



# MENU Week 1

## MONDAY

### Lunch

Italian Meatballs  
with Penne Pasta

### Afternoon Tea

Frozen Berries &  
Yoghurt

## TUESDAY

### Lunch

Vegetable Frittata  
with Sweet  
Potato, Zucchini,  
Carrot & Cheese

### Afternoon Tea

Ham & Cheese  
Pizza Scrolls

## WEDNESDAY

### Lunch

Chicken Tortilla  
Wraps with  
Lettuce,  
Cucumber &  
Avocado

### Afternoon Tea

Warm Banana  
Bread

## THURSDAY

### Lunch

Shepherd's Pie  
with Beef Mince,  
Corn, Peas,  
Mashed Potato,  
Cheese

### Afternoon Tea

Hummus &  
Cucumber,  
Apple, Carrot,  
Pita Bread

## FRIDAY

### Lunch

Tuna Fish Cakes  
with Broccoli,  
Potato, Carrot,  
Parsley

### Afternoon Tea

Fruit Salad -  
Watermelon,  
Green grapes,  
Mandarin,  
Pineapple



# MENU Week 2

## MONDAY

### Lunch

Spinach & Ricotta  
Ravioli

### Afternoon Tea

Rice Crackers,  
Cucumber, Apple,  
Carrot & Hummus

## TUESDAY

### Lunch

Butter Chicken,  
Carrot & Rice

### Afternoon Tea

Waffle,  
Strawberries &  
Cream

## WEDNESDAY

### Lunch

Sausages , Mash  
Potato, Carrot,  
Broccoli & Gravy

### Afternoon Tea

Wholemeal Pitta  
Bread & Cheese,  
Capsicum,  
Avocado Dip,  
Banana

## THURSDAY

### Lunch

Fried Rice with  
Bacon, Egg,  
Onion, Celery,  
Corn, Peas

### Afternoon Tea

Panna Cotta &  
Pear

## FRIDAY

### Lunch

Homemade Fish  
Fingers, Broccoli,  
Carrot & Wedges

### Afternoon Tea

Fruit Salad & Ice  
Cream





# MENU Week 3

## MONDAY

### Lunch

Chilli Con Carne  
with GF Nachos  
& Cheese

### Afternoon Tea

Blueberry Bran  
Muffins

## TUESDAY

### Lunch

Lentil Burger with  
Lettuce, Cheese  
& Tomato

### Afternoon Tea

Banana & Greek  
Yoghurt

## WEDNESDAY

### Lunch

Italian Meatballs  
& Garden Salad

### Afternoon Tea

Cottage Cheese,  
Strawberries &  
Honey

## THURSDAY

### Lunch

Tuna & Broccoli,  
Cheese Pasta  
Bake

### Afternoon Tea

Fruit Salad &  
Vanilla Custard

## FRIDAY

### Lunch

Baked Potato  
with Ham &  
Cheese Topping

### Afternoon Tea

Carrot, Sultana &  
Pineapple Slice



# MENU Week 4

## MONDAY

### Lunch

Home Made  
Chicken Nuggets  
& Garden Salad

### Afternoon Tea

Apricot & Yoghurt  
Muesli Slice

## TUESDAY

### Lunch

Baked Eggs &  
Bread with Ham,  
Peas & Cheese

### Afternoon Tea

W/M Buttermilk  
Pancakes with  
Raspberry Sauce

## WEDNESDAY

### Lunch

Spaghetti  
Bolognese with  
Spinach & Cheese

### Afternoon Tea

Fresh Fruit &  
Yoghurt

## THURSDAY

### Lunch

Chicken Teriyaki  
Stir Fry with Snow  
Peas, Carrot,  
Zucchini, Broccoli,  
Baby Corn

### Afternoon Tea

Anzac Biscuit &  
Blueberries

## FRIDAY

### Lunch

Minestrone  
Soup & Pasta,  
Kidney Beans,  
Celery, Carrot,  
Capsicum

### Afternoon Tea

Panna Cotta &  
Banana