











Winter menu- Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options
MORNING TEA	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter
LUNCH (Alternative protein for vegetarians Beans, Lentils, tofu throughout the week)	Ceylonese style fish and vegetable curry with steamed rice 	Shepperd's Pie 	Thai style Lamb and vegetable fried rice 	Chinese style chicken and mixed vegetable fried noodles 	Baked tuna and vegetable pasta with tomatoes puree 
AFTERNOON TEA	Home made oat cookies	Vegetable Sandwiches	Berry pan cake	Yogurt served with fresh fruits	Home made banana bread
LATE AFTERNOON TEA	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese & vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite






Water will be provided throughout the day. We will not use any seasonal powders or artificial flavours. Infants formula will be prepared with boiled cold water. We will be provide healthy food under guidance from Nutrition Australia. We will offer food according to cultural and dietary and allergy requirements.

Winter menu- Week 2



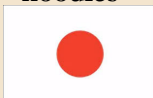


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options
MORNING TEA	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter
LUNCH (Alternative protein for vegetarians Beans, Lentils, tofu throughout the week)	Chicken and mixed vegetables served with couscous 	Thai style Lamb and vegetable fried rice 	Spinach and pumpkin soup served with croutons 	Pasta Bolognese 	Chinese style Chicken chicken and mixed vegetable fried noodles 
AFTERNOON TEA	Cheese dip crackers with vegetable sticks	Upside down coconut and pineapple slice	Home made peach slab	Zucchini Fritter	Yogurt served with fresh fruits and toasted muesli
LATE AFTERNOON TEA	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese & vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite

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Winter menu- Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Whole meal toast with Cheese, Vegemite, Jam - diary free options
MORNING TEA	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter
LUNCH (Alternative protein for vegetarians Beans, Lentils, tofu throughout the week)	Beef lasagne 	Chicken and corn noodle soup 	Creamy mushroom and vegetable carbonara pasta 	Thai style beef and mixed vegetable fried rice 	Chicken pot pie 
AFTERNOON TEA	Mini vegetable pizza	Yogurt served with fresh fruits salad	Assorted sandwiches served with fresh fruits and vegetables	Home made fruit slab	Cheesy muffins
LATE AFTERNOON TEA	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese & vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite

Winter menu- Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options
MORNING TEA	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter
LUNCH (Alternative protein for vegetarians Beans, Lentils, tofu throughout the week)	Butter chicken served with steamed vegetables and rice 	Creamy cheese and spinach risotto 	Japanese style teriyaki chicken and vegetable served with noodles 	Lentil and vegetable soup 	Beef and vegetable pita pockets 
AFTERNOON TEA	Yogurt served with fresh fruits and toasted museli	Peach and pear muffins	Sponge cake	Assorted sandwiches	Raisin toast served with milk
LATE AFTERNOON TEA	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese & vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite

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