

## Centre Menu Week 1

1 – 5 November 2021



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b>  <b>APPROX 9.30AM</b>	Selection of seasonal fruit  Banana bread	Selection of seasonal fruit  French toast	Smoothies and Fruit platters	Selection of seasonal fruit  Porridge	Selection of seasonal fruit  Pancakes
<b>LUNCH</b>  <b>APPROX 11.45AM</b>	Stir fry veggies  Pasta on the side	Stir fry chicken and vegetables  Rice on the side	Burgers with beef patties and sliced vegetables	Salmon salad with vegetables and pasta on the side	Roasted potatoes & seasonal vegetables with chicken  Rice on the side
<b>AFTERNOON TEA</b>  <b>APPROX 3PM</b>	Guacamole  Corn thins  Fruit platter	Corn on the cob  Carrot muffin  Fruit platter	Sandwiches (Vegemite, strawberry jam) Fruits and vegetables	Tomato bruschetta wholemeal bread  Smoothies	Challah with spreads  Vegetables and fruit platter
<b>Late snack</b>  <b>APPROX 5PM</b>	Fruits and crackers	fruits and crackers	fruits and crackers	fruits and crackers	Selection of seasonal fruit

## Centre Menu Week 2



8 – 12 November 2021

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b> <b>APPROX 9.30AM</b>	Fresh fruit  Scrambled eggs	Selection of seasonal fruit  Pancakes	Selection of seasonal fruit  <b>Banana bread</b>	Selection of seasonal fruit  <b>Smoothies</b>	Selection of seasonal Fruit  Porridge
<b>LUNCH</b> <b>APPROX 11.45AM</b>	Vegetarian fried rice  Beans on the side	Chicken and vegetable soup  Wholemeal bread	Spaghetti Bolognese minced meat with vegetables	Tuna patties  Creamy pasta on the side	Roasted chicken and vegetables  Rice on the side
<b>AFTERNOON TEA</b> <b>APPROX 3PM</b>	Fruits and vegetable sticks with corn thins  Hummus	Zucchini muffins  Fruits platter and vegetable stick	Smoothie  Corn on the cob  Fruit platters	Fruit platter  crackers	Challah with spreads  Fruit platter and vegetable sticks
<b>Late snack</b> <b>APPROX 5PM</b>	fruits and crackers	fruits and crackers	fruits and crackers fruit	fruits and crackers	Selection of seasonal fruit

## Centre Menu Week 3

18 – 22 October 2021

<b>WEEK 3</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MORNING TEA</b> <b>APPROX 9:30AM</b>	Selection of seasonal fruit  French toast	Selection of seasonal fruit  omelette	Selection of seasonal fruit  <b>porridge</b>	Selection of seasonal fruit  <b>Pancakes</b>	Selection of seasonal Fruit  Smoothie
<b>LUNCH</b> <b>APPROX 11.45AM</b>	Beef and broccoli stir fry with brown rice	Chicken and vegetable soup  Wholemeal bread	Chicken stir fry with veggies  Rice on the side	Meat balls in Napolitano sauce  Pasta on the side	Roasted chicken with vegetables  Rice on the side
<b>AFTERNOON TEA</b> <b>APPROX 3PM</b>	Vegetable Sticks  Fruit platters  Crackers	Selection of seasonal fruit  Corn on the cob, green beans	Selection of seasonal fruit  Tomato bruschetta and wholemeal toast	Selection of seasonal fruit  Corn thins	Challah with spreads  Selection of seasonal fruit
<b>Late snack</b> <b>APPROX 5PM</b>	fruits and crackers	fruits and crackers	fruits and crackers	fruits and crackers	Selection of seasonal fruit



## Centre Menu Week 4

25 – 29 October 2021

<b>WEEK 4</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MORNING TEA</b> <b>APPROX 9:30AM</b>	Selection of seasonal fruit Potato Kugul	Selection of seasonal fruit Scrambled eggs	Selection of seasonal fruit  Pancakes	Selection of seasonal fruit  Smoothies	Selection of seasonal Fruit  Porridge
<b>LUNCH</b> <b>APPROX 11.45AM</b>	Shepherd's pie and rice on the side	Chicken soup with vegetables  Wholemeal toast	Chicken  With rice and beans	Salmon salad with vegetables  Pasta on the side	Roasted chicken with vegetables
<b>AFTERNOON TEA</b> <b>APPROX 3PM</b>	Selection of seasonal fruit  Smoothies and corn thin	Selection of seasonal fruit  Corn on the cob	Variety of sandwiches (vegemite and strawberry jam)  Selection of seasonal fruit and vegetable stick	Carrot muffins with fresh fruit& fresh vegetables	Challah with spreads; fresh fruits
<b>Late snack</b> <b>APPROX 5PM</b>	fruits and crackers	fruits and crackers	Selection of seasonal fruit	fruits and crackers	Selection of seasonal fruit