












Spring/Summer Menu




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	Fresh fruit platter green apple, red apple, pear, orange, banana	Toasted fruit bread served with Banana, yoghurt & Tofu Smoothies	Fresh fruit platter green apple, red apple, pear, orange, banana	Fresh Fruit platter green apple, red apple, pear, orange, banana served with fruit toast	Blueberry, tofu & yoghurt smoothies served fresh fruit with apple, cantaloupe and orange
Lunch	Vegan dahl with chickpeas and vegetables served with pearl couscous with indigenous cinnamon myrtle  	Mild chicken and vegetable curry served with steamed brown rice Fresh garden herbs  	Healthy Tuna mornay served with wholemeal pasta 	Lamb Bolognese with vegetables served with wholemeal penne pasta indigenous cinnamon Fresh garden herbs   	Vegan brown rice pilaf with tofu 
Alternative Meal	As above	Vegetable curry served with steamed brown rice	Vegetable mornay with wholemeal pasta	Vegetables in napoli sauce served with wholemeal pasta	As above
Afternoon Tea	Homemade banana bread with indigenous wattle seed 	Fresh fruit platter green apple, red apple, pear, orange, banana	Cantaloupe and watermelon served with wholemeal salads	Cubed cheese with rice cakes, apple, celery, capsicum, tomato and carrot sticks	Homemade hummus served with celery and carrot sticks and pita bread triangles
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	Water and milk	Water and milk	Water and milk	Water and milk

Children with food allergies, intolerances, food preferences and cultural needs are catered for their individual health needs.


This menu has been assessed by the Healthy Eating Advisory Service and meets the menu planning guidelines for healthy eating from Nutrition Australia.

 **Fresh Garden Herbs**

 **Bush Tucker plants**

 **Vegan**

 **Meat**









 **Chicken**

 **Fish**

2020


Spring/Summer Menu





Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cornflakes Weetbix Wholemeal toast Nuttalex Vegemite salt reduced Cream cheese	Cornflakes Weetbix Wholemeal toast Nuttalex Vegemite salt reduced Cream cheese	Cornflakes Weetbix Wholemeal toast Nuttalex Vegemite salt reduced Cream cheese	Cornflakes Weetbix Wholemeal toast Nuttalex Vegemite salt reduced Cream cheese	Cornflakes Weetbix Wholemeal toast Nuttalex Vegemite salt reduced Cream cheese
Morning Tea	Fresh fruit platter green apple, red apple, pear, orange, banana	Fresh fruit platter green apple, red apple, pear, orange, banana	Fresh fruit platter green apple, red apple, pear, orange, banana	Banana, tofu & yoghurt smoothies with fruit toast	Fresh fruit platter green apple, red apple, pear, orange, banana
Lunch	Chicken, peas and mushroom Risotto with parsley Fresh garden herbs  	Homemade baked panko fish fingers with steamed corn, peas, carrots with brown rice and indigenous lemon myrtle 	Beef Stew served with brown rice and indigenous wattle seed & cinnamon myrtle  	Gnocchi with tomato, capsicum, feta and basil Fresh garden herbs  	Chicken and vegetable stir fry with pad thai noodles 
Alternative Meal	Pea and mushroom risotto with parsley	Tofu bites with corn, peas, carrots and lemon brown rice	Vegetable stew served with brown rice	As above	Vegetable stir fry with pad thai noodles
Afternoon Tea	Toasted cheese and Vegemite wholemeal pitas	Sultanas, cucumber and carrot sticks with wholemeal saladas	Rice cakes with cream cheese and carrot and celery sticks	Homemade hummus with capsicum, watermelon, apple, celery sticks served with wholemeal rice cakes	Orange cake with indigenous wattle seed and lemon myrtle 
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	Water and milk	Water and milk	Water and milk	Water and milk


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This menu has been assessed by the Healthy Eating Advisory Service and meets the menu planning guidelines for healthy eating from Nutrition Australia.

 **Fresh Garden Herbs**

 **Meat**

 **Bush Tucker plants**

 **Chicken**











 **Vegan**

 **Fish**

2020


Spring/Summer Menu





Week 3	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	Rice cakes with cream cheese and carrot and apple sticks	Banana, tofu & yoghurt smoothies with fruit toast	Fresh fruit platter green apple, red apple, pear, orange, banana	Oatmeal porridge with banana and sultanas	Fresh fruit platter green apple, red apple, pear, orange, banana
Lunch	White fish with rainbow vegetables with hokkien noodles 	Beef chow mein served with brown rice with indigenous cinnamon myrtle  	Lentil shepherd pie with cheesy cauliflower crust Fresh garden herbs  	Baked popcorn chicken bites with vegetable couscous Fresh garden herbs  	Tuna, cherry tomato, olives feta with wholemeal pasta Fresh garden herbs  
Alternative Meal	Rainbow vegetables with hokkien noodles	Vegetable chow mein served with brown rice	As above	Baked tofu bites with vegetable couscous	Cherry tomato, olives feta with wholemeal pasta
Afternoon Tea	Spinach and feta filo scrolls	Fresh fruit platter green apple, red apple, pear, orange, banana	Homemade hummus with, celery & carrot sticks served with wholemeal pita bread triangles	Toasted cheese, tomato and corn wholemeal tortillas	Margherita and mushroom pizza on wholemeal pita breads Fresh garden herbs 
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	Water and milk	Water and milk	Water and milk	Water and milk


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This menu has been assessed by the Healthy Eating Advisory Service and meets the menu planning guidelines for healthy eating from Nutrition Australia.

 **Fresh Garden Herbs**

 **Bush Tucker plants**

 **Vegan**

 **Meat**









 **Chicken**

 **Fish**

2020


Spring/Summer Menu




Week 4	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	Toasted Cheese and Vegemite wholemeal pitas	Fresh fruit platter green apple, red apple, pear, orange, banana	Toasted wholemeal english muffins with cream cheese and Vegemite with cantaloupe	Fresh fruit platter green apple, red apple, pear, orange, banana	Fresh fruit platter green apple, red apple, pear, orange, banana
Lunch	Chili con carne served with brown rice with Fresh garden herbs 	Vegan singapore noodles with tofu 	Chicken and mushroom pot pie with a golden top 	Tuna and vegetable risotto Fresh garden herbs  	Beef ragu with wholemeal pasta bows indigenous cinnamon myrtle  
Alternative Meal	Vegetable chili con carne served with brown rice	As above	Mushroom pot pie with a golden top	Vegetable risotto	Vegetables in napoli sauce served with wholemeal pasta
Afternoon Tea	Fresh fruit platter green apple, red apple, pear, orange, banana	Homemade hummus with, capsicum, apple, banana celery sticks served with wholemeal rice cakes	Cubed cheese, celery, apple and carrot and rice cakes	Fresh fruit platter green apple, red apple, pear, orange, banana	Lemon and indigenous wattle seed cake 
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	Water and milk	Water and milk	Water and milk	Water and milk


Children with food allergies, intolerances, food preferences and cultural needs are catered for their individual health needs.

This menu has been assessed by the Healthy Eating Advisory Service and meets the menu planning guidelines for healthy eating from Nutrition Australia.

 **Fresh Garden Herbs**

 **Meat**

 **Bush Tucker plants**

 **Chicken**

 **Vegan**

 **Fish**

2020