

**WEEK 1 MENU 2019**  
**REGULAR/ VEGETARIAN / ALLERGEN**

	<b>Regular</b>	<b>Vegetarian</b>	<b>Allergen free</b>
<b>MONDAY</b>	<b>Morning Tea</b> Premium yoghurt Seasonal whole fruits	Premium Yoghurt Seasonal whole fruits	Selected from our Allergen free menu Seasonal whole fruit, vegetable cuts and rice cakes
	<b>Lunch</b> Vegetarian Nasi Goreng	Vegetarian Nasi Goreng	Selected from our allergen menu
	<b>Afternoon Tea</b> Chickpea & roast garlic hummus & roast pumpkin dip with rice cakes Seasonal whole fruits & vegetables	Chickpea & roast garlic hummus & roast pumpkin dip with rice cakes Seasonal whole fruits & vegetables	Selected from our allergen menu Seasonal whole fruit, vegetable cuts and rice cakes
<b>TUESDAY</b>	<b>Morning Tea</b> Homemade muesli bar Fresh watermelon	Homemade muesli bar Fresh watermelon	Selected from our Allergen free menu Seasonal whole fruit, vegetable cuts and rice cakes
	<b>Lunch</b> Traditional beef cottage pie with fresh vegetables	Traditional vegetable cottage pie with fresh vegetables	Selected from our allergen menu
	<b>Afternoon Tea</b> Seasonal whole fruits Freshly baked spinach & ricotta scrolls	Freshly baked spinach & ricotta scrolls Fresh watermelon & vegetables	Selected from our allergen menu Seasonal whole fruit, vegetable cuts and rice cakes
<b>WEDNESDAY</b>	<b>Morning Tea</b> Freshly baked banana bread Seasonal whole fruits	Freshly baked banana bread Seasonal whole fruits	Selected from our Allergen free menu Seasonal whole fruit, vegetable cuts and rice cakes
	<b>Lunch</b> Chicken & sweet potato hot pot with steamed jasmine rice	Eggplant & sweet potato hot pot with steamed jasmine rice	Selected from our allergen menu
	<b>Afternoon Tea</b> Cherry tomato, cucumber, tasty cheese & Turkish pita bread	Cherry tomato, cucumber, tasty cheese & Turkish pita bread Seasonal whole fruits	Selected from our allergen menu Seasonal whole fruit, vegetable cuts and rice cakes
<b>THURSDAY</b>	<b>Morning Tea</b> Baked beans with wholemeal toast Fresh watermelon	Baked beans with wholemeal toast Fresh watermelon	Selected from our Allergen free menu Seasonal whole fruit, vegetable cuts and rice cakes
	<b>Lunch</b> Penne pasta Alfredo with pumpkin, kale & spinach	Penne pasta Alfredo with pumpkin, kale & spinach	Selected from our allergen menu
	<b>Afternoon Tea</b> Mexican refried bean dip with corn chips & sour cream Seasonal whole fruits	Mexican refried bean dip with corn chips & sour cream Seasonal whole fruits	Selected from our allergen menu Seasonal whole fruit, vegetable cuts and rice cakes
<b>FRIDAY</b>	<b>Morning Tea</b> Premium yoghurt Seasonal whole fruits	Premium yoghurt Seasonal whole fruits	Selected from our Allergen free menu Seasonal whole fruit, vegetable cuts and rice cakes
	<b>Lunch</b> Chicken gumbo with carrot & pumpkin mash	Tofu gumbo with carrot & pumpkin mash	Selected from our allergen menu
	<b>Afternoon Tea</b> Freshly baked Pumpkin & Chive Scone Seasonal whole fruits & vegetables	Freshly baked Pumpkin & chive Scone Seasonal whole fruits & vegetables	Selected from our allergen menu Seasonal whole fruit, vegetable cuts and rice cakes

