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**PORTIONS/SERVING SUGGESTIONS WEEK 1**

**WEEK1 1 MENU 2019**

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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Morning Tea** | Premium Yoghurtgluten free100gserve coldSeasonal Whole Fruit½ fruit | Homemade Muesli Bardairy free1serve coldWatermelon2 pieces | Freshly Baked Banana Breaddairy free 1 slice serve warm/room temperature Seasonal Whole Fruit½ fruit  | Baked Beans with Wholemeal Toast vegetarian 40g beans, 1 bread serve above 75° CWatermelon2 pieces  | Premium Yoghurtgluten free100gserve coldSeasonal Whole Fruit½ fruit  |
| **Lunch** | Vegetarian Nasi GorengVegetarian, Dairy free, gluten free180g serve above 75 °  | Traditional Beef Cottage Pie with Fresh Vegetables dairy, gluten & soy free 180g serve above 75°  | Chicken & Sweet Potato Hot Pot with Steamed Jasmin Rice dairy, gluten & soy free 80g sauce, 100g rice serve above 75 ° | Penne Pasta Alfredo with Pumpkin, Kale & Spinach vegetarian 80g sauce, 100g pasta serve above 75° |  Chicken Gumbo with Carrot & Pumpkin Mash dairy, gluten & soy free 80g sauce, 100g mash serve above 75° |
|  **Afternoon Tea**  | Chickpea & Roast Garlic Hummus Dip + Roast Pumpkin Dip with Rice Cakesdairy, gluten & soy free dips15g each dip, 5 rice cakesserve coldSeasonal Whole Fruit & Vegetables ½ fruit & allergen vegetables  | Freshly Baked Spinach & Ricotta Scrolls vegetarian 1 serve warm/room temperature Watermelon & Seasonal Whole Vegetables2 pieces melon & allergen vegetables | Cherry Tomato, Cucumber, Tasty Cheese & Turkish Pita Bread vegetarian 1 tomato 2 cucumber 1 cheese 2 pita serve cold Seasonal Whole Fruit½ fruit  | Mexican Refried Bean Dip with Corn Chips & Sour Cream vegetarian 25g dip 4 corn chips 10g sour cream serve cold Seasonal Whole Fruit½ fruit  | Freshly Baked Pumpkin & Chive SconesVegetarian, soy & dairy Free1 scone Seasonal Whole Fruit & Vegetables  ½ fruit & allergen vegetables |
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**PORTIONS/SERVING SUGGESTIONS WEEK 2**

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| --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Morning Tea** | Premium Yoghurtgluten free100gserve coldSeasonal Whole Fruit½ fruit | Raisin Bread dairy free 1 toast Watermelon2 pieces | Homemade Bliss Bardairy free1serve coldSeasonal Whole Fruit½ fruit | Premium Yoghurtgluten free100gserve coldWatermelon2 pieces | Freshly Baked Apple & Cinnamon Scone dairy free 1 serve warm/room temperature Seasonal Whole Fruit½ fruit |
| **Lunch** | Pumpkin soupvegetarian180 ml soup1 bread rollserve above 75° | Indian Spiced Mild Lamb Curry with Coconut Ricedairy, gluten & soy free 80g sauce, 100g rice serve above 75 ° | BBQ Chicken PizzaSoy free180gserve above 75° | Penne Pasta Peperonata with Italian Style Sausages and Peppers 80g sauce, 100g pasta serve above 75°  | Paprika Baked Fish filletdairy, 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 cakesserve coldSeasonal Whole Fruit & Vegetable ½ fruit & allergen vegetables | Apple & Tapioca Pudding dairy, gluten & soy free 100gserve coldSeasonal Whole Fruit½ fruit | Homestyle English Muffin with Homemade Jamdairy 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 dip25g dip, 10g sour cream, 4 corn chips serve coldSeasonal Whole Fruit½ fruit | Homemade Garlic Bread Vegetarian & soy free 1 scrollserve cold or above 75°Seasonal Whole Fruit & Vegetables ½ fruit & allergen vegetables |
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**PORTIONS/SERVING SUGGESTIONS WEEK 3**

