

Summer Menu: Week 1

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Variety of Cereal Milk/ Water				→
Lunch	Stir-fry mixed vegetables & beef with macaroni in cheesy sauce	Soya chicken with broccoli & rice	Mixed sandwiches <i>(whole meal)</i> <ul style="list-style-type: none"> • vegemite • cheese • baked beans • tuna • jam 	Creamy tuna & vegetable pasta baked (sprinkled with cheese)	Spaghetti bolognaise (sprinkled with cheese)
Vegetarian Option	Mixed vegetable & Tofu stir-fry with macaroni in cheesy sauce	Lentils with broccoli & rice		Creamy vegetable pasta baked (sprinkled with cheese)	Spaghetti Lentils bolognaise sauce
Dessert	Assorted Fruit				→
Afternoon Tea	Raisin bread Fresh fruit Milk/ water	Whole meal Lebanese bread with cheese spread	Vanilla cake	Whole meal cheese sandwiches	Vegemite rice cakes → →
Late Snack	Rice crackers	Dried Fruit	Crisp bread	Vegemite SAO	Cheese slices



Summer Menu: Week 2



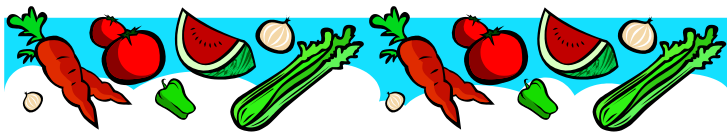
Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Assorted Breads				→
	Milk/ Water				→
Lunch	Chicken stroganoff & vegetable rice	Beef & vegetables shell pasta soup	Pasta neopolitana <i>(with melted cheese)</i>	Creamy chicken, potato & Peas curry rice	Cheesy beef & peas macaroni tomato sauce
Vegetarian Option	Tofu & vegetable stroganoff rice	Tomato, lentils & vegetables shell pasta soup		Creamy potato vegetable curry rice	Cheesy vegetable lentils macaroni in tomato sauce
Dessert	Assorted Fruit				→
Afternoon Tea	Whole meal Fairy bread	Whole meal Turkish bread with cheese spread	Buttered rice cakes	Whole meal jam sandwiches	Cupcakes
	Fresh fruit				→
	Milk/ water				→
Late Snack	Dried Fruit/ cheese slices	Jam crisp bread	Jam rice cakes	Cheese SAO	Cookies



Summer Menu: Week 3



Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Variety of Cereal Milk/ Water				→
Lunch	Tuna, potato & peas Pasta	Chicken corn soup & noodles	Vegetable Beef mince pasta bake (sprinkled with cheese)	Steak & vegetable (capsicum, broccoli, peas & carrots)	Mixed sandwiches (<i>whole meal</i>) <ul style="list-style-type: none"> • vegemite • cheese • baked beans • tuna • jam
Vegetarian Option	Tofu, potato, broccoli & peas pasta	Lentils corn soup & noodles	Mixed vegetable pasta bake (sprinkled with cheese)	Mixed vegetable fried rice	
Dessert	Assorted Fruit				→
Afternoon Tea	Whole meal Cream cheese sandwiches Fresh fruit Milk/ water	Fruit scones	Toasted raisin bread	Pancakes with Honey	Chocolate cake →
Late Snack	Rice crackers	Creamed cheese SAO	Vegemite crisp bread	Dried Fruit	Jam Rice cakes →



Summer Menu: Week 4



Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Assorted bread with spreads Milk/ Water				→
Lunch	Butter Chicken & vegetables macaroni	Kidney beans with vegetable puff pastry	Pumpkin Beef rice	Zucchini Slice	Beef and mushroom Rice noodles
Vegetarian Option	Butter vegetable macaroni		Pumpkin, lentils, capsicum & peas rice		Tofu, vegetables & mushroom rice noodles
Dessert	Assorted Fruit				→
Afternoon Tea	Jam Puff Pastries Fresh fruit Milk/ water	Whole meal Turkish Bread with Vegemite	Whole meal Fairy bread	Sultana Cakes	Cookies
Late Snack	Jam Rice cakes	Whole meal Cheese sandwiches	Cheese spread crisp bread	Rice crackers	Cheese slices