



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Cereal: -Nutri Grain -Weetbix Fresh fruit platter	Cheesy toast on wholemeal bread Fresh fruit platter	Cereal: -Weetbix -Cornflakes Fresh fruit platter	Mixed toast fingers with cheese and vegemite on wholemeal bread Fresh fruit platter	Cereal: -Weetbix -Cornflakes Fresh fruit platter
	Milk	Milk	Milk	Milk	Milk
Lunch	Vegetable stir fry, carrots, broccoli, peas and corn. Served with rice	Baked fish fingers served with mash potato and veggies – carrot, peas and corn	Spaghetti bolognese (minced beef) with grated carrot, cheese, capsicum & mushrooms with garlic bread	Beef sausage rolls with carrots served with BBQ and or tomato sauce	Homemade pizza – Capsicum, mushroom, onion tomato & cheese
	Water	Water	Water	Water	Water
Afternoon Tea	Mixed wholemeal sandwiches with various fillings – cheese, tomato, vegemite Fruit/vegetable sticks	Crackers with cheese or Vegemite spread Fruit/vegetable sticks	Home made muffins Vegetable sticks	Lebanese bread rolletes with spread and dried fruit pieces Fruit/vegetable sticks	Custard, biscuits and fruit Fruit/vegetable sticks
	Milk	Milk	Milk	Milk	Milk

Menu Notes:

- Food will be available in between meals for children who require this.
- Water is available to all children at all times throughout the day.
- All meals and menus take into account multiculturalism and various multicultural foods have been chosen for our menus.
- All nursery children will have access to purred fruit and mashed lunch meals to meet their development.



WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Cereal -Weetbix -Cornflakes Fresh fruit platter	Cheesy toast on wholemeal bread Fresh fruit platter	Cereal -Nutri Grain Weetbix Fresh fruit platter	Cereal -Nutri Grain Weetbix Fresh fruit platter	Toast with Various Spreads - Cheese, Vegemite, Jam on wholemeal bread Fresh fruit platter
	Milk	Milk	Milk	Milk	Milk
Lunch	Penne pasta with tomato vegetable napolitano sauce sprinkled with freshly grated cheese w/ herb bread	Kafta meat balls casserole with potatoes, corn, peas and carrots served with rice	Baked chicken drumsticks with baked potato, pumpkin & broccoli	Homemade spaghetti bolognese (minced beef) with grated carrot, capsicum & mushrooms served with garlic bread	Chicken stir fry served with rice and mixed vegetables and veggies – carrots, peas, broccoli, snow peas and corn
	Water	Water	Water	Water	Water
Afternoon Tea	Crackers with cheese squares, jam Fruit/vegetable sticks	Mixed sandwiches with various fillings – cheese, tomato, Vegemite spread Fruit/vegetable sticks	Custard, biscuits and fruit Fruit/vegetable sticks	Home made muffins Vegetable sticks	Rice cakes served with various spreads cheese, jam or vegemite Fruit/vegetable sticks
	Milk	Milk	Milk	Milk	Milk

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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Cereal: -Nutri Grain -Weetbix	Cereal: -Nutri Grain -Weetbix	Wholemeal toast fingers with Vegemite or cheese	Cereal: -Nutri Grain -Weetbix	Cheesy toast on wholemeal bread
	Fresh fruit platter Milk	Fresh fruit platter Milk	Fresh fruit platter Milk	Fresh fruit platter Milk	Fresh fruit platter Milk
Lunch	Dried beans soup with diced beef pieces served with rice	Homemade spaghetti with grated carrot, capsicum & mushrooms served with garlic bread	Toasted oven baked chicken wraps on Lebanese bread with tomato, cheese, garlic and/or BBQ/tomato sauce.	Baked fish fingers served with mash potato and veggies – carrot, peas and corn	Homemade beef lasagne – capsicum, carrots, mushroom & cheese
	Water	Water	Water	Water	Water
Afternoon Tea	Mixed wholemeal sandwiches with various fillings – cheese, Vegemite Fruit/vegetable sticks	Home made muffins Fruit/vegetable Sticks	Wholemeal Lebanese bread cheese Fruit/vegetable Sticks	Rice cakes served with various spreads cheese, jam or Vegemite	Wholemeal crackers with cheese and sultanas Fruit/vegetable Sticks
	Milk	Milk	Milk	Milk	Milk

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WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Cereal: -Weetbix -Cornflakes	Wholemeal toast fingers with Vegemite or cheese	Cereal: -Weetbix -Cornflakes	Cheesy Toast on wholemeal bread	Cereal: -Weetbix -Cornflakes
	Fresh fruit platter Milk	Fresh fruit platter Milk	Fresh fruit platter Milk	Fresh fruit platter Milk	Fresh fruit platter Milk
Lunch	Homemade spaghetti bolognaise (minced Beef) with grated carrot, capsicum & mushrooms served with garlic bread	Vegetable stir Fry, carrots, broccoli, peas and corn served with rice	Lentil soup serviced with toasted bread triangle	Baked chicken drumsticks with baked potato, pumpkin & broccoli	Meat Pizza – Capsicum, carrots, Mushroom & Cheese
	Water	Water	Water	Water	Water
Afternoon Tea	Home made muffins Fruit/vegetable sticks	Wholemeal triangle sandwiches cheese, jam, Vegemite Fruit/vegetable sticks	Crackers, cheese and dried fruit Fruit/vegetable sticks	Lebanese bread with spread cheese, jam and Vegemite Fruit/vegetable sticks	Milk custard, biscuits and fruit Fruit/vegetable sticks
	Milk	Milk	Milk	Milk	Milk

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