

## PORTIONS/SERVING SUGGESTIONS WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Tea</b>	<p><b>Premium Yoghurt</b> gluten free, soy free 100g serve cold</p> <p><b>Seasonal Whole Fruit</b> ½ fruit</p>	<p><b>Homemade Muesli Bar</b> dairy free 1 serve cold</p> <p><b>Watermelon</b> 2 pieces</p>	<p><b>Freshly Baked Banana Bread</b> Vegetarian, dairy free, soy free 1 slice serve warm/room temperature</p> <p><b>Seasonal Whole Fruit</b> ½ fruit</p>	<p><b>Baked Beans with Wholemeal Toast</b> Vegetarian, soy free 40g beans, 1 bread serve above 75° C</p> <p><b>Watermelon</b> 2 pieces</p>	<p><b>Premium Yoghurt</b> gluten free, soy free 100g serve cold</p> <p><b>Seasonal Whole Fruit</b> ½ fruit</p>
<b>Lunch</b>	<p><b>Vegetarian Nasi Goreng</b></p> <p>Vegetarian, dairy free 180g serve above 75°</p>	<p><b>Traditional Beef Cottage Pie Topped with Mash</b></p> <p>15 serves per tray dairy free, gluten free, soy free serve above 75°</p>	<p><b>Chicken &amp; Sweet Potato Hot Pot with Steamed Jasmin Rice</b></p> <p>dairy free, gluten free, soy free 80g sauce, 100g rice serve above 75°</p>	<p><b>Penne Pasta Alfredo with Pumpkin, Kale &amp; Spinach</b></p> <p>Vegetarian, soy free 80g sauce, 100g pasta serve above 75°</p>	<p><b>Chicken Gumbo with Carrot Potato &amp; Pumpkin Mash</b></p> <p>dairy free, gluten free, soy free 80g sauce, 100g mash serve above 75°</p>
<b>Afternoon Tea</b>	<p><b>Chickpea &amp; Roast Garlic Hummus Dip Roast Pumpkin Dip Rice Cakes</b></p> <p>dairy free, gluten free, soy free dips 15g each dip, 5 rice cakes serve cold</p> <p><b>Seasonal Whole Fruit &amp; Vegetables</b> ½ fruit &amp; allergen vegetables</p>	<p><b>Freshly Baked Spinach &amp; Ricotta Scrolls</b> Vegetarian, soy free 1 serve warm/room temperature</p> <p><b>Seasonal Whole Fruit</b> ½ fruit</p>	<p><b>Cherry Tomato, Cucumber, Tasty Cheese &amp; Turkish Pita Bread</b> Vegetarian, soy free 1 tomato 2 cucumber 1 cheese 2 pita serve cold</p> <p><b>Watermelon &amp; Vegetables</b> 2 pieces of watermelon, allergen vegetables</p>	<p><b>Mexican Refried Bean Dip with Corn Chips &amp; Sour Cream</b> Vegetarian, gluten free, soy free 25g dip 4 corn chips 10g sour cream serve cold</p> <p><b>Seasonal Whole Fruit</b> ½ fruit</p>	<p><b>Freshly Baked Pumpkin Scones</b> Vegetarian, soy free, dairy free 1 scone serve warm</p> <p><b>Seasonal Whole Fruit &amp; Vegetables</b> ½ fruit &amp; allergen vegetables</p>

## PORTIONS/SERVING SUGGESTIONS WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	<b>Premium Yoghurt</b> gluten free, soy free 100g serve cold	<b>Raisin Bread</b> dairy free, soy free 1 toast	<b>Homemade Bliss Bar</b> dairy free, soy free 1 serve cold	<b>Premium Yoghurt</b> gluten free, soy free 100g serve cold	<b>Freshly Baked Apple &amp; Cinnamon Scone</b> dairy free, soy free 1 serve warm/room temperature
	<b>Seasonal Whole Fruit</b> $\frac{1}{2}$ fruit	<b>Watermelon</b> 2 pieces	<b>Seasonal Whole Fruit</b> $\frac{1}{2}$ fruit	<b>Watermelon</b> 2 pieces	<b>Seasonal Whole Fruit</b> $\frac{1}{2}$ fruit
Lunch	<b>Pumpkin Soup &amp; Freshly Baked Bread Rolls</b>  Vegetarian, dairy free 180 ml soup 1 bread roll serve above 75°	<b>Indian Spiced Mild Lamb Curry with Coconut Rice</b>  dairy free, gluten free, soy free 80g sauce, 100g rice serve above 75°	<b>BBQ Chicken Pizza</b>  Soy free 1 packet of pizza serves 5 serve above 75°	<b>Penne Pasta Peperonata with Italian Style Sausages and Peppers</b>  dairy free, soy free 80g sauce, 100g pasta serve above 75°	<b>Paprika Baked Fish Fillet With Lemon Potatoes</b>  dairy free, gluten free 1 fish, 100g potatoes serve above 75°