**WEEK 2 MENU 2019**  
**REGULAR/ VEGETARIAN / ALLERGEN**

	<b>Regular</b>	<b>Vegetarian</b>	<b>Allergen Free</b>
<b>MONDAY</b>	<b>Morning Tea</b> Premium yoghurt Seasonal whole fruits	Premium Yoghurt Seasonal whole fruits	Selected from our Allergen free menu Seasonal whole fruit, vegetable cuts and rice cakes
	<b>Lunch</b> Pumpkin soup and freshly baked bread rolls	Pumpkin soup and freshly baked bread rolls	Selected from our allergen menu
	<b>Afternoon Tea</b> French onion dip & Moroccan spiced carrot dip with rice cakes Seasonal whole fruits & vegetables	French onion dip & Moroccan spiced carrot dip with rice cakes Seasonal whole fruits & vegetables	Selected from our allergen menu Seasonal whole fruit, vegetable cuts and rice cakes
<b>TUESDAY</b>	<b>Morning Tea</b> Raisin bread Fresh watermelon	Raisin bread Fresh watermelon	Selected from our Allergen free menu Seasonal whole fruit, vegetable cuts and rice cakes
	<b>Lunch</b> Indian spiced mild lamb curry with coconut rice	Indian spiced mild eggplant curry with coconut rice	Selected from our allergen menu
	<b>Afternoon Tea</b> Apple & tapioca pudding Seasonal whole fruits	Apple & tapioca pudding Seasonal whole fruits	Selected from our allergen menu Seasonal whole fruit, vegetable cuts and rice cakes
<b>WEDNESDAY</b>	<b>Morning Tea</b> Homemade bliss bar Seasonal whole fruits	Homemade bliss bar Seasonal whole fruits	Selected from our Allergen free menu Seasonal whole fruit, vegetable cuts and rice cakes
	<b>Lunch</b> BBQ chicken pizza	Vegetarian supreme pizza	Selected from our allergen menu
	<b>Afternoon Tea</b> Homestyle English muffin with homemade jam Fresh watermelon	Homestyle English muffin with homemade jam Fresh watermelon	Selected from our allergen menu Seasonal whole fruit, vegetable cuts and rice cakes
<b>THURSDAY</b>	<b>Morning Tea</b> Premium yoghurt Fresh watermelon	Premium yoghurt Fresh watermelon	Selected from our Allergen free menu Seasonal whole fruit, vegetable cuts and rice cakes
	<b>Lunch</b> Penne pasta peperonata with Italian style sausage and peppers	Penne pasta peperonata with Italian style peppers	Selected from our allergen menu
	<b>Afternoon Tea</b> Tomato salsa with corn chips & sour cream Seasonal whole fruits	Tomato salsa with corn chips & sour cream Seasonal whole fruits	Selected from our allergen menu Seasonal whole fruit, vegetable cuts and rice cakes
<b>FRIDAY</b>	<b>Morning Tea</b> Freshly baked apple & cinnamon scone Seasonal whole fruits	Freshly baked apple & cinnamon scone Seasonal whole fruits	Selected from our Allergen free menu Seasonal whole fruit, vegetable cuts and rice cakes
	<b>Lunch</b> Paprika baked Fish Fillets with Lemon Potatoes	Paprika baked Tofu with Lemon Potatoes	Selected from our allergen menu
	<b>Afternoon Tea</b> Homemade Garlic Bread Seasonal whole fruits & vegetables	Homemade Garlic Bread Seasonal whole fruits & vegetables	Selected from our allergen menu Seasonal whole fruit, vegetable cuts and rice cakes

