

PORTIONS/SERVING SUGGESTIONS WEEK 1

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

PORTIONS/SERVING SUGGESTIONS WEEK 2

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

PORTIONS/SERVING SUGGESTIONS WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	<p>Premium Yoghurt gluten free 100g serve cold</p> <p>Seasonal Whole Fruit ½ fruit</p>	<p>Freshly Baked Orange & Poppyseed Loaf dairy free 1 slice serve warm/room temperature</p> <p>Watermelon 2 pieces</p>	<p>Baked beans with Wholemeal Toast Vegetarian 40g beans, 1 bread serve above 75° C</p> <p>Seasonal Whole Fruit ½ fruit</p>	<p>Premium Yoghurt gluten free 100g serve cold</p> <p>Watermelon 2 pieces</p>	<p>Homemade Muesli Bar dairy free 1 serve cold</p> <p>Seasonal Whole Fruit ½ fruit</p>
Lunch	<p>Homestyle Lamb Shepherd's Pie with Fresh Vegetables dairy, gluten & soy free 180g serve above 75°</p>	<p>Mediterranean Vegetable Casserole with Macaroni vegetarian 80g sauce, 100g pasta serve above 75°</p>	<p>Healthy Butter Chicken with Basmati Rice dairy, gluten & soy free 80g sauce, 100g rice serve above 75°</p>	<p>Beef Stroganoff with Penne Pasta & Fresh Spinach 80g sauce, 100g pasta serve above 75°</p>	<p>Savoury Beef with Bombay Aloo Potatoes dairy, gluten & soy free 80g sauce, 100g mash serve above 75°</p>
Afternoon Tea	<p>Sweet Potato Hummus + Roast Capsicum Dip with Rice Cakes dairy, gluten & soy free dips 15g each dip, 5 rice cakes serve cold</p> <p>Seasonal Whole Fruit & Vegetables ½ fruit & allergen vegetables</p>	<p>Roast Pumpkin & Feta Slice vegetarian 1 serve warm/room temperature</p> <p>Seasonal Whole Fruit ½ fruit</p>	<p>Cherry Tomato, Cucumber, Cheese & Turkish Pita Bread vegetarian 1 tomato 2 cucumber 1 cheese 2 pita serve cold</p> <p>Watermelon & Seasonal Whole Vegetables 2 pieces melon & allergen vegetables</p>	<p>Creamy Split Pea & Onion Dip with Vegetable Cuts & Rice Cakes dairy, gluten & soy free dip 25g dip, 15g vegetables & 5 rice cakes serve cold</p> <p>Seasonal Whole Fruit ½ fruit</p>	<p>Tomato, Cheese & Oregano Pinwheels vegetarian 1 serve warm/room temperature</p> <p>Seasonal Whole Fruit & Vegetables ½ fruit & allergen vegetables</p>

PORTIONS/SERVING SUGGESTIONS WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Premium Yoghurt gluten free 100g serve cold Seasonal Whole Fruit ½ fruit	Freshly Baked Pineapple and Coconut Scone dairy free 1 serve warm/room temperature Watermelon 2 pieces	Raisin Bread dairy free 1 slice toast Seasonal Whole Fruit ½ fruit	Homemade Bliss Bar dairy free 1 serve cold Watermelon 2 pieces	Premium Yoghurt gluten free 100g serve cold Seasonal Whole Fruit ½ fruit
	Beef Chop Suey with Cabbage & Turmeric Rice dairy, gluten & soy free 80g sauce, 100g rice serve above 75°	Cauliflower Mac n Cheese with Roasted Corn Vegetarian 180g serve above 75°	Roasted Vegetable & Chickpea Pie dairy, gluten & soy free 180g serve above 75°	Caribbean Herb Crusted Fish Fillet with Rice Salad dairy free 1 fish, 100g rice salad serve above 75°	Freshly Baked Homemade Sausage Rolls dairy free 3 serve above 75°
Afternoon Tea	Chickpea & Roast Garlic Hummus Dip & Egyptian Beetroot Dip with Rice Cakes dairy, gluten & soy free dip 1 & gluten free dip 2 15g each dip, 5 rice cakes serve cold Seasonal Whole Fruit & Vegetables ½ fruit & allergen vegetables	Homemade Vegemite & Cheese Scrolls soy free 2 serve cold Seasonal Whole Fruit ½ fruit	Coconut Rice Pudding dairy, gluten & soy free 100g serve cold or above 75° Seasonal Whole Fruit ½ fruit	Sweet Potato & Rosemary Dip with Corn Chips vegetarian 25g dip 4 corn chips serve cold Watermelon & Seasonal Whole Vegetables 2 pieces melon & allergen vegetables	Homestyle English Muffin with Homemade Jam dairy free 1 muffin, 10g jam Serve warm/room temperature Seasonal Whole Fruit & Vegetables ½ fruit & allergen vegetables

