Toast Fingers Seasonal Fresh Fruit Platter	Homemade Pancakes with berry coulis Seasonal Fresh Fruit Platter
Lunch 	Moroccan Lamb with Couscous	Linguine with napolitana sauce and garlic bread	Sausage and vegetable hotpot	Mac 'n' cheese with hidden vegetable puree	Butter chicken with steamed basmati rice
Afternoon Tea 	Homemade Anzac Biscuits Seasonal Fresh Fruit Platter	Custard Seasonal Fresh Fruit Platter	Pita Bread Triangles with Hummus Seasonal Fresh Fruit Platter	Cruskits with Avocado Seasonal Fresh Fruit Platter	Vegetable Sticks with Tzaziki Seasonal Fresh Fruit Platter
Late Snack 	Assortment of wholemeal Sandwiches and Dried Fruit.	Assortment of wholemeal Sandwiches and Dried Fruit.	Assortment of wholemeal Sandwiches and Dried Fruit.	Assortment of wholemeal Sandwiches and Dried Fruit.	Assortment of wholemeal Sandwiches and Dried Fruit.

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<p>BREAKFAST</p> 	<p>Porridge with Berries</p> <p>Glass of Milk</p>	<p>Weetbix with Banana</p> <p>Glass of Milk</p>	<p>Wholegrain Toast with Jam</p> <p>Glass of Milk</p>	<p>Organic Muesli with yoghurt and honey</p> <p>Glass of Milk</p>	<p>Sultana Bran</p> <p>Glass of Milk</p>
<p>MORNING TEA</p> 	<p>Vanilla Custard</p> <p>Seasonal Fresh Fruit Platter</p>	<p>Raisin Toast</p> <p>Seasonal Fresh Fruit Platter</p>	<p>English Muffins with Melted Cheese</p> <p>Seasonal Fresh Fruit Platter</p>	<p>Carrot Muffins</p> <p>Seasonal Fresh Fruit Platter</p>	<p>Cinnamon scrolls</p> <p>Seasonal Fresh Fruit Platter</p>
<p>LUNCH</p> 	<p>Spaghetti and meatballs in tomato sauce</p>	<p>Spinach and ricotta ravioli with creamy carbonara sauce</p>	<p>Lentil, vegetable and pasta Casserole</p>	<p>Poached chicken with sweet potato mash and green beans</p>	<p>Fish fingers, potato mash, steamed carrots and brocollini</p>
<p>AFTERNOON TEA</p> 	<p>Cheese Scrolls</p> <p>Seasonal Fresh Fruit Platter</p>	<p>Platter with Cabanossi, Crackers and Cheese</p> <p>Seasonal Fresh Fruit platter</p>	<p>Vegetable Sticks with Hummus</p> <p>Seasonal Fresh Fruit Platter</p>	<p>Grilled cheese on toast fingers</p> <p>Seasonal Fresh Fruit platter</p>	<p>Bread sticks with guacamole</p> <p>Seasonal Fresh Fruit platter</p>
<p>LATE SNACK</p> 	<p>Assortment of wholemeal Sandwiches and Dried Fruit.</p>	<p>Assortment of wholemeal Sandwiches and Dried Fruit.</p>	<p>Assortment of wholemeal Sandwiches and Dried Fruit.</p>	<p>Assortment of wholemeal Sandwiches and Dried Fruit.</p>	<p>Assortment of wholemeal Sandwiches and Dried Fruit.</p>