

Week 1 Menu 2019

	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<i>Morning Tea</i>	<p><i>Premium Yoghurt</i></p> <p><i>Seasonal Whole Fruit</i></p>	<p><i>Homemade Muesli Bar</i></p> <p><i>Watermelon</i></p>	<p><i>Freshly Baked Banana Bread</i></p> <p><i>Seasonal Whole Fruit</i></p>	<p><i>Baked Beans with Wholemeal Toast</i></p> <p><i>Watermelon</i></p>	<p><i>Premium Yoghurt</i></p> <p><i>Seasonal Whole Fruit</i></p>
<i>Lunch</i>	<p><i>Traditional Nasi Goreng</i></p>	<p><i>Traditional Beef Cottage Pie Topped with Mash and Fresh Vegetables</i></p>	<p><i>Chicken & Sweet Potato Hot Pot with Steamed Jasmin Rice</i></p>	<p><i>Penne Pasta Alfredo with Pumpkin, Kale & Spinach</i></p>	<p><i>Chicken Gumbo with Carrot, Potato and Pumpkin Mash</i></p>
<i>Afternoon Tea</i>	<p><i>Chickpea, Roast Garlic Hummus Dip and Roast Pumpkin Dip with Rice Cakes</i></p> <p><i>Seasonal Whole Fruit & Fresh Vegetables</i></p>	<p><i>Freshly Baked Spinach and Ricotta Scrolls</i></p> <p><i>Seasonal Whole Fruit</i></p>	<p><i>Cherry Tomato, Cucumber, Tasty Cheese and Turkish Pita Bread</i></p> <p><i>Watermelon & Fresh Vegetables</i></p>	<p><i>Mexican Refried Bean Dip with Corn Chips and Sour Cream</i></p> <p><i>Seasonal Whole Fruit</i></p>	<p><i>Freshly Baked Pumpkin Scones</i></p> <p><i>Seasonal Whole Fruit & Fresh Vegetables</i></p>

WEEK 2 MENU 2019

	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<i>Morning Tea</i>	<p>Premium Yoghurt</p> <p>Seasonal Whole Fruit</p>	<p>Raisin Bread</p> <p>Watermelon</p>	<p>Homemade Bliss Bar</p> <p>Seasonal Whole Fruit</p>	<p>Premium Yoghurt</p> <p>Watermelon</p>	<p>Freshly Baked Apple & Cinnamon Scone</p> <p>Seasonal Whole Fruit</p>
<i>Lunch</i>	<p>Pumpkin Soup and freshly baked bread rolls</p>	<p>Indian Spiced Mild Lamb Curry with Vegetables and Coconut Rice</p>	<p>BBQ Chicken Pizza with Roast Capsicum Oregano, Red Onion, Tomato, Baby Spinach and Tasty Cheese</p>	<p>Penne Pasta Peperonata with Italian Style sausage and Peppers</p>	<p>Paprika baked fish fillets with lemon potatoes</p>
<i>Afternoon Tea</i>	<p>French Onion Dip + Moroccan Spiced Carrot Dip with Rice Cakes</p> <p>Seasonal Whole Fruit & Fresh Vegetables</p>	<p>Apple & Tapioca Pudding</p> <p>Seasonal Whole Fruit</p>	<p>Homestyle English Muffin with Homemade Jam</p> <p>Watermelon & Fresh Vegetables</p>	<p>Tomato Salsa with Corn Chips & Sour Cream</p> <p>Seasonal Whole Fruit</p>	<p>Homemade Garlic Bread</p> <p>Seasonal Whole Fruit & Fresh Vegetables</p>

WEEK 3 MENU 2019

	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<i>Morning</i>	<i>Premium Yoghurt</i>	<i>Freshly Baked Orange & Poppyseed Loaf</i>	<i>Baked beans with Wholemeal Toast</i>	<i>Premium Yoghurt</i>	<i>Homemade Muesli Bar</i>
	<i>Seasonal Whole Fruit</i>	<i>Watermelon</i>	<i>Seasonal Whole Fruit</i>	<i>Watermelon</i>	<i>Seasonal Whole Fruit</i>
<i>Lunch</i>	<i>Homestyle Lamb Shepherd's Pie with Fresh Vegetables and Mash Potato</i>	<i>Mediterranean Vegetable Casserole with Macaroni</i>	<i>Butter Chicken with Basmati Rice and Vegetables</i>	<i>Beef Stroganoff with Penne Pasta & fresh Spinach</i>	<i>Savory mince with Bombay Aloo Potatoes</i>
<i>Afternoon Tea</i>	<i>Sweet Potato Hummus and Roast Capsicum Dip with Rice Cakes</i>	<i>Roast Pumpkin & Feta Slice</i>	<i>Cherry Tomato, Cucumber, Cheese & Turkish Pita Bread</i>	<i>Creamy Split Pea Dip with Vegetable Cuts & Rice Cakes</i>	<i>Tomato & Oregano Pinwheels</i>
	<i>Seasonal Whole Fruit & Fresh Vegetables</i>	<i>Seasonal Whole Fruit</i>	<i>Watermelon & Fresh Vegetables</i>	<i>Seasonal Whole Fruit</i>	<i>Seasonal Whole Fruit & Fresh Vegetables</i>



