



Week Beginning _____

Summer 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	Soya chicken & broccoli with rice <u>Vegetarian</u> Tofu and beans with rice	Stir-fried noodle with beef & mixed vegetables <u>Vegetarian</u> Vegetables & noodles	Wholemeal or Multigrain Sandwiches - Vegemite - Cheese - Avocado	Casserole creamy tuna, vegetables & cheese <u>Vegetarian</u> Creamy cheese pasta with vegetables	Spaghetti Bolognese sauce <u>Vegetarian</u> Spaghetti Napolitano
Dessert	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Afternoon Tea	Raisin bread with butter & fresh fruits Milk or water	Lebanese bread cream cheese & fresh fruits Milk or water	Apple & cinnamon muffins & fresh fruit Milk or water	Pancakes with honey & fresh fruits Milk or water	Corn puff with vegemite & fresh fruits Milk or water
Late Snack	Rice crackers	SAO with vegemite	Crisp bread with cheese	Rice cake with jam	Cookies





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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	Chicken corn soup with noodles <u>Vegetarian</u> Vegetable soup with noodles	Beef Pumpkin with rice <u>Vegetarian</u> Rice with pumpkin	Pasta penne with Napolitano & cheese	Creamy curry chicken and potato, peas with rice <u>Vegetarian</u> Creamy curry potato, peas, rice	Macaroni with beef, peas sauce <u>Vegetarian</u> Pasta with peas sauce
Dessert	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Afternoon Tea	Honey bread & fresh fruits Milk or water	Turkish bread with vegemite & fresh fruits Milk or water	Apple & cinnamon muffins & fresh fruit Milk or water	Jam sandwiches & fresh fruits Milk or water	Rice cake with butter & fresh fruits Milk or water
Late Snack	Crisp bread with cheese	Cookies	Rice cake with jam	SAO with vegemite	Rice crackers





Menu - 3

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Summer Menu

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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	Wholemeal or Multigrain Sandwiches - Vegemite - Cheese - Avocado	Beef soup with pasta <u>Vegetarian</u> Vegetables with pasta	Teriyaki chicken with rice <u>Vegetarian</u> Vegetables with rice	Meat balls & potato with rice <u>Vegetarian</u> Potato with rice	Pasta with chicken chasseur <u>Vegetarian</u> Vegetables with pasta
Dessert	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Afternoon Tea	Banana and sultana muffins & fresh fruits Milk or water	Pancake with honey & fresh fruits Milk or water	Raisin bread with butter & fresh fruit Milk or water	Lebanese bread with cream cheese & fresh fruits Milk or water	Cheese sandwiches & fresh fruits Milk or water
Late Snack	Rice cake with jam	SAO with cream cheese	Crisp bread with vegemite	Jam sandwiches	Rice cracker





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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	Indian butter chicken with vegetables and rice <u>Vegetarian</u> Rice with vegetables	Beef pasta with pasta sauce <u>Vegetarian</u> Pasta with vegetables	Tuna and pumpkin with rice <u>Vegetarian</u> Rice with vegetables	Pasta with Napolitano sauce and cheese	Noodle with chicken & mushroom <u>Vegetarian</u> Noodle with vegetables
Dessert	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Afternoon Tea	Turkish bread with vegemite & fresh fruits Milk or water	Rice cake with butter & fresh fruits Milk or water	Honey bread & fresh fruit Milk or water	Banana and sultana muffins & fresh fruits Milk or water	Raisin bread & Fresh fruits Milk or water
Late Snack	Rice cake with jam	Cheese sandwiches	Crisp bread with cheese	Rice crackers	SAO with vegemite