Afternoon Tea	<b>French Onion Dip</b> <b>Moroccan Spiced Carrot Dip</b> <b>Rice Cakes</b> gluten free dips 15g each dip, 5 rice cakes serve cold <b>Seasonal Whole Fruit &amp; Vegetables</b> $\frac{1}{2}$ fruit & allergen vegetables	<b>Apple &amp; Tapioca Pudding</b> dairy free, gluten free, soy free 100g serve cold  <b>Seasonal Whole Fruit</b> $\frac{1}{2}$ fruit	<b>Homestyle English Muffin with Homemade Jam</b> dairy free, soy free 1 muffin, 10g jam Serve warm/room temperature  <b>Watermelon &amp; Vegetables</b> 2 pieces of watermelon & allergen vegetables	<b>Tomato Salsa with Corn Chips &amp; Sour Cream</b> gluten free, soy free dips 25g dip, 10g sour cream, 4 corn chips serve cold  <b>Seasonal Whole Fruit</b> $\frac{1}{2}$ fruit	<b>Homemade Garlic Bread</b> Vegetarian, soy free, dairy free 1 scroll serve cold or above 75°  <b>Seasonal Whole Fruit &amp; Vegetables</b> $\frac{1}{2}$ fruit & allergen vegetables

## PORTIONS/SERVING SUGGESTIONS WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Tea</b>	<p><b>Premium Yoghurt</b> gluten free, soy free 100g serve cold</p> <p><b>Seasonal Whole Fruit</b> ½ fruit</p>	<p><b>Freshly Baked Orange &amp; Poppyseed Loaf</b> dairy free, soy free 1 slice serve warm/room temperature</p> <p><b>Watermelon</b> 2 pieces</p>	<p><b>Baked Beans with Wholemeal Toast</b> Vegetarian, dairy free, soy free 40g beans, 1 bread serve above 75° C</p> <p><b>Seasonal Whole Fruit</b> ½ fruit</p>	<p><b>Premium Yoghurt</b> gluten free, soy free 100g serve cold</p> <p><b>Watermelon</b> 2 pieces</p>	<p><b>Homemade Muesli Bar</b> dairy free 1 serve cold</p> <p><b>Seasonal Whole Fruit</b> ½ fruit</p>
<b>Lunch</b>	<p><b>Homestyle Lamb Shepherd's Pie</b> dairy free, gluten free, soy free 15 serves per tray serve above 75°</p>	<p><b>Mediterranean Vegetable Casserole with Macaroni</b> Vegetarian, dairy free, soy free 80g sauce, 100g pasta serve above 75°</p>	<p><b>Butter Chicken with Basmati Rice</b> dairy free, gluten free, soy free 80g sauce, 100g rice serve above 75°</p>	<p><b>Beef Stroganoff with Penne Pasta &amp; Fresh Spinach</b> soy free 80g sauce, 100g pasta serve above 75°</p>	<p><b>Savoury Beef with Bombay Aloo Potatoes</b> dairy free, gluten free, soy free 80g sauce, 100g mash serve above 75°</p>
<b>Afternoon Tea</b>	<p><b>Sweet Potato Hummus Roast Capsicum Dip Rice Cakes</b> dairy free, gluten free, soy free dips 15g each dip, 5 rice cakes serve cold</p> <p><b>Seasonal Whole Fruit &amp; Vegetables</b> ½ fruit &amp; allergen vegetables</p>	<p><b>Roast Pumpkin &amp; Feta Slice</b> Vegetarian, soy free 1 serve warm/room temperature</p> <p><b>Seasonal Whole Fruit</b> ½ fruit</p>	<p><b>Cherry Tomato, Cucumber, Cheese &amp; Turkish Pita Bread</b> Vegetarian, soy free 1 tomato, 2 cucumbers, 1 cheese, 2 pita serve cold</p> <p><b>Watermelon &amp; Vegetables</b> 2 pieces of watermelon &amp; allergen vegetables</p>	<p><b>Creamy Split Pea &amp; Onion Dip with Vegetable Cuts &amp; Rice Cakes</b> dairy free, gluten free, soy free dip 25g dip, 15g vegetables &amp; 5 rice cakes serve cold</p> <p><b>Seasonal Whole Fruit</b> ½ fruit</p>	<p><b>Tomato and Oregano Pinwheels</b> Vegetarian, soy free 1 serve warm/room temperature</p> <p><b>Seasonal Whole Fruit &amp; Vegetables</b> ½ fruit &amp; allergen vegetables</p>