WEEK 4 MENU 2019

	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<i>Morning Tea</i>	<i>Premium Yoghurt</i> <i>Seasonal Whole Fruit</i>	<i>Freshly Baked Pineapple and Coconut Scone</i> <i>Watermelon</i>	<i>Raisin Bread</i> <i>Seasonal Whole Fruit</i>	<i>Homemade Bliss Bar</i> <i>Watermelon</i>	<i>Premium Yoghurt</i> <i>Seasonal Whole Fruit</i>
<i>Lunch</i>	<i>Beef Chop Suey with Cabbage & Turmeric Rice</i>	<i>Cauliflower Mac n Cheese with Roasted Corn</i>	<i>Roasted Vegetable & Chickpea Pie with mash potato</i>	<i>Caribbean Herb Crusted Fish Fillet with Rice Salad</i>	<i>Freshly Baked Homemade Sausage Rolls</i>
<i>Afternoon Tea</i>	<i>Chickpea & Roast Garlic Hummus Dip & Egyptian Beetroot Dip with Rice Cakes</i> <i>Seasonal Whole Fruit & Fresh Vegetables</i>	<i>Homemade Vegemite & Cheese Scrolls</i> <i>Seasonal Whole Fruit</i>	<i>Coconut Rice Pudding</i> <i>Watermelon & Fresh Vegetables</i>	<i>Sweet Potato and Rosemary Dip with Corn Chips</i> <i>Seasonal Whole Fruit</i>	<i>Homestyle English Muffin with Homemade Jam</i> <i>Seasonal Whole Fruit & Fresh Vegetables</i>

WEEK 5 MENU 2019

	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<i>Morning Tea</i>	<i>Premium Yoghurt</i> <i>Seasonal Whole Fruit</i>	<i>Baked beans with Whole meal Toast</i> <i>Watermelon</i>	<i>Freshly Baked Carrot & Ginger Loaf</i> <i>Seasonal Whole Fruit</i>	<i>Premium Yoghurt</i> <i>Watermelon</i>	<i>Homemade Muesli Bar</i> <i>Seasonal Whole Fruit</i>
<i>Lunch</i>	<i>Spinach & Ricotta Cannelloni Bake</i>	<i>Asian Stir Fry chicken and Vegetables with Rice Noodles</i>	<i>Tuscan Braised Lamb & Lentils with Steamed Rice</i>	<i>Traditional Penne Pasta Bolognaise</i>	<i>BBQ Chicken Meatloaf with Green Vegetables</i>
<i>Afternoon Tea</i>	<i>Sweet Potato Rosemary Dip and Tzatziki Dip with Rice Cakes</i> <i>Seasonal Whole Fruit & Fresh Vegetables</i>	<i>Fresh Pikelets with Homemade Jam</i> <i>Seasonal Whole Fruit</i>	<i>Cherry Tomato, Cucumber, Cheese & Turkish Pita Bread</i> <i>Watermelon & Fresh Vegetables</i>	<i>Margarita Pizza Scrolls</i> <i>Seasonal Whole Fruit</i>	<i>White bean & Basil Dip with Vegetable Cuts & Rice Cakes</i> <i>Seasonal Whole Fruit & Fresh Vegetables</i>

WEEK 6 MENU 2019

	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<i>Morning Tea</i>	<i>Premium Yoghurt</i> <i>Seasonal Whole Fruit</i>	<i>Homemade Bliss Bar</i> <i>Watermelon</i>	<i>Freshly Baked Apricot Glazed Pinwheels</i> <i>Seasonal Whole Fruit</i>	<i>Homestyle Beetroot Scones</i> <i>Watermelon</i>	<i>Premium Yoghurt</i> <i>Seasonal Whole Fruit</i>
<i>Lunch</i>	<i>Braised Beef & White bean Cassoulet with Rice Pilaf</i>	<i>Tomato, Eggplant, Zucchini & Spinach Pasta Bake</i>	<i>Herb Crusted Baked Fish with Rice Salad</i>	<i>Rigatoni pasta with Bolognese Sauce</i>	<i>Traditional Chicken Cacciatore with Rosemary Roast Potatoes</i>
<i>Afternoon Tea</i>	<i>Chickpea & Roast Garlic Hummus Dip & Moroccan Carrot dip with Rice Cakes</i> <i>Seasonal Whole Fruit & Fresh Vegetables</i>	<i>Homestyle English Muffin with Homemade Jam</i> <i>Seasonal Whole Fruit</i>	<i>Cornflake, Oats & Sultana Biscuit</i> <i>Watermelon & Fresh Vegetables</i>	<i>Tomato Salsa with Corn Chips and Sour Cream</i> <i>Seasonal Whole Fruit</i>	<i>Coconut Rice Pudding</i> <i>Seasonal Whole Fruit and Fresh Vegetables</i>