

SPRING & SUMMER MENU

WEEK 1

monday 

tuesday 

wednesday 

thursday 

friday 

BREAKFAST

Available if required

BREAKFAST

Available if required

BREAKFAST

Available if required

BREAKFAST

Available if required

BREAKFAST

Available if required

MORNING TEA

Cheese and vegetable sticks

MORNING TEA

Fruit and Veg platter and rice crackers

Served with glass of milk

MORNING TEA

Wholemeal Pita bread, carrot sticks with home made hummus

MORNING TEA

Homemade Fruit Muesli bars

MORNING TEA

Tomato & cheese Scrolls

LUNCH

Apricot Chicken with wholemeal pasta

LUNCH

Homestyle Thai Beef Salad

LUNCH

Handmade beef burger with cheese and veggie sticks

LUNCH

Fresh Chilli con carne with taco salad

LUNCH

Assorted salad Wholemeal sandwiches

AFTERNOON TEA

Fruit and Vegetable platter with yoghurt pots (D)

AFTERNOON TEA

Apple Scrolls

AFTERNOON TEA

Watermelon sticks with crunchy yoghurt dip

AFTERNOON TEA

Fruit skewers with yoghurt dip

AFTERNOON TEA

Fruit and Veg platter and rice crackers

PUREE

Sweet potato and green pea

PUREE

Vegetable medly

PUREE

Carrot and pumpkin

PUREE

Potato, pumpkin and sweet potato

PUREE

Vegetable medly

DRINK

Water offered at all meal times.

DRINK

Water offered at all meal times.

DRINK

Water offered at all meal times.

DRINK

Water offered at all meal times.

DRINK

Water offered at all meal times.

VEGETARIAN

Apricot Chickpea chicken with

VEGETARIAN

Baked bean and potato pie

VEGETARIAN

Veggie Burger with veggie sticks

VEGETARIAN

Mexican beans with rice

VEGETARIAN

Vegetable pasta salad

DAILY FOOD SUMMARY

| | |
|---------------------------|-----|
| Meat and alternatives | 0.8 |
| Dairy | 1 |
| Breads/cereals/rice/pasta | 2.3 |
| Fruit | 1.1 |
| Vegetables | 2.1 |

DAILY FOOD SUMMARY

| | |
|---------------------------|-----|
| Meat and alternatives | 1 |
| Dairy | 1 |
| Breads/cereals/rice/pasta | 2.8 |
| Fruit | 1.1 |
| Vegetables | 2.1 |

DAILY FOOD SUMMARY

| | |
|---------------------------|-----|
| Meat and alternatives | 0.8 |
| Dairy | 1.3 |
| Breads/cereals/rice/pasta | 2.3 |
| Fruit | 1 |
| Vegetables | 2.8 |

DAILY FOOD SUMMARY

| | |
|---------------------------|-----|
| Meat and alternatives | 1 |
| Dairy | 1.2 |
| Breads/cereals/rice/pasta | 2 |
| Fruit | 1 |
| Vegetables | 2.3 |

DAILY FOOD SUMMARY

| | |
|---------------------------|------|
| Meat and alternatives | 0.75 |
| Dairy | 1.1 |
| Breads/cereals/rice/pasta | 2.1 |
| Fruit | 1 |
| Vegetables | 2 |

SYMBOLS



MENU DESIGNED IN CONSULTATION WITH