PORTIONS/SERVING SUGGESTIONS WEEK 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Premium Yoghurt gluten free 100g serve cold Seasonal Whole Fruit $\frac{1}{2}$ fruit	Baked beans with Wholemeal Toast vegetarian 40g beans, 1 bread serve above 75° C Watermelon 2 pieces	Freshly Baked Carrot & Ginger Loaf dairy free 1 serve warm/room temperature Seasonal Whole Fruit $\frac{1}{2}$ fruit	Premium Yoghurt gluten free 100g serve cold Watermelon 2 pieces	Homemade Muesli Bar dairy free 1 serve cold Seasonal Whole Fruit $\frac{1}{2}$ fruit
	Spinach, Basil & Ricotta Cannelloni Bake vegetarian 180g serve above 75°	Asian Chicken & Stir Fry Vegetables with Rice Noodles 80g meatloaf, 100g greens serve above 75°	Tuscan Braised Lamb & Lentils with Steamed Rice dairy, gluten & soy free 80g sauce, 100g rice serve above 75°	Traditional Penne Pasta Bolognese dairy free 80g sauce, 100g pasta serve above 75°	Cheesy BBQ Chicken Meatloaf with Green Vegetables gluten & soy free 80g meatloaf, 100g greens serve above 75°
Afternoon Tea	Sweet Potato & Rosemary Dip & Tzatziki Dip with Rice Cakes dairy, gluten & soy free dip 1 & gluten free dip 2 15g each dip, 5 rice cakes serve cold Seasonal Whole Fruit & Vegetables $\frac{1}{2}$ fruit & allergen vegetables	Fresh Pikelets with Homemade Jam dairy free 1 pikelet, 5g jam Serve warm/room temperature Seasonal Whole Fruit $\frac{1}{2}$ fruit	Cherry Tomato, Cucumber, Cheese & Turkish Pita Bread vegetarian 1 tomato 2 cucumber 1 cheese 2 pita serve cold Seasonal Whole Fruit & Vegetables $\frac{1}{2}$ fruit & allergen vegetables	Margarita Pizza Scrolls vegetarian 1 serve warm/room temperature Seasonal Whole Fruit $\frac{1}{2}$ fruit	White bean & Basil Dip with Vegetable Cuts & Rice Cakes dairy, gluten & soy free dip 25g dip, 15g vegetables & 5 rice cakes serve cold Watermelon & Seasonal Whole Vegetables 2 pieces melon & allergen vegetables

PORTIONS/SERVING SUGGESTIONS WEEK 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Premium Yoghurt gluten free 100g serve cold	Homemade Bliss Bar dairy free 1 serve cold	Freshly Baked Apricot Glazed Pinwheels 1 serve warm/room temperature	Homestyle Beetroot & Cheese Scones dairy free 1 serve warm/room temperature	Premium Yoghurt gluten free 100g serve cold
	Seasonal Whole Fruit $\frac{1}{2}$ fruit	Watermelon 2 pieces	Seasonal Whole Fruit $\frac{1}{2}$ fruit	Watermelon 2 pieces	Seasonal Whole Fruit $\frac{1}{2}$ fruit
Lunch	Braised Beef & White bean Cassoulet with Rice Pilaf dairy, gluten & soy free 80g sauce, 100g rice serve above 75°	Tomato, Eggplant, Zucchini & Spinach Pasta Bake vegetarian 180g serve above 75°	Herb Crusted Baked Fish with Rice Salad dairy free 1 fish, 100g rice salad serve above 75	Rigatoni with Bolognese Sauce dairy free 80g sauce, 100g gnocchi serve above 75°	Traditional Chicken Cacciatore with Rosemary Roast Potatoes dairy, gluten & soy free 80g meatloaf, 100g mash serve above 75°
	Chickpea & Roast Garlic Hummus Dip & Moroccan Carrot dip with Rice Cakes dairy, gluten & soy free dips 15g each dip, 5 rice cakes serve cold	Homestyle English Muffin with Homemade Jam dairy free 1 muffin, 10g jam Serve warm/room temperature	Cornflake, Oats & Sultana Biscuit dairy free 1 cold/room temperature	Tomato Salsa with Corn Chips & Sour Cream dairy, gluten & soy free dip 25g dip, 4 corn chips, 10g sour cream serve cold	Coconut Rice Pudding dairy, gluten & soy free 100g serve cold or above 75°
Afternoon Tea	Seasonal Whole Fruit & Vegetables $\frac{1}{2}$ fruit & allergen vegetables	Seasonal Whole Fruit $\frac{1}{2}$ fruit	Watermelon & Seasonal Whole Vegetables 2 pieces melon & allergen vegetables	Seasonal Whole Fruit $\frac{1}{2}$ fruit	Seasonal Whole Fruit & Vegetables $\frac{1}{2}$ fruit & allergen vegetables