



Snack or Course	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea 9am	Toasted Muffins	Raisin Toast	Fresh Fruit	Toasted Muffins	Raisin Toast
Drink	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk
Lunch 11-12pm	Spaghetti Bolognese	Assorted Pizza's	Indian Vegetable, Pineapple and Rice	Sandwiches	Sandwiches
Ingredient List	Pork or Beef Mince Spaghetti Pasta Diced Tomato Tomato Paste Onion Carrot Herbs Olive Oil	Diced Ham Diced Chicken Mixed Herbs Tomato Paste Grated Cheese Sliced Toms Pineapple Brown Onion Red Capsicum Flour	Pineapple Zuccuni Carrots Peas Broccoli Olive Oil Basmati Rice Cumin Seeds Chilli Salt & Pepper	Wholemeal Bread Tomatoes Lettuce Tuna Cheese Vegemite Ham Margarine Cucumber	Wholemeal Bread Tomatoes Lettuce Tuna Cheese Vegemite Ham Margarine Cucumber
Drink	Water	Water	Water	Water	Water
Afternoon Tea 2.30pm	Crackers with Cheese and Vegemite	Fresh Fruit	Crackers with Cheese and Vegemite	Fresh Fruit Yoghurt	Cake & Biscuits
Drink	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk



Snack or Course	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea 9am	Raisin Toast	Toasted Muffins	Fresh Fruit	Raisin Toast	Toasted Muffins
Drink	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk
Lunch 11-12pm	Sausages, Mash & Beans	Quiche & Salad	Lasagne & Vegetables	Sandwiches	Sandwiches
Ingredient List	Sausages Potatoes Canola Oil Margarine Milk Baked Beans	Cheese Zucchini Cream, Pastry Eggs Lettuce Tomato Cucumber Carrot Pasta Salad	Beef Mince Shredded Cheese Cheese Sauce Tomato Paste Herbs Tomato Grated Carrot Onion Crushed Garlic Mixed Vegetables	Wholemeal Bread Tomatoes Lettuce Vegemite Ham Chicken Margarine Cucumber Cheese	Wholemeal Bread Tomatoes Lettuce Vegemite Ham Chicken Margarine Cucumber Cheese
Drink	Water	Water	Water	Water	Water
Afternoon Tea 2.30pm	Crackers, Cheese and Vegemite	Fruit & Biscuits	Crackers, Cheese & Vegemite	Fruit Yoghurt	Cake & Biscuits
Drink	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk



Snack or Course	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea 9am	Fresh Fruit	Raisin Toast	Fresh Fruit	Toasted Crumpets	Toasted Muffins
Drink	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk
Lunch 11-12pm	Fish Fingers, Mash, Baked Beans	Chicken Chow Mein	Sheppard's Pie	Sandwiches	Sandwiches
Ingredient List	Fish Fingers Baked Beans Potatoes Milk Margarine	Chicken Onion Carrot Broccoli Zucchini Tomato Sauce Soy Sauce Cornflour Noodles	Pork Mince Rice Soy Sauce Onions Peas Carrot Potato Milk Cheese Margarine	Wholemeal Bread Tomatoes Lettuce Vegemite Ham Chicken Margarine Cucumber Cheese	Wholemeal Bread Tomatoes Lettuce Vegemite Ham Chicken Margarine Cucumber Cheese
Drink	Water	Water	Water	Water	Water
Afternoon Tea 2.30pm	Crackers, Cheese and Vegemite	Fruit & Biscuits	Crackers, Cheese & Vegemite	Fruit Yoghurt	Cake & Biscuits
Drink	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk

Snack or Course	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea 9am	Fresh Fruit	Raisin Toast	Banana Bread	Toasted Muffins	Raisin Toast
Drink	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk
Lunch 11-12pm	Indian Butter Chicken with Rice	Pork & Vegetable Stir fry	Assorted Pizza's	Sandwiches	Sandwiches
Ingredient List	Chicken Carrots Onion Cream Broccoli Zucchini Fettuccini Olive oil Corn flower Rice	Pork Mince Olive Oil Brown Onion Cabbage Baby Corn Red Capsicum Broccoli Soy Sauce Hokkien Noodles	Diced Ham Diced Chicken Mixed Herbs Tomato Paste Grated Cheese Sliced Toms Pineapple Brown Onion Red Capsicum Flour	Wholemeal Bread Tomatoes Lettuce Vegemite Ham Chicken Margarine Cucumber Cheese	Wholemeal Bread Tomatoes Lettuce Vegemite Ham Chicken Margarine Cucumber Cheese
Drink	Water	Water	Water	Water	Water
Afternoon Tea 2.30pm	Crackers, Cheese, Vegemite & Biscuits	Fruit & Biscuits	Crackers, Cheese, Vegemite & Biscuits	Fruit Yoghurt	Cake & Biscuits
Drink	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk



