



WINTER MENU WEEK 1



DAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Variety of Cereals				
	Milk or water				→
LUNCH	Pasta with chicken, tomato, peas and potato, sprinkled with cheese	Beef and vegetable soup with pasta.	Kidney bean and vegetable rolls in puff pastry.	Beef lasagne.	Chicken and vegetable, with diced capsicum and curry with rice.
	Vegetarian Option	Pasta, tomato, peas and potato, sprinkled with cheese.		Lentil and Vegetable soup with pasta.	Kidney bean and vegetable lasagne
DESSERT	Fruit				→
AFTERNOON TEA	Wholemeal Lebanese bread with Jam	Jam puffs	Sultana scones.	Vanilla cake	Vegemite Saos and dried fruits.
	Fresh Fruit				→
	Milk or water				→
LATE SNACK	Rice cake with butter.	Crisp bread with cheese.	Cheese slices	Rice crackers	Wholemeal Jam sandwiches.



WINTER MENU WEEK 2



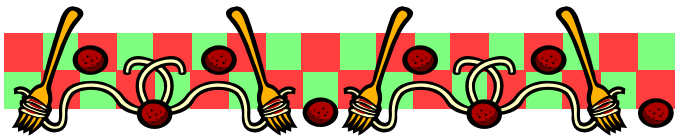
DAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Assorted Breads with Spreads Milk or water				
Lunch	Creamy macaroni and cheese with tuna, peas and potato.	Chicken and corn soup with noodles.	Mixed sandwiches (wholemeal). <ul style="list-style-type: none"> • Vegemite. • Baked beans. • Cheese. • Jam. • Tuna. 	Spaghetti Bolognese, sprinkled with cheese.	Beef fried rice with mixed vegetables.
Vegetarian Option	Creamy macaroni and cheese with vegetables.	Vegetable soup with noodles.		Spaghetti and lentils in a tomato vegetable sauce.	Fried rice with mixed vegetables.
Dessert	Fruit				
Afternoon Tea	Pancakes with maple Syrup Fresh Fruit Milk or water	Scones with Jam.	Cupcakes	Wholemeal Jam sandwiches	Wholemeal Lebanese bread with cream cheese
Late Snack	Wholemeal Cheese sandwiches.	Rice cakes with cream cheese.	Toasted raisin toast.	Rice crackers.	Crisp bread with Jam



WINTER MENU WEEK 3



DAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning tea	Variety Of Cereals Milk or water				
Lunch	Pasta Neapolitan with melted cheese	Chicken, vegetable and pasta pie	Beef and vegetable stew with rice	Indian butter chicken with vegetables and rice	Fettuccine with a steak and creamy corn sauce
Vegetarian Option		Lentil, vegetable and pasta pie	Tofu and vegetable (with broccoli) stew with rice	Indian butter sauce with vegetables and rice	Fettuccine with a lentil, vegetable and creamy corn sauce
Dessert	Fruit				
Afternoon tea	Wholemeal Cheese sandwiches and dried fruits. Fresh Fruit Milk or water	Wholemeal Lebanese bread with vegemite	Toasted raisin bread.	Pancakes with maple syrup	Rice cakes with cream cheese
Late snack	Teddy bears Cookies	Rice crackers	Crisp bread with vegemite	Rice cakes with jam	Cheese slices



WINTER MENU WEEK 4



DAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Assorted Breads with spreads Milk or Water				→
Lunch	Beef and vegetable pasta bake	Tuna, vegetables and rice	Shepherd's pie	Chicken macaroni and cheese with zucchini and carrots	Mixed sandwiches (wholemeal) <ul style="list-style-type: none"> • Vegemite • Baked beans • Cheese • Jam • Tuna
Vegetarian Option	Vegetable pasta bake	Vegetables, lentils and rice	Tofu and vegetable, broccoli, shepherd's pie	Macaroni and cheese with carrot and zucchini	
Dessert	Fruit				→
Afternoon Tea	Wholemeal Turkish bread with vegemite Fresh Fruit Milk or water	Wholemeal Cheese sandwiches	Rice cakes with jam	Corn rice cakes with vegemite	Banana and raisin muffins
Late Snack	Rice cakes with cream cheese	Rice crackers	Wholemeal Cheese sandwiches	SAO with Jam	Crisp bread with vegemite