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| --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Morning Tea** | Premium Yoghurtgluten free100gserve coldSeasonal Whole Fruit½ fruit | Freshly Baked Orange & Poppyseed Loaf dairy free 1 slice serve warm/room temperature Watermelon2 pieces | Baked beans with Wholemeal ToastVegetarian 40g beans, 1 bread serve above 75° CSeasonal Whole Fruit½ fruit | Premium Yoghurtgluten free100gserve coldWatermelon2 pieces | Homemade Muesli Bardairy free1serve coldSeasonal Whole Fruit½ fruit |
| **Lunch** | Homestyle Lamb Shepherd’s Pie with Fresh Vegetablesdairy, gluten & soy free 180gserve above 75° | Mediterranean Vegetable Casserole with Macaroni vegetarian 80g sauce, 100g pasta serve above 75° | Healthy Butter Chicken with Basmati Rice  dairy, gluten & soy free 80g sauce, 100g rice serve above 75 ° | Beef Stroganoff with Penne Pasta & Fresh Spinach80g sauce, 100g pasta serve above 75° | Savoury Beef with Bombay Aloo Potatoes dairy, gluten & soy free 80g sauce, 100g mash serve above 75° |
| **Afternoon Tea** | Sweet Potato Hummus + Roast Capsicum Dip with Rice Cakes dairy, gluten & soy free dips15g each dip, 5 rice cakesserve coldSeasonal Whole Fruit & Vegetables½ fruit & allergen vegetables | Roast Pumpkin & Feta Slicevegetarian1 serve warm/room temperature Seasonal Whole Fruit½ fruit | Cherry Tomato, Cucumber, Cheese & Turkish Pita Breadvegetarian 1 tomato 2 cucumber 1 cheese 2 pita serve cold Watermelon & Seasonal Whole Vegetables 2 pieces melon & allergen vegetables | Creamy Split Pea & Onion Dip with Vegetable Cuts & Rice Cakes dairy, gluten & soy free dip25g dip, 15g vegetables & 5 rice cakesserve coldSeasonal Whole Fruit½ fruit | Tomato, Cheese & Oregano Pinwheelsvegetarian1 serve warm/room temperature Seasonal Whole Fruit & Vegetables ½ fruit & allergen vegetables |



**PORTIONS/SERVING SUGGESTIONS WEEK 4**

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| --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Morning Tea** | Premium Yoghurtgluten free100gserve coldSeasonal Whole Fruit½ fruit | Freshly Baked Pineapple and Coconut Scone dairy free 1 serve warm/room temperature Watermelon2 pieces | Raisin Bread dairy free 1 slice toast Seasonal Whole Fruit½ fruit | Homemade Bliss Bardairy free1serve coldWatermelon2 pieces | Premium Yoghurtgluten free100gserve coldSeasonal Whole Fruit½ fruit |
| **Lunch** |  Beef Chop Suey with Cabbage & Turmeric Ricedairy, gluten & soy free 80g sauce, 100g rice serve above 75 ° | Cauliflower Mac n Cheese with Roasted CornVegetarian 180gserve above 75° | Roasted Vegetable & Chickpea Piedairy, gluten & soy free 180g serve above 75° | Caribbean Herb Crusted Fish Fillet with Rice Saladdairy free 1 fish, 100g rice salad serve above 75° | Freshly Baked Homemade Sausage Rollsdairy 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 cakesserve coldSeasonal Whole Fruit & Vegetables ½ fruit & allergen vegetables | Homemade Vegemite & Cheese Scrolls soy free 2serve cold Seasonal Whole Fruit½ fruit | Coconut Rice Puddingdairy, gluten & soy free 100g serve cold or above 75°Seasonal Whole Fruit½ fruit  | Sweet Potato & Rosemary Dip with Corn Chips vegetarian 25g dip 4 corn chipsserve cold Watermelon & Seasonal Whole Vegetables 2 pieces melon & allergen vegetables   | Homestyle English Muffin with Homemade Jamdairy free 1 muffin, 10g jam Serve warm/room temperature Seasonal Whole Fruit & Vegetables½ fruit & allergen vegetables  |

