







Days	Monday	Tuesday	Wednesday	Thursday	Friday	
Meals						
Morning	← Cereal with milk →					
Tea	Choice of Rice Bubbles, Weet-Bix and Cornflakes and fruit					
Lunch	Pasta with	Beef, pumpkin	Pasta with	Pasta with beef	Stir fried sweet	
	chicken sauce	and onion with	Bolognese	soup and	& sour chicken,	
Baby's (0-12	(tomato, peas	rice	sauce	vegetables	bean, carrot,	
months)	and potato)				peas with egg	
Lunch:					noodle	
Mashed vegetables	<u>Vegetarian</u>	<u>Vegetarian</u>		<u>Vegetarian</u>	<u>Vegetarian</u>	
with rice or	Pasta with	Vegetables with		Shell pasta with	Noodle with	
pasta	vegetables	rice		vegetable soup	vegetables	
Dessert	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
Afternoon	Lebanese bread	Fairy bread &	Jam puff &	Vanilla cake &	Cookies &	
Tea	with jam &	fresh fruits	fresh fruit	fresh fruits	fresh fruits	
	fresh fruits	Milk or water	Milk or water	Milk or water	Milk or water	
	Milk or water					
Late	Rice cake with	Crisp bread with	SAO with	Jam sandwiches	Rice crackers	
Snack	butter	cheese	cream cheese			







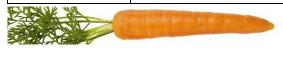






Menu – 2

Days	Monday	Tuesday	Wednesday	Thursday	Friday	
Meals						
Morning	← Cereal with milk →					
Tea	Choice of Rice Bubbles, Weet-Bix and Cornflakes and fruit					
Lunch	Macaroni	Chicken corn	Wholemeal or	Pasta with beef	Chicken &	
	cheese & tuna	soup with	Multigrain	and pasta sauce	cauliflower with	
Baby's (0-12	with onions &	noodles	Sandwiches		rice	
months)	potatoes		- Vegemite			
Lunch:			- Cheese			
Mashed vegetables	<u>Vegetarian</u>	<u>Vegetarian</u>	Avocado	<u>Vegetarian</u>	<u>Vegetarian</u>	
with rice or	Macaroni with	Vegetable soup		Pasta with	Cauliflower with	
pasta	vegetables	with noodle		vegetables	rice	
Dessert	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
Afternoon	Pancake with	Toasted raisin	Cupcakes &	Lebanese bread	Jam sandwiches	
Tea	honey & fresh	bread with	fresh fruit	with cream cheese	&	
	fruits	butter &	Milk or water	& fresh fruits	fresh fruits	
	Milk or water	fresh fruits		Milk or water	Milk or water	
		Milk or water				
Late	Cheese	SAO with	Rice crackers	Crisp bread with	Rice cake with	
Snack	sandwiches	vegemite		cheese	butter	











## Menu – 3

Winter Menu

Days	Monday	Tuesday	Wednesday	Thursday	Friday
Meals					
Morning	← Cereal with milk →				
Tea	Choice of Rice Bubbles, Weet-Bix and Cornflakes and fruit				
Lunch	Teriyaki	Beef soup with	Tuna and	Butter chicken	Pasta with
	chicken pasta	noodles and	pumpkin with	sauce with	Bolognese sauce
Baby's (0-12	with vegetables	vegetables	rice	vegetables and	
months)				rice	
Lunch:					
Mashed	<u>Vegetarian</u>	<u>Vegetarian</u>	<u>Vegetarian</u>	<u>Vegetarian</u>	<u>Vegetarian</u>
vegetables with rice or	Pasta with	Noodles with	Pumpkin and	Rice with	Pasta with
pasta	vegetables	vegetables	rice	vegetables	vegetables
Dessert	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Afternoon	Cheese	Lebanese bread	Pancakes with	Rica cake with	Toasted raisin
Tea	sandwiches &	with vegemite &	honey &	creamy cheese &	bread &
	fresh fruits	fresh fruits	fresh fruit	fresh fruits	fresh fruits
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Late	Cookies	Rice cackers	Rice cake with	SAO with	Crisp bread with
Snack			butter	vegemite	cheese











## Menu – 4

Winter Menu

Days	Monday	Tuesday	Wednesday	Thursday	Friday	
Meals						
Morning	← Cereal with milk →					
Tea	Choice of Rice Bubbles, Weet-Bix and Cornflakes and fruit					
Lunch	Beef stroganoff	Pasta chicken	Meat ball &	Soya chicken &	Wholemeal or	
	with rice	afritada	vegetables with	broccoli with rice	Multigrain	
Baby's (0-12			penne pasta		Sandwiches	
months)					- Vegemite	
Lunch:	<u>Vegetarian</u>				- Cheese	
Mashed	Rice with	<u>Vegetarian</u>	<u>Vegetarian</u>	<u>Vegetarian</u>	- Avocado	
vegetables	vegetable	Pasta with	Vegetables with	Vegetables with		
with rice or pasta	stroganoff	vegetables	penne pasta	rice		
Dessert	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	
Afternoon	Turkish bread	Cheese	Rice cake with	Corn puff with	Chocolate cake	
Tea	with vegemite	sandwiches &	jam &	vegemite & fresh	&	
	& fresh fruits	fresh fruits	fresh fruit	fruits	Fresh fruits	
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water	
Late	Rice cake with	Rice cracker	SAO with	Jam sandwiches	Crisp bread with	
Snack	butter		cream cheese		cheese	





