



Week Beginning \_\_\_\_\_

Winter Menu

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





## Menu - 2

Week Beginning \_\_\_\_\_

Winter Menu

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





### Menu - 3

Week Beginning \_\_\_\_\_

Winter Menu

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





## Menu - 4

Week Beginning \_\_\_\_\_

Winter Menu

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