## PORTIONS/SERVING SUGGESTIONS WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	<b>Premium Yoghurt</b> gluten free, soy free 100g serve cold  <b>Seasonal Whole Fruit</b> $\frac{1}{2}$ fruit	<b>Freshly Baked Pineapple and Coconut Scone</b> dairy free, soy free 1 serve warm/room temperature  <b>Watermelon</b> 2 pieces	<b>Raisin Bread</b> dairy free, soy free 1 slice toast  <b>Seasonal Whole Fruit</b> $\frac{1}{2}$ fruit	<b>Homemade Bliss Bar</b> dairy free, soy free 1 serve cold  <b>Watermelon</b> 2 pieces	<b>Premium Yoghurt</b> gluten free, soy free 100g serve cold  <b>Seasonal Whole Fruit</b> $\frac{1}{2}$ fruit
	Lunch	<b>Beef Chop Suey with Cabbage &amp; Turmeric Rice</b>  dairy free, gluten free, soy free 80g sauce, 100g rice serve above 75°	<b>Cauliflower Mac n Cheese with Roasted Corn</b> Vegetarian, soy free 15 serves per tray serve above 75°	<b>Roasted Vegetable &amp; Chickpea Pie with Mash Potato</b>  dairy free, gluten free, soy free 15 serves per tray serve above 75°	<b>Caribbean Herb Crusted Fish Fillet with Rice Salad</b> dairy free, soy free 1 fish, 100g rice salad serve above 75°
Afternoon Tea		<b>Chickpea &amp; Roast Garlic Hummus Dip Egyptian Beetroot Dip Rice Cakes</b>  gluten free dips 15g each dip, 5 rice cakes serve cold  <b>Seasonal Whole Fruit &amp; Vegetables</b> $\frac{1}{2}$ fruit & allergen vegetables	<b>Homemade Vegemite &amp; Cheese Scrolls</b> soy free 1 serve cold  <b>Seasonal Whole Fruit</b> $\frac{1}{2}$ fruit	<b>Coconut Rice Pudding</b> dairy free, gluten free, soy free 100g serve cold or above 75°  <b>Watermelon &amp; Vegetables</b> 2 pieces of watermelon, allergen vegetables	<b>Sweet Potato &amp; Rosemary Dip with Corn Chips</b> Vegetarian, dairy free, gluten free, soy free 25g dip 4 corn chips serve cold  <b>Seasonal Whole Fruit</b> $\frac{1}{2}$ fruit

# PORTIONS/SERVING SUGGESTIONS WEEK 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	<p><b>Premium Yoghurt</b> gluten free, soy free 100g serve cold</p>	<p><b>Baked Beans with Wholemeal Toast</b> Vegetarian, dairy free, soy free 40g beans, 1 bread serve above 75° C</p>	<p><b>Freshly Baked Carrot &amp; Ginger Loaf</b> dairy free, soy free 1 serve warm/room temperature</p>	<p><b>Premium Yoghurt</b> gluten free, soy free 100g serve cold</p>	<p><b>Homemade Muesli Bar</b> dairy free 1 serve cold</p>
	<p><b>Seasonal Whole Fruit</b> <math>\frac{1}{2}</math> fruit</p>	<p><b>Watermelon</b> 2 pieces</p>	<p><b>Seasonal Whole Fruit</b> <math>\frac{1}{2}</math> fruit</p>	<p><b>Watermelon</b> 2 pieces</p>	<p><b>Seasonal Whole Fruit</b> <math>\frac{1}{2}</math> fruit</p>
Lunch	<p><b>Spinach &amp; Ricotta Cannelloni Bake</b></p> <p>Vegetarian, soy free 15 serves per tray serve above 75°</p>	<p><b>Asian Stir Fry Chicken &amp; Vegetables with Rice Noodles</b></p> <p>dairy free 80g sauce, 100g rice noodles serve above 75°</p>	<p><b>Tuscan Braised Lamb &amp; Lentils with Steamed Rice</b></p> <p>dairy free, gluten free, soy free 80g sauce, 100g rice serve above 75°</p>	<p><b>Traditional Penne Pasta Bolognese</b></p> <p>dairy free, soy free 80g sauce, 100g pasta serve above 75°</p>	<p><b>BBQ Chicken Meatloaf with Green Vegetables</b></p> <p>dairy free, soy free 15 serves per tray, 100g greens serve above 75°</p>