**WEEK 3 MENU 2019**  
**REGULAR/ VEGETARIAN / ALLERGEN**

	<b>Regular</b>	<b>Vegetarian</b>	<b>Allergen Free</b>
<b>MONDAY</b>	<b>Morning Tea</b> Premium yoghurt Seasonal whole fruits	Premium yoghurt Seasonal whole fruits	Selected from our Allergen free menu Seasonal whole fruit, vegetable cuts and rice cakes
	<b>Lunch</b> Homestyle Lamb Shepherd's pie with fresh vegetables	Homestyle Vegetable Shepherd's pie with fresh vegetables	Selected from our allergen menu
	<b>Afternoon Tea</b> Sweet potato hummus & Roast capsicum dip with rice cakes Seasonal whole fruits & vegetables	Sweet potato hummus & Roast capsicum dip with rice cakes Seasonal whole fruits & vegetables	Selected from our allergen menu Seasonal whole fruit, vegetable cuts and rice cakes
<b>TUESDAY</b>	<b>Morning Tea</b> Freshly baked orange & poppyseed loaf Fresh watermelon	Freshly baked orange & poppyseed loaf Fresh watermelon	Selected from our Allergen free menu Seasonal whole fruit, vegetable cuts and rice cakes
	<b>Lunch</b> Mediterranean vegetable casserole with macaroni	Mediterranean vegetable casserole with macaroni	Selected from our allergen menu
	<b>Afternoon Tea</b> Roast pumpkin & feta slice Seasonal whole fruits	Roast pumpkin & feta slice Seasonal whole fruits	Selected from our allergen menu Seasonal whole fruit, vegetable cuts and rice cakes
<b>WEDNESDAY</b>	<b>Morning Tea</b> Baked beans with wholemeal toast Seasonal whole fruits	Baked beans with whole meal toast Seasonal whole fruits	Selected from our Allergen free menu Seasonal whole fruit, vegetable cuts and rice cakes
	<b>Lunch</b> Healthy butter chicken with basmati rice	Healthy butter eggplant with basmati rice	Selected from our allergen menu
	<b>Afternoon Tea</b> Cherry tomato, cucumber, cheese & Turkish pita bread Fresh watermelon & vegetables	Cherry tomato, cucumber, cheese & Turkish pita bread Fresh watermelon & vegetables	Selected from our allergen menu Seasonal whole fruit, vegetable cuts and rice cakes
<b>THURSDAY</b>	<b>Morning Tea</b> Premium yoghurt Fresh watermelon	Premium yoghurt Fresh watermelon	Selected from our Allergen free menu Seasonal whole fruit, vegetable cuts and rice cakes
	<b>Lunch</b> Beef Stroganoff with penne pasta & fresh spinach	Vegetarian Stroganoff with penne pasta & fresh spinach	Selected from our allergen menu
	<b>Afternoon Tea</b> Creamy split pea and onion dip with vegetable cuts & rice cakes Seasonal whole fruits	Creamy split pea and onion dip with vegetable cuts & rice cakes Seasonal whole fruits	Selected from our allergen menu Seasonal whole fruit, vegetable cuts and rice cakes
<b>FRIDAY</b>	<b>Morning Tea</b> Homemade muesli bar Seasonal whole fruits	Homemade muesli bar Seasonal whole fruits	Selected from our Allergen free menu Seasonal whole fruit, vegetable cuts and rice cakes
	<b>Lunch</b> Savoury beef with Bombay aloo potatoes	Savoury vegetable casserole with Bombay aloo potatoes	Selected from our allergen menu
	<b>Afternoon Tea</b> Tomato, cheese & oregano pinwheels Seasonal whole fruits & vegetables	Tomato, cheese & oregano pinwheels Seasonal whole fruits & vegetables	Selected from our allergen menu Seasonal whole fruit, vegetable cuts and rice cakes

**WEEK 4 MENU 2019**  
**REGULAR/ VEGETARIAN / ALLERGEN**

	<b>Regular</b>	<b>Vegetarian</b>	<b>Allergen Free</b>
<b>MONDAY</b>	<b>Morning Tea</b> Premium yoghurt Seasonal whole fruits	Premium yoghurt Seasonal whole fruits	Selected from our Allergen free menu Seasonal whole fruit, vegetable cuts and rice cakes
	<b>Lunch</b> Beef chop suey with cabbage & turmeric rice	White bean chop suey with cabbage & turmeric rice	Selected from our allergen menu
	<b>Afternoon Tea</b> Chickpea & roast garlic hummus dip & Egyptian beetroot dip with rice cakes Seasonal whole fruits & vegetables	Chickpea & roast garlic hummus dip & Egyptian beetroot dip with rice cakes Seasonal whole fruits & vegetables	Selected from our allergen menu Seasonal whole fruit, vegetable cuts and rice cakes
<b>TUESDAY</b>	<b>Morning Tea</b> Freshly baked pineapple & coconut scone Fresh watermelon	Freshly baked pineapple & coconut scone Fresh watermelon	Selected from our Allergen free menu Seasonal whole fruit, vegetable cuts and rice cakes
	<b>Lunch</b> Cauliflower Mac & cheese with roasted corn	Cauliflower Mac & cheese with roasted corn	Selected from our allergen menu
	<b>Afternoon Tea</b> Homemade Vegemite & Cheese Scrolls Seasonal whole fruits	Homemade Vegemite & Cheese Scrolls Seasonal whole fruits	Selected from our allergen menu Seasonal whole fruit, vegetable cuts and rice cakes
<b>WEDNESDAY</b>	<b>Morning Tea</b> Raisin bread Seasonal whole fruits	Raisin bread Seasonal whole fruits	Selected from our Allergen free menu Seasonal whole fruit, vegetable cuts and rice cakes
	<b>Lunch</b> Roast vegetable & chickpea pie	Roast vegetable & chickpea pie	Selected from our allergen menu
	<b>Afternoon Tea</b> Coconut Rice Pudding Fresh watermelon & vegetables	Coconut Rice Pudding Fresh watermelon & vegetables	Selected from our allergen menu Seasonal whole fruit, vegetable cuts and rice cakes
<b>THURSDAY</b>	<b>Morning Tea</b> Homemade bliss bar Fresh watermelon	Homemade bliss bar Fresh watermelon	Selected from our Allergen free menu Seasonal whole fruit, vegetable cuts and rice cakes
	<b>Lunch</b> Caribbean herb crusted fish fillet with rice salad	Caribbean herb crusted tofu with rice salad	Selected from our allergen menu
	<b>Afternoon Tea</b> Sweet potato and rosemary dip with corn chips Seasonal whole fruits	Sweet potato and rosemary dip with corn chips Seasonal whole fruits	Selected from our allergen menu Seasonal whole fruit, vegetable cuts and rice cakes
<b>FRIDAY</b>	<b>Morning Tea</b> Premium yoghurt Seasonal whole fruits	Premium yoghurt Seasonal whole fruits	Selected from our Allergen free menu Seasonal whole fruit, vegetable cuts and rice cakes
	<b>Lunch</b> Freshly baked homemade sausage rolls	Freshly baked homemade vegetable rolls	Selected from our allergen menu
	<b>Afternoon Tea</b> Homestyle English muffin with Homemade jam Seasonal whole fruits & vegetables	Homestyle English muffin with Homemade jam Seasonal whole fruits & vegetables	Selected from our allergen menu Seasonal whole fruit, vegetable cuts and rice cakes