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 **PORTIONS/SERVING SUGGESTIONS WEEK 5**

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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Morning Tea** | Premium Yoghurtgluten free100gserve coldSeasonal Whole Fruit½ fruit | Baked beans with Wholemeal Toastvegetarian 40g beans, 1 bread serve above 75° CWatermelon2 pieces | Freshly Baked Carrot & Ginger Loaf dairy free 1 serve warm/room temperature Seasonal Whole Fruit½ fruit | Premium Yoghurtgluten free100gserve coldWatermelon2 pieces | Homemade Muesli Bardairy free1serve coldSeasonal Whole Fruit½ fruit |
| **Lunch** | Spinach, Basil & Ricotta Cannelloni Bake vegetarian 180gserve 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 Bolognaise 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 cakesserve coldSeasonal Whole Fruit & Vegetables ½ fruit & allergen vegetables | Fresh Pikelets with Homemade Jam dairy free 1 pikelet, 5g jam Serve warm/room temperature Seasonal Whole Fruit ½ fruit | Cherry Tomato, Cucumber, Cheese & Turkish Pita Breadvegetarian 1 tomato 2 cucumber 1 cheese 2 pita serve cold Seasonal Whole Fruit & Vegetables ½ fruit & allergen vegetables | Margarita Pizza Scrolls vegetarian1 serve warm/room temperature  Seasonal Whole Fruit½ fruit | White bean & Basil Dip with Vegetable Cuts & Rice Cakes dairy, gluten & soy free dip25g dip, 15g vegetables & 5 rice cakesserve coldWatermelon & Seasonal Whole Vegetables 2 pieces melon & allergen vegetables |

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 **PORTIONS/SERVING SUGGESTIONS WEEK 6**

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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Morning Tea** | Premium Yoghurtgluten free100gserve coldSeasonal Whole Fruit½ fruit | Homemade Bliss Bardairy free1serve coldWatermelon 2 pieces | Freshly Baked Apricot Glazed Pinwheels 1 serve warm/room temperature Seasonal Whole Fruit½ fruit | Homestyle Beetroot & Cheese Sconesdairy free 1 serve warm/room temperature Watermelon 2 pieces | Premium Yoghurtgluten free100gserve coldSeasonal Whole Fruit½ 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 180gserve above 75° | Herb Crusted Baked Fish with Rice Salad dairy free 1 fish, 100g rice salad serve above 75 | Rigatoni with Bolognaise Saucedairy 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° |
| **Afternoon Tea** | Chickpea & Roast Garlic Hummus Dip & Moroccan Carrot dip with Rice Cakesdairy, gluten & soy free dips15g each dip, 5 rice cakesserve coldSeasonal Whole Fruit & Vegetables ½ fruit & allergen vegetables | Homestyle English Muffin with Homemade Jamdairy free 1 muffin, 10g jam Serve warm/room temperature Seasonal Whole Fruit½ fruit | Cornflake, Oats & Sultana Biscuitdairy free 1 cold/room temperature Watermelon & Seasonal Whole Vegetables 2 pieces melon & allergen vegetables | Tomato Salsa with Corn Chips & Sour Creamdairy, gluten & soy free dip25g dip, 4 corn chips, 10g sour cream serve coldSeasonal Whole Fruit½ fruit | Coconut Rice Pudding dairy, gluten & soy free 100g serve cold or above 75°Seasonal Whole Fruit & Vegetables ½ fruit & allergen vegetables |