







Menu A

	Mon	Tue	Wed	Thu	Fri
Morning Tea	*Cheese & water crackers *Served with milk	*Natural sweetened yoghurt	*Rice crackers with *hommus Dip	*Pikelets with *Nuttelex	*Corn Thins with *Smashed Avocado
Lunch	 NEW! Tuna Bake topped with cheese Served with Broccoli	 NEW! Chickpea hot pot with couscous Served with Corn on a cob	 Chicken Creole with pilaf rice Served with spring greens	 Beef Stroganoff with bowtie pasta Served with peas & corn	<i>Refreshed!</i>  NEW! Chicken Korma Curry with Rice Served with carrot, cauliflower & broccoli
Afternoon Tea	Pizza veggie scroll	Tropical banana, pineapple & mango loaf	Green goblin spinach and basil damper NEW! *Served with milk	Mini sultana bread NEW! *Served with milk	Choc zucchini slice NEW! *Served with milk
Daily Fruit	NEW! Red & Green Apples, Pears, Oranges, Carrots, Cucumber	NEW! Red & Green Apples, Pears, Oranges, Carrots, Cucumber	NEW! Red & Green Apples, Rockmelon, Bananas, Carrots, Capsicums	NEW! Red & Green Apples, Rockmelon, Bananas, Carrots, Capsicums	Bananas, Apples, Watermelon

Spring / Summer

* indicates items on provided shopping list






Menu B

	Mon	Tue	Wed	Thu	Fri
Morning Tea	*Rice Crackers with <i>NEW!</i> *beetroot pesto dip *Served with milk	*Corn Thins with *Smashed Avocado	English muffin with Nuttelex Served with milk	*Tropical Greek <i>Refreshed!</i> yoghurt	*Cheese & *crackers
Lunch	<i>NEW!</i>  Lamb kofta & couscous Served with spring greens <i>NEW!</i>	 <i>NEW!</i> Chicken Pad Thai Served with peas & corn	 Vegetarian nachos, with rice & corn chips Served with broccoli	 Beef lasagna Served with carrot, cauliflower & broccoli <i>NEW!</i>	 <i>NEW!</i> Lamb gyros with *lettuce & *vegan tzatziki *Served with carrot batons
Afternoon Tea	Date damper <i>NEW!</i>	Mini banana bread <i>NEW!</i> *Served with milk	Wholemeal <i>Refreshed!</i> ANZAC cookies	High fibre pineapple loaf	Choc beetroot <i>NEW!</i> brownie *served with milk
Daily Fruit	<i>NEW!</i> Red & Green Apples, Pears, Oranges, Carrots, Cucumber	<i>NEW!</i> Red & Green Apples, Pears, Oranges, Carrots, Cucumber	<i>NEW!</i> Red & Green Apples, Rockmelon, Bananas, Carrots, Capsicums	<i>NEW!</i> Red & Green Apples, Rockmelon, Bananas, Carrots, Capsicums	Bananas, Apples, Watermelon

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Menu C

	Mon	Tue	Wed	Thu	Fri
Morning Tea	*Corn Thins with *Smashed Avocado *Served with milk	*Crackers with *hommus Dip	*Cheese & *crackers	*Pikelets with *Nuttelex	*Natural sweetened yoghurt
Lunch	 Spaghetti bolognaise Served with carrot, cauliflower & broccoli NEW!	 Fish & chips Served with broccoli	 Chicken, *avocado, *cheese & *cucumber wraps Served with carrot batons	 <i>Refreshed!</i> Protein packed mac'n cheese Served with corn on a cob	 Butter chicken Served with peas & corn
Afternoon Tea	Pineapple pizza veggie scroll NEW!	Apple cinnamon muffin NEW! *Served with milk	Tomato & herb damper NEW! *Served with milk	<i>Refreshed!</i> Mini apple & blueberry loaf *Served with milk	Wholemeal veggie sausage roll NEW!
Daily Fruit	Red & Green Apples, Pears, Oranges, Carrots, Cucumber NEW!	Red & Green Apples, Pears, Oranges, Carrots, Cucumber NEW!	Red & Green Apples, Rockmelon, Bananas, Carrots, Capsicums NEW!	Red & Green Apples, Rockmelon, Bananas, Carrots, Capsicums NEW!	Bananas, Apples, Watermelon

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Menu D

	Mon	Tue	Wed	Thu	Fri
Morning Tea	<i>Refreshed!</i> *Greek yoghurt banana	*Cheese & *crackers	*Corn Thins with *Smashed Avocado *Served with milk	Veggie pizza scroll	*Spicy fruit muffins with *Nuttelex
Lunch	 Beef nachos Served with peas & corn	 NEW! Delicious Dahl with turmeric rice Served with carrot, NEW! cauliflower & broccoli	 NEW! Bangers & mash with gravy + wholemeal bread Served with spring greens NEW!	 Rainbow pasta bake Served with peas & corn	 NEW! Shell pasta with meatballs in tomato sauce Served with broccoli
Afternoon Tea	NEW! Smurf blueberry scones	NEW! Peach muffin *Served with milk	Apple cinnamon scroll	<i>Refreshed!</i> Wholemeal oat & choc cookies *Served with milk	NEW! Choc orange galaxy loaf *Served with milk
Daily Fruit	NEW! Red & Green Apples, Pears, Oranges, Carrots, Cucumber	NEW! Red & Green Apples, Pears, Oranges, Carrots, Cucumber	NEW! Red & Green Apples, Rockmelon, Bananas, Carrots, Capsicums	NEW! Red & Green Apples, Rockmelon, Bananas, Carrots, Capsicums	Bananas, Apples, Watermelon

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