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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 Yoghurt  gluten free  100g  serve cold  Seasonal Whole Fruit  ½ fruit | Homemade Muesli Bar  dairy free  1  serve cold  Watermelon  2 pieces | Freshly Baked Banana Bread  dairy free  1 slice  serve warm/room temperature  Seasonal Whole Fruit  ½ fruit | Baked Beans with Wholemeal Toast  vegetarian  40g beans, 1 bread  serve above 75° C  Watermelon  2 pieces | Premium Yoghurt  gluten free  100g  serve cold  Seasonal Whole Fruit  ½ fruit | |
| **Lunch** | Vegetarian Nasi Goreng  Vegetarian, Dairy free, gluten free  180g  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 Cakes  dairy, gluten & soy free dips  15g each dip, 5 rice cakes  serve cold  Seasonal Whole Fruit & Vegetables  ½ fruit & allergen vegetables | Freshly Baked Spinach & Ricotta Scrolls  vegetarian  1  serve warm/room temperature  Watermelon & Seasonal Whole Vegetables  2 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 Fruit  ½ fruit | Mexican Refried Bean Dip with Corn Chips & Sour Cream  vegetarian  25g dip 4 corn chips 10g sour cream serve cold  Seasonal Whole Fruit  ½ fruit | Freshly Baked Pumpkin & Chive Scones  Vegetarian, soy & dairy Free  1 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 Yoghurt  gluten free  100g  serve cold  Seasonal Whole Fruit  ½ fruit | Raisin Bread  dairy free  1  toast  Watermelon  2 pieces | Homemade Bliss Bar  dairy free  1  serve cold  Seasonal Whole Fruit  ½ fruit | Premium Yoghurt  gluten free  100g  serve cold  Watermelon  2 pieces | Freshly Baked Apple & Cinnamon Scone  dairy free  1  serve warm/room temperature  Seasonal Whole Fruit  ½ 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  ½ fruit & allergen vegetables | Apple & Tapioca Pudding  dairy, gluten & soy free  100g  serve cold  Seasonal Whole Fruit  ½ 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  ½ fruit | Homemade  Garlic Bread  Vegetarian & soy free  1 scroll  serve 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 Yoghurt  gluten free  100g  serve cold  Seasonal Whole Fruit  ½ fruit | Freshly Baked Orange & Poppyseed Loaf  dairy free  1 slice  serve warm/room temperature  Watermelon  2 pieces | Baked beans with Wholemeal Toast  Vegetarian  40g beans, 1 bread  serve above 75° C  Seasonal Whole Fruit  ½ fruit | Premium Yoghurt  gluten free  100g  serve cold  Watermelon  2 pieces | Homemade Muesli Bar  dairy free  1  serve cold  Seasonal Whole Fruit  ½ fruit |
| **Lunch** | Homestyle Lamb Shepherd’s Pie with Fresh Vegetables  dairy, gluten & soy free  180g  serve 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 Spinach  80g 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 dips  15g each dip, 5 rice cakes  serve cold  Seasonal Whole Fruit & Vegetables  ½ fruit & allergen vegetables | Roast Pumpkin & Feta Slice  vegetarian  1  serve warm/room temperature  Seasonal Whole Fruit  ½ fruit | Cherry Tomato, Cucumber, Cheese & Turkish Pita Bread  vegetarian  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 dip  25g dip, 15g vegetables & 5 rice cakes  serve cold  Seasonal Whole Fruit  ½ fruit | Tomato, Cheese & Oregano Pinwheels  vegetarian  1  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 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 |
| **Lunch** | 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 |

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**PORTIONS/SERVING SUGGESTIONS WEEK 5**

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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Morning Tea** | Premium Yoghurt  gluten free  100g  serve cold  Seasonal Whole Fruit  ½ 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  ½ fruit | Premium Yoghurt  gluten free  100g  serve cold  Watermelon  2 pieces | Homemade Muesli Bar  dairy free  1  serve cold  Seasonal Whole Fruit  ½ fruit |
| **Lunch** | 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 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 cakes  serve cold  Seasonal 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 Bread  vegetarian  1 tomato 2 cucumber 1 cheese 2 pita serve cold  Seasonal Whole Fruit & Vegetables  ½ fruit & allergen vegetables | Margarita Pizza Scrolls  vegetarian  1  serve warm/room temperature    Seasonal Whole Fruit  ½ 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 |

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**PORTIONS/SERVING SUGGESTIONS WEEK 6**

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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Morning Tea** | Premium Yoghurt  gluten free  100g  serve cold  Seasonal Whole Fruit  ½ fruit | Homemade Bliss Bar  dairy free  1  serve cold  Watermelon  2 pieces | Freshly Baked Apricot Glazed Pinwheels  1  serve warm/room temperature  Seasonal Whole Fruit  ½ fruit | Homestyle Beetroot & Cheese Scones  dairy free  1  serve warm/room temperature  Watermelon  2 pieces | Premium Yoghurt  gluten free  100g  serve cold  Seasonal Whole Fruit  ½ 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 Bolognaise 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° |
| **Afternoon Tea** | Chickpea & Roast Garlic Hummus Dip & Moroccan Carrot dip with Rice Cakes  dairy, gluten & soy free dips  15g each dip, 5 rice cakes  serve cold  Seasonal Whole Fruit & Vegetables  ½ fruit & allergen vegetables | Homestyle English Muffin with Homemade Jam  dairy free  1 muffin, 10g jam  Serve warm/room temperature  Seasonal Whole Fruit  ½ fruit | Cornflake, Oats & Sultana Biscuit  dairy free  1  cold/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, 4 corn chips, 10g sour cream  serve cold  Seasonal Whole Fruit  ½ fruit | Coconut Rice Pudding  dairy, gluten & soy free  100g  serve cold or above 75°  Seasonal Whole Fruit & Vegetables  ½ fruit & allergen vegetables |