




<b>WEEK 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Tea</b>	<b>Apples and Grapes with Plain Yoghurt</b>	<b>Fresh Fruit And Vanilla Custard</b>	<b>Vegemite on Wholegrain English Muffins Mandarins</b>	<b>Buttered Raison Toast Banana</b>	<b>Crumpets and Golden Syrup Apple</b>
 <p><b>Lunch menus FOR KIDS</b></p>	<b>Sandwiches</b> <b>Cold Meats &amp; Salads</b> <b>Vegetarian Options</b> <b>Tomato, Cue, Cheeses, Vegemite, Egg &amp; Lettuce</b>	<b>Macaroni</b> <b>Minced beef Bacon Spinach and Carrots</b>	<b>Pork Hokkien Noodles</b> <b>With Asian Veges</b>	<b>Pumpkin and Cheese Risotto</b> <b>with Lentils</b> <b>GF Vegetarian</b>	<b>Beef/Chicken/Lamb Casserole with loads of root Vegetables</b> <b>GF</b>
<b>Afternoon Tea</b>	<b>Cheese &amp; Fruit Platter Crackers Fresh &amp; Dried Fruit</b>	<b>Cheese on Crackers Pears</b>	<b>Watermelon Slices Cheese Cubes Crackers</b>	<b>Strawberry Frozen Yoghurt Cones Berries</b>	<b>Cheese and Vegemite Scrolls Dried Fruit</b>


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<b>WEEK 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Tea</b>	<b>Crumpets with Golden Syrup Apple</b>	<b>Muffins with Vegemite Fruit Slices</b>	<b>Cream cheese on Rice Cakes Grapes</b>	<b>Banana and Blueberry Muffins</b>	<b>Fruit Scones with Jam &amp; Cream Oranges</b>
<p><b>Lunch menus FOR KIDS</b></p> 	<p><b>Lamb and Lentil Stock Pot Curry</b></p> <p><b>Ginger Garlic and Vegetables and Rice</b> <b>GF</b></p>	<p><b>Sandwiches</b></p> <p><b>Cold Meats &amp; Salads</b></p> <p><b>Vegetarian Options</b></p> <p><b>Tomato, Cue, Cheeses, Vegemite, Egg &amp; Lettuce</b></p>	<p><b>Mexican Lasagna</b></p> <p><b>Mince and Red Kidney Beans with Garden Salad</b></p>	<p><b>Pork Sausages</b></p> <p><b>German Potato Salad</b></p> <p><b>Corn on the cob</b> <b>GF</b></p>	<p><b>Char Kway Teow</b></p> <p><b>Fried Flat Rice Noodles with Chicken and Asian Vegetables</b> <b>GF</b></p>
<b>Afternoon Tea</b>	<b>Fresh Fruit Greek Yoghurt</b>	<b>Fresh Fruit and Custard</b>	<b>Watermelon Cheese &amp; Vegemite Scrolls</b>	<b>Cheese Cubes Orange Slices</b>	<b>Sao and Cheese Banana</b>

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<b>WEEK 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Tea</b>	<b>Baked Beans on Toast Banana</b>	<b>Muffins and Vegemite and Orange Slices</b>	<b>Bananas Crumpets with Golden Syrup</b>	<b>Croissants Sliced Fruit</b>	<b>Raison Toast Apple Slices</b>
 <p><b>Lunch menus FOR KIDS</b></p>	<b>Hungarian Beef Goulash With Mushrooms, Tomatoes Onions &amp; Paprika &amp; Potatoes Garden Salad (Lettuce, Tomato, Cucumber)</b> <b>GF</b>	<b>Italian Sausage Pasta With White Beans</b>	<b>Sandwiches Cold Meats &amp; Salads Vegetarian Options Tomato, Cue, Cheeses, Vegemite, Egg &amp; Lettuce</b>	<b>Fried Rice Ham, Corn, Peas, Capsicum, Sprouts Garlic &amp; Ginger</b> <b>GF</b>	<b>Mild Lamb Curry and Rice</b> <b>Leeks Carrots and Pineapple</b> <b>GF</b>
<b>Afternoon Tea</b>	<b>Fruit &amp; Vanilla Custard</b>	<b>Fruit Salad Yoghurt</b>	<b>Melon Platter Cheese with Rice Crackers</b>	<b>Dips &amp; Crackers Orange Slices</b>	<b>Bacon &amp; Cheese Muffins Fresh Fruit</b>