**WEEK 5 MENU 2019**  
**REGULAR/ VEGETARIAN / ALLERGEN**

	<b>Regular</b>	<b>Vegetarian</b>	<b>Allergen Free</b>
<b>MONDAY</b>	<b>Morning Tea</b> Premium Yoghurt Seasonal whole fruits	Premium Yoghurt Seasonal whole fruits	Selected from our Allergen free menu Seasonal whole fruit, vegetable cuts and rice cakes
	<b>Lunch</b> Spinach, basil & ricotta cannelloni bake	Spinach, basil & ricotta cannelloni bake	Selected from our allergen menu
	<b>Afternoon Tea</b> Sweet potato & rosemary dip & tzatziki dip with rice cakes Seasonal whole fruits & vegetables	Sweet potato & rosemary dip & tzatziki dip with rice cakes Seasonal whole fruits & vegetables	Selected from our allergen menu Seasonal whole fruit, vegetable cuts and rice cakes
<b>TUESDAY</b>	<b>Morning Tea</b> Baked beans with wholemeal toast Fresh watermelon	Baked beans with wholemeal toast Fresh watermelon	Selected from our Allergen free menu Seasonal whole fruit, vegetable cuts and rice cakes
	<b>Lunch</b> Asian stir fry chicken and vegetables with rice noodles	Asian stir fry vegetables with tofu & rice noodles	Selected from our allergen menu
	<b>Afternoon Tea</b> Fresh pikelets with homemade jam Seasonal whole fruits	Fresh pikelets with homemade jam Seasonal whole fruits	Selected from our allergen menu Seasonal whole fruit, vegetable cuts and rice cakes
<b>WEDNESDAY</b>	<b>Morning Tea</b> Freshly baked carrot & ginger loaf Seasonal whole fruits	Freshly baked carrot & ginger loaf Seasonal whole fruits	Selected from our Allergen free menu Seasonal whole fruit, vegetable cuts and rice cakes
	<b>Lunch</b> Tuscan braised lamb & lentils with steamed rice	Tuscan braised eggplant & lentils with steamed rice	Selected from our allergen menu
	<b>Afternoon Tea</b> White bean & basil dip with vegetable cuts & rice cakes Fresh watermelon & vegetables	White bean & basil dip with vegetable cuts & rice cakes Fresh watermelon & vegetables	Selected from our allergen menu Seasonal whole fruit, vegetable cuts and rice cakes
<b>THURSDAY</b>	<b>Morning Tea</b> Premium yoghurt Fresh watermelon	Premium yoghurt Fresh watermelon	Selected from our Allergen free menu Seasonal whole fruit, vegetable cuts and rice cakes
	<b>Lunch</b> Traditional penne pasta bolognaise	Traditional tomato & basil sauce with penne pasta	Selected from our allergen menu
	<b>Afternoon Tea</b> Margarita pizza scrolls Seasonal whole fruits	Margarita pizza scrolls Seasonal whole fruits	Selected from our allergen menu Seasonal whole fruit, vegetable cuts and rice cakes
<b>FRIDAY</b>	<b>Morning Tea</b> Homemade muesli bar Seasonal whole fruits	Homemade muesli bar Seasonal whole fruits	Selected from our Allergen free menu Seasonal whole fruit, vegetable cuts and rice cakes
	<b>Lunch</b> Cheesy BBQ Chicken meatloaf with green vegetables	Cheesy BBQ tofu & white bean meatloaf with green vegetables	Selected from our allergen menu
	<b>Afternoon Tea</b> White Bean and Basil Dip Seasonal whole fruits & vegetables	White Bean and Basil Dip Seasonal whole fruits & vegetables	Selected from our allergen menu Seasonal whole fruit, vegetable cuts and rice cakes