	<p><b>Sweet Potato &amp; Rosemary Dip</b> <b>Tzatziki Dip</b> <b>Rice Cakes</b> gluten free dips 15g each dip, 5 rice cakes serve cold</p> <p><b>Seasonal Whole Fruit &amp; Vegetables</b> <math>\frac{1}{2}</math> fruit, allergen vegetables</p>	<p><b>Fresh Pikelets with Homemade Jam</b> soy free 1 pikelet, 5g jam Serve warm/room temperature</p> <p><b>Seasonal Whole Fruit</b> <math>\frac{1}{2}</math> fruit</p>	<p><b>Cherry Tomato, Cucumber, Cheese &amp; Turkish Pita Bread</b> Vegetarian, soy free 1 tomato, 2 cucumbers, 1 cheese, 2 pita serve cold</p> <p><b>Watermelon &amp; Vegetables</b> 2 pieces of watermelon, allergen vegetables</p>	<p><b>Margarita Pizza Scrolls</b> Vegetarian, soy free 1 serve warm/room temperature</p> <p><b>Seasonal Whole Fruit</b> <math>\frac{1}{2}</math> fruit</p>	<p><b>White Bean &amp; Basil Dip with Vegetable Cuts &amp; Rice Cakes</b> dairy free, gluten free, soy free dip 25g dip, 15g vegetables &amp; 5 rice cakes serve cold</p> <p><b>Seasonal Whole Fruit &amp; Vegetables</b> <math>\frac{1}{2}</math> fruit, allergen vegetables</p>
Afternoon Tea					

## PORTIONS/SERVING SUGGESTIONS WEEK 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Tea</b>	<p><b>Premium Yoghurt</b> gluten free, soy free 100g serve cold</p> <p><b>Seasonal Whole Fruit</b> <math>\frac{1}{2}</math> fruit</p>	<p><b>Homemade Bliss Bar</b> dairy free, soy free 1 serve cold</p> <p><b>Watermelon</b> 2 pieces</p>	<p><b>Freshly Baked Apricot Glazed Pinwheels</b> soy free 1 serve warm/room temperature</p> <p><b>Seasonal Whole Fruit</b> <math>\frac{1}{2}</math> fruit</p>	<p><b>Homestyle Beetroot Scones</b> dairy free, soy free 1 serve warm/room temperature</p> <p><b>Watermelon</b> 2 pieces</p>	<p><b>Premium Yoghurt</b> gluten free, soy free 100g serve cold</p> <p><b>Seasonal Whole Fruit</b> <math>\frac{1}{2}</math> fruit</p>
<b>Lunch</b>	<p><b>Braised Beef &amp; White Bean Cassoulet with Rice Pilaf</b></p> <p>dairy free, gluten free, soy free 80g sauce, 100g rice serve above 75°</p>	<p><b>Tomato, Eggplant, Zucchini &amp; Spinach Pasta Bake</b></p> <p>Vegetarian, soy free 15 serves per tray serve above 75°</p>	<p><b>Herb Crusted Baked Fish with Rice Salad</b></p> <p>dairy free, soy free 1 fish, 100g rice salad serve above 75°</p>	<p><b>Rigatoni with Bolognese Sauce</b></p> <p>dairy free, soy free 80g sauce, 100g rigatoni serve above 75°</p>	<p><b>Traditional Chicken Cacciatore with Rosemary Roast Potatoes</b></p> <p>dairy free, gluten free, soy free 80g sauce, 100g potatoes serve above 75°</p>
<b>Afternoon Tea</b>	<p><b>Chickpea &amp; Roast Garlic Hummus Dip Moroccan Spiced Carrot Dip Rice Cakes</b></p> <p>dairy free, gluten free, soy free dips 15g each dip, 5 rice cakes serve cold</p> <p><b>Seasonal Whole Fruit &amp; Vegetables</b> <math>\frac{1}{2}</math> fruit, allergen vegetables</p>	<p><b>Homestyle English Muffin with Homemade Jam</b></p> <p>dairy free, soy free 1 muffin, 10g jam Serve warm/room temperature</p> <p><b>Seasonal Whole Fruit</b> <math>\frac{1}{2}</math> fruit</p>	<p><b>Cornflake, Oats &amp; Sultana Biscuit</b> dairy free, soy free 1 cold/room temperature</p> <p><b>Watermelon &amp; Vegetables</b> 2 pieces of watermelon, allergen vegetables</p>	<p><b>Tomato Salsa with Corn Chips &amp; Sour Cream</b></p> <p>gluten free, soy free dips 25g dip, 4 corn chips, 10g sour cream serve cold</p> <p><b>Seasonal Whole Fruit</b> <math>\frac{1}{2}</math> fruit</p>	<p><b>Coconut Rice Pudding</b> dairy free, gluten free, soy free 100g serve cold or above 75°</p> <p><b>Seasonal Whole Fruit &amp; Vegetables</b> <math>\frac{1}{2}</math> fruit, allergen vegetables</p>