Snack or Course	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea 9am	Toasted Crumpets	Raisin Toast	Fresh Fruit	Toasted Muffins	Fresh Fruit
Drink	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk
Lunch 11-12pm	Chicken Carbonara with Vegies	Pork & Vegetable Stir fry	Spaghetti Bolognese	Sandwiches	Sandwiches
Ingredient List	Chicken Carrots Onion Cream Broccoli Zucchini Fettuccini Olive oil Corn flower Bacon	Pork Mince Olive Oil Brown Onion Cabbage Baby Corn Red Capsicum Broccoli Soy Sauce Hokkien Noodles	Pork or Beef Mince Spaghetti Pasta Diced Tomato Tomato Paste Onion Carrot Herbs Olive Oil	Wholemeal Bread Tomatoes Lettuce Vegemite Ham Chicken Margarine Cucumber Cheese	Wholemeal Bread Tomatoes Lettuce Vegemite Ham Chicken Margarine Cucumber Cheese
Drink	Water	Water	Water	Water	Water
Afternoon Tea 2.30pm	Crackers, Cheese and Vegemite	Fruit & Biscuits	Crackers, Cheese & Vegemite	Fruit Yoghurt	Cake & Biscuits
Drink	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk



Snack or Course	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea 9am	Toasted Muffins	Raisin Toast	Fresh Fruit	Raisin Toast	Toasted Muffins
Drink	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk
Lunch 11-12pm	Hot Dogs & Salad	Bacon And Spinach Pasta Bake	Lasagne & Vegetables	Sandwiches	Sandwiches
Ingredient List	Bread Rolls Hot Dogs Onion Tomato Sauce Cucumber Tomato Lettuce Carrot	Penne Pasta Flour Margarine Onion Milk Spinach Bacon Cheese	Beef Mince Shredded Cheese Cheese Sauce Tomato Paste Herbs Tomato Grated Carrot Onion Crushed Garlic Mixed Vegetables	Wholemeal Bread Tomatoes Lettuce Vegemite Ham Chicken Margarine Cucumber Cheese	Wholemeal Bread Tomatoes Lettuce Vegemite Ham Chicken Margarine Cucumber Cheese
Drink	Water	Water	Water	Water	Water
Afternoon Tea 2.30pm	Crackers, Cheese and Vegemite	Fruit & Biscuits	Crackers, Cheese & Vegemite	Fruit Yoghurt	Cake & Biscuits
Drink	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk



Snack or Course	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea 9am	Toasted Muffins	Raisin Toast	Fresh Fruit	Raisin Toast	Toasted Muffins
Drink	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk
Lunch 11-12pm	Mixed Salad	Fish Fingers, Mash, Baked Beans	Assorted Pizza's	Sandwiches	Sandwiches
Ingredient List	Ham Chicken Cheese Lettuce Pasta Salad Tomato Cucumber Carrots Capsicum	Fish Fingers Baked Beans Potatoes Milk Margarine	Diced Ham Diced Chicken Mixed Herbs Tomato Paste Grated Cheese Sliced Toms Pineapple Brown Onion Red Capsicum Flour	Wholemeal Bread Tomatoes Lettuce Vegemite Ham Chicken Margarine Cucumber Cheese	Wholemeal Bread Tomatoes Lettuce Vegemite Ham Chicken Margarine Cucumber Cheese
Drink	Water	Water	Water	Water	Water
Afternoon Tea 2.30pm	Crackers, Cheese and Vegemite	Fruit & Biscuits	Crackers, Cheese & Vegemite	Fruit Yoghurt	Cake & Biscuits
Drink	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk



Snack or Course	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea 9am	Raisin Toast	Toasted Muffins	Banana Bread	Raisin Toast	Fresh Fruit
Drink	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk
Lunch 11-12pm	Carbonara	Fish, Wedges, Baked Beans	Spaghetti Bolognese	Sandwiches	Sandwiches
Ingredient List	Bacon Mushrooms Zucchini Spring Onion Cream Cheese Fettuccini Pasta	Crumbed Fish Baked Beans Potato Wedges	Pork Mince Spaghetti Pasta Diced Tomato Tomato Paste Onion Carrot Herbs Olive Oil	Wholemeal Bread Tomatoes Lettuce Tuna Egg Vegetable Ham Margarine Cucumber Cheese	Wholemeal Bread Tomatoes Lettuce Tuna Egg Vegetable Ham Margarine Cucumber Cheese
Drink	Water	Water	Water	Water	Water
Afternoon Tea 2.30pm	Fresh Fruit	Crackers with Cheese and Vegemite	Fresh Fruit & Biscuits	Crackers with Cheese and Vegemite	Cake & Biscuits
Drink	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk	Water Or Milk