**WEEK 6 MENU 2019**  
**REGULAR/ VEGETARIAN / ALLERGEN**

	<b>Regular</b>	<b>Vegetarian</b>	<b>Allergen Free</b>
<b>MONDAY</b>	<b>Morning Tea</b> Premium Yoghurt Seasonal whole fruits	Premium Yoghurt Seasonal whole fruits	Selected from our Allergen free menu Seasonal whole fruit, vegetable cuts and rice cakes
	<b>Lunch</b> Braised Beef and White Bean Cassoulet with Pilaf Rice	Braised Tomato and White Bean Cassoulet with Pilaf Rice	Selected from our allergen menu
	<b>Afternoon Tea</b> Chickpea & roast garlic hummus dip & Moroccan carrot dip with rice cakes Seasonal whole fruits & vegetables	Chickpea & roast garlic hummus dip & Moroccan carrot dip with rice cakes Seasonal whole fruits & vegetables	Selected from our allergen menu Seasonal whole fruit, vegetable cuts and rice cakes
<b>TUESDAY</b>	<b>Morning Tea</b> Homemade bliss bar Fresh watermelon	Homemade bliss bar Fresh watermelon	Selected from our Allergen free menu Seasonal whole fruit, vegetable cuts and rice cakes
	<b>Lunch</b> Tomato, eggplant, zucchini & spinach pasta bake	Tomato, eggplant, zucchini & spinach pasta bake	Selected from our allergen menu
	<b>Afternoon Tea</b> Homestyle English muffin with homemade jam Seasonal whole fruits	Homestyle English muffin with homemade jam Seasonal whole fruits	Selected from our allergen menu Seasonal whole fruit, vegetable cuts and rice cakes
<b>WEDNESDAY</b>	<b>Morning Tea</b> Freshly baked apricot glazed pinwheels Seasonal whole fruits	Freshly baked apricot glazed pinwheels Seasonal whole fruits	Selected from our Allergen free menu Seasonal whole fruit, vegetable cuts and rice cakes
	<b>Lunch</b> Herb crusted baked fish with rice salad	Herb crusted tofu with rice salad	Selected from our allergen menu
	<b>Afternoon Tea</b> Cornflake, oats & sultana biscuit Fresh watermelon & vegetables	Cornflake, oats & sultana biscuit Fresh watermelon & vegetables	Selected from our allergen menu Seasonal whole fruit, vegetable cuts and rice cakes
<b>THURSDAY</b>	<b>Morning Tea</b> Homestyle beetroot & cheese scones Fresh watermelon	Homestyle beetroot & cheese scones Fresh watermelon	Selected from our Allergen free menu Seasonal whole fruit, vegetable cuts and rice cakes
	<b>Lunch</b> Rigatoni Pasta and Bolognese sauce	Rigatoni Pasta with Tomato & basil sauce	Selected from our allergen menu
	<b>Afternoon Tea</b> Tomato salsa with corn chips & sour cream Seasonal whole fruits	Tomato salsa with corn chips & sour cream Seasonal whole fruits	Selected from our allergen menu Seasonal whole fruit, vegetable cuts and rice cakes
<b>FRIDAY</b>	<b>Morning Tea</b> Premium yoghurt Seasonal whole fruits	Premium yoghurt Seasonal whole fruits	Selected from our Allergen free menu Seasonal whole fruit, vegetable cuts and rice cakes
	<b>Lunch</b> Traditional chicken cacciatore with rosemary roast potatoes	Traditional chicken cacciatore with rosemary roast potatoes	Selected from our allergen menu
	<b>Afternoon Tea</b> Coconut rice pudding Seasonal whole fruits & vegetables	Coconut rice pudding Seasonal whole fruits & vegetables	Selected from our allergen menu Seasonal whole fruit, vegetable cuts and rice cakes