

Summer Menu

SAMPLE*

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cornflakes Weetbix Wholemeal toast Nuttelex Vegemite salt reduced Cream cheese 	Cornflakes Weetbix Wholemeal toast Nuttelex Vegemite salt reduced Cream cheese 	Cornflakes Weetbix Wholemeal toast Nuttelex Vegemite salt reduced Cream cheese 	Cornflakes Weetbix Wholemeal toast Nuttelex Vegemite salt reduced Cream cheese 	Cornflakes Weetbix Wholemeal toast Nuttelex Vegemite salt reduced Cream cheese 
Morning Tea	Banana & Oat Muffins served with fresh fruit 	Seasonal Fruit Platter 	Coconut Pancakes served with fresh fruit 	Seasonal Fruit Platter 	Berry Oat Slice served with fresh fruit 
Lunch	Turkey Sandwiches made with vegan mayo, cheese and turkey breast 	Pumpkin Pasta made with onion, garlic, carrot, capsicum and pumpkin with a dash of coconut cream. 	Tuna Mornay made with onion, garlic, carrot, celery, peas and corn in a creamy sauce. Served with rice 	Roast Chicken served with mashed potato, roast carrot, pumpkin and zucchini. Served with homemade gravy 	Bolognese with vegetables and wholemeal spaghetti with parmesan cheese, Indigenous bush tomato & salt bush 
Alternative Meal (Vegan)	Tomato, Avocado Sandwiches 	Pumpkin and Chickpea Patties with veg 	Vegetable Mornay 	Baked tofu nuggets served with rainbow salad and brown rice 	Vegetable bolognese and wholemeal spaghetti 
Afternoon Tea	Blueberry, apple and granola muffins with Indigenous wattle seed 	Coconut Caramel Rice bubble slice served with fresh fruit and veggie sticks 	Cheese and Crackers served with fresh fruit and vegetable sticks 	Lemon Cheesecake made with an oat base. Served with fresh fruit 	Chive and Cheese Flatbread served with fruit and vegetable sticks 
Late Snack	Apple, pear, orange, banana with wholemeal rice crackers 	Apple, pear, orange, banana with wholemeal rice crackers 	Apple, pear, orange, banana with wholemeal rice crackers 	Apple, pear, orange, banana with wholemeal rice crackers 	Apple, pear, orange, banana with wholemeal rice crackers 
Drinks	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)

Children with food allergies, intolerances, food preferences and cultural requirements will be catered for in accordance with Medical Plans and as agreed by parents/guardians Feedback. This menu has been assessed by the Healthy Eating Advisory Service and meets the menu planning guidelines for healthy eating from Nutrition Australia.