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<b>WEEK 4</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Tea</b>	<b>Fruit Muffins</b> <b>Grapes</b>	<b>Banana Bread</b> <b>Pears</b>	<b>Vegetemite on Toast</b> <b>Fruit Slices</b>	<b>Ham &amp; Cheese Muffins Melts</b> <b>Oranges Slices</b>	<b>Crumpets with Golden Syrup</b> <b>Bananas</b>
<b>Lunch menus FOR KIDS</b> 	<b>Spaghetti Cabonara</b> <b>Smokey Bacon with Eggs and Cream</b>	<b>Chicken Jumbos</b> <b>Smashed Potatoes and Vegetables</b> <b>GF</b> <b>Vegetarian Option</b>	<b>Malaysian Chicken Noodle Soup</b> <b>Chicken Cubes, Chinese Greens, Tomatoes</b> <b>Ginger and Garlic</b>	<b>Sandwiches</b> <b>Cold Meats &amp; Salads</b> <b>Vegetarian Options</b> <b>Tomato, Cue, Cheeses, Vegetemite, Egg &amp; Lettuce</b>	<b>Curried Beef and Rice from Iran</b> <b>With Lentils Mixed Vegetables &amp; spices</b> <b>GF</b>
<b>Afternoon Tea</b>	<b>Peaches and Custard</b>	<b>Fresh Fruit Platter</b> <b>Yoghurt</b>	<b>Cheese/Spreads on Crackers</b> <b>Watermelon</b>	<b>Bananas and Cheese and Sultanas Crackers</b>	<b>Melons and Cheese Platter</b>

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<b>WEEK 5</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Tea</b>	<b>Raison Toast Apple and Oranges</b>	<b>Pears &amp; Mango Puree Yoghurt</b>	<b>Vegemite Toast Bananas</b>	<b>Cheese Cubes with Crackers and Fruits</b>	<b>Crumpets with Honey Grapes</b>
 <p><b>Lunch menus FOR kids</b></p>	<b>Spaghetti Bolognaise</b>  <b>Grated Zucchini &amp; Carrot, Mushrooms</b>  <b>Garden Salad</b>	<b>Moroccan Chicken Curry With Cous Cous</b>  <b>Chick Peas Pumpkin Lemon and Spices</b>	<b>Tarragon Chicken and Rice Or Creamy Butter Chicken and Basmati Rice</b>  <b>GF</b>	<b>Sweet &amp; Sour Pork &amp; Rice</b>  <b>Leeks, Celery, Capsicum, Pineapple</b> <b>GF</b>	<b>Sandwiches</b>  <b>Cold Meats &amp; Salads</b> <b>Vegetarian Options</b> <b>Tomato, Cue, Cheeses, Vegemite, Egg &amp; Lettuce</b>
<b>Afternoon Tea</b>	<b>Warm Vanilla Custard and Pears</b>	<b>Cheese &amp; Fruit Platter Crackers Fresh &amp; Dried Fruit</b>	<b>Anzac Biscuits</b>  <b>Fruit Slices</b>	<b>Dips &amp; Vegetable Sticks</b>  <b>Bananas</b>	<b>Cheese Cubes</b>  <b>Watermelon</b>


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<b>WEEK 6</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Tea</b>	<b>Vegemite Toast Fruit Slices</b>	<b>Baked Beans with Toast Fruit</b>	<b>Muffins With Cheese Apple Slices</b>	<b>Whole meal Crumpets &amp; Golden Syrup Bananas</b>	<b>Croissants Orange Slices</b>
<b>Lunch</b> <b>menus</b> <b>FOR</b> <b>KIDS</b> 	<b>Chicken Chow Mein</b>  <b>Chicken Mince, Bok Choy and Beans &amp; Chow Mein Noodles</b>	<b>Pizza</b>  <b>Ham and pineapple</b>  <b>Chicken and Capsicum and Spinach Mozzarella Vegetarian Options</b>	<b>Sandwiches</b>  <b>Cold Meats &amp; Salads</b> <b>Vegetarian Options</b> <b>Tomato, Cue, Cheeses, Vegemite, Egg &amp; Lettuce</b>	<b>Cottage Pie Mince and Vegetables Topped with Potato</b>  <b>GF</b>	<b>Beef Stroganoff</b>  <b>Beef Strips with Mushrooms Tomato Cream and Fettuccine</b>
<b>Afternoon Tea</b>	<b>Vanilla Custard and Pears</b>	<b>Fruit and Greek Yoghurt</b>	<b>Cheese &amp; Fruit Platter Crackers Fresh &amp; Dried Fruit</b>	<b>Melon and Dried Fruit</b>	<b>Dips and Crackers Fresh Fruit</b>

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<b>WEEK 7</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Tea</b>	<b>Vanilla Custard and Pears</b>	<b>English Muffins Banana</b>	<b>Raison Bread Oranges</b>	<b>Carrot &amp; Zucchini Cake Grapes</b>	<b>Crumpets and Golden Syrup Bananas</b>
<b>Lunch menus FOR KIDS</b> 	<b>Beef or Pumpkin Ravioli</b>  <b>In Chef's Tomato Sauce with Tossed Salad</b> <b>Vegetarian Option</b>	<b>Spanish beef</b>  <b>Minced Beef Kidney Beans</b> <b>Mustard Cheese and Rice</b> <b>GF</b>	<b>Sandwiches</b>  <b>Cold Meats &amp; Salads</b> <b>Vegetarian Options</b> <b>Tomato, Cue, Cheeses, Vegemite, Egg &amp; Lettuce</b>	<b>Centre Favourite</b>  <b>Fried Rice With Peas Corn and Capsicum and Ham</b> <b>GF</b>	<b>Coconut Chicken Curry</b> <b>Rice</b> <b>Sweet Potato Pumpkin, Broccoli Carrot Cauliflower</b> <b>GF</b>
<b>Afternoon Tea</b>	<b>Fruit and Greek Yoghurt</b>	<b>Cheese &amp; Fruit Platter Crackers Fresh &amp; Dried Fruit</b>	<b>Cheese Tomato on Sao Apple Slices</b>	<b>Vegetable Sticks Cheese and Crackers Dried Fruit</b>	<b>Melted Cheese on Rice Cakes</b>

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<b>WEEK 8</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Tea</b>	<b>Crumpets with Golden Syrup Fruit Slices</b>	<b>Fruit and Custard</b>	<b>Apple Slices and Cheese Cubes</b>	<b>Raison Bread Oranges</b>	<b>Date Scones Apples</b>
<b>Lunch menus FOR KIDS</b> 	<b>Sang Chow Bow</b>  <b>Pork Mince Carrot Sprouts Vermicelli Noodles Lettuce GF</b>	<b>Sandwiches</b>  <b>Cold Meats &amp; Salads</b> <b>Vegetarian Options</b> <b>Tomato, Cue, Cheeses, Vegemite, Egg &amp; Lettuce</b>	<b>Roast of the Day &amp; Gravy Or Silverside &amp; Béchamel Sauce</b>  <b>Smashed Potatoes Roast Vegetables GF</b>	<b>Tuna or Salmon Pasta</b>  <b>Garlic and Cream and Baby Spinach</b>	<b>Lamb in 3 Colour Pasta</b>  <b>Spiral Pasta with Italian Herbs Capsicum, Zucchini, Carrots</b>
<b>Afternoon Tea</b>	<b>Fresh Fruit and Greek Yoghurt</b>	<b>Cheese Slices on Salada Pineapple</b>	<b>Coconut Cake Bananas</b>	<b>Bananas  Rice Cakes Cheese Cubes</b>	<b>Watermelon &amp; Rock melon Slices</b>

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