

# Monday

## Breakfast

6.30-8am



Toast with jam and vegemite.  
Assortment of cereals.



## Morning tea:

Seasonal fresh fruit  
platter.  
Served with milk.

## Lunch:

Cheesy tuna and broccoli  
pasta bake.



## Afternoon tea:

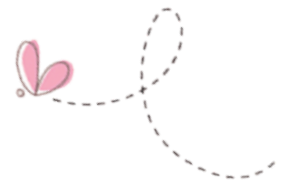
Fresh raisin bread served  
with a side of cheese.

## Late snack

5.45pm+



Assortment of sandwiches.



Week One

# Tuesday

Breakfast  
6.30-8am



Toast with jam and vegemite.  
Assortment of cereals.



Morning tea:  
Seasonal fresh fruit  
platter.  
Served with milk.

Lunch:  
Spanish chicken  
paella.



Afternoon tea:  
Homemade muesli bars  
with puffed rice, dried  
fruit and coconut.

Late snack  
5.45pm+



Assortment of sandwiches



Week One

# Wednesday

Breakfast  
6.30-8am



Toast with jam and vegemite.  
Assortment of cereals.



## Morning tea:

Seasonal fresh fruit  
platter.  
Served with milk.

## Lunch:

Terriyaki beef with rice  
noodles, capsicum,  
carrots and green beans.



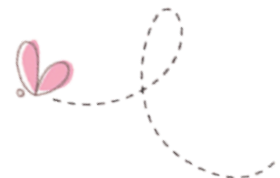
## Afternoon tea:

Pizza wheels with  
cheese, ham and mixed  
herbs.

Late snack  
5.45pm+



Assortment of sandwiches.



Week One

# Thursday

Breakfast  
6.30-8am



Toast with jam and vegemite.  
Assortment of cereals.



## Morning tea:

Seasonal fresh fruit  
platter.  
Served with milk.

## Lunch:

Tandoori chicken served  
with basmati rice.



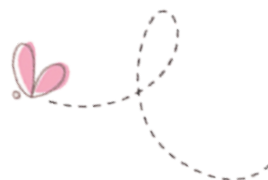
## Afternoon tea:

Apple and berry  
crumble slice.

Late snack  
5.45pm+



Assortment of sandwiches.



Week One

# Friday

## Breakfast

6.30-8am



Toast with jam and vegemite.  
Assortment of cereals.



## Morning tea:

Seasonal fresh fruit  
platter.  
Served with milk.

## Lunch:

Roast beef with scalloped  
potatos.



## Afternoon tea:

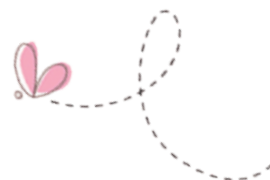
Fresh fruit served  
with yoghurt.

## Late snack

5.45pm+



Assortment of sandwiches.



Week One

# Monday

Breakfast  
6.30-8am



Toast with jam and vegemite.  
Assortment of cereals.



## Morning tea:

Seasonal fresh fruit  
platter.  
Served with milk.

## Lunch:

Indian lentil and pumpkin  
dahl served with basmati  
rice.



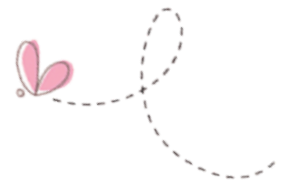
## Afternoon tea:

Peach cobbler pie with  
short crust pastry and  
rolled oats.

Late snack  
5.45pm+



Assortment of sandwiches.



Week Two

# Tuesday

Breakfast  
6.30-8am



Toast with jam and vegemite.  
Assortment of cereals.



## Morning tea:

Seasonal fresh fruit  
platter.  
Served with milk.

## Lunch:

Spaghetti bolognese  
served with garlic bread.



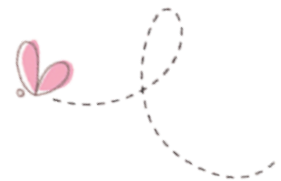
## Afternoon tea:

Homemade sausage rolls.

Late snack  
5.45pm+



Assortment of sandwiches.



Week Two

# Wednesday

Breakfast  
6.30-8am



Toast with jam and vegemite.  
Assortment of cereals.



## Morning tea:

Seasonal fresh fruit  
platter.  
Served with milk.

## Lunch:

Moroccan style chicken  
with chickpeas and rice.



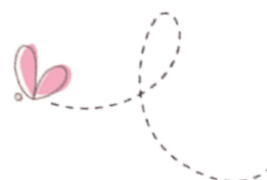
## Afternoon tea:

Homemade apple and  
cinnamon muffins.

Late snack  
5.45pm+



Assortment of sandwiches.



Week Two



# Thursday

Breakfast  
6.30-8am



Toast with jam and vegemite.  
Assortment of cereals.



## Morning tea:

Seasonal fresh fruit  
platter.  
Served with milk.

## Lunch:

Mexican beef burritos.  
with kidney beans,  
cheese, lettuce and  
tomato.



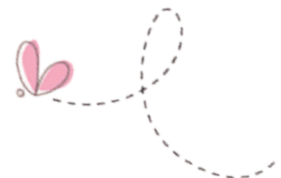
## Afternoon tea:

Fresh fruit served  
with yoghurt.

Late snack  
5.45pm+



Assortment of sandwiches.



Week Two

# Friday

Breakfast  
6.30-8am



Toast with jam and vegemite.  
Assortment of cereals.



## Morning Tea:

Seasonal fresh fruit  
platter.  
Served with milk.

## Lunch:

Homemade pizzas with a  
variety of toppings.



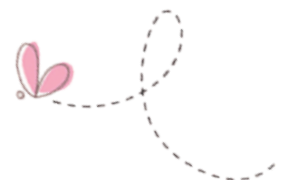
## Afternoon tea:

Fresh raisin bread served  
with a side of cheese.

Late snack  
5.45pm+



Assortment of sandwiches.



Week Two

# Monday

Breakfast  
6.30-8am



Toast with jam and vegemite.  
Assortment of cereals.



## Morning tea:

Seasonal fresh fruit  
platter.  
Served with milk.

## Lunch:

Singapore noodles with  
rice noodles, carrot,  
capsicum, beans and  
broccoli.



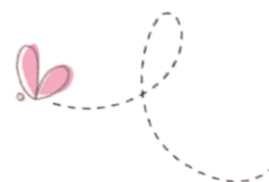
## Afternoon tea:

Homemade scones served  
with jam and cream.

Late snack  
5.45pm+



Assortment of sandwiches.



Week Three

# Tuesday

Breakfast  
6.30-8am



Toast with jam and vegemite.  
Assortment of cereals.



## Morning tea:

Seasonal fresh fruit  
platter.  
Served with milk.

## Lunch:

Chicken and potato  
curry served with yellow  
rice.



## Afternoon tea:

Cheesy vegemite  
scrolls.

Late snack  
5.45pm+



Assortment of sandwiches.



Week Three

# Wednesday

Breakfast  
6.30-8am



Toast with jam and vegemite.  
Assortment of cereals.



## Morning tea:

Seasonal fresh fruit  
platter.  
Served with milk.

## Lunch:

Lasagna served with  
garlic bread.



## Afternoon tea:

Fresh fruit served  
with yoghurt.

Late snack  
5.45pm+



Assortment of sandwiches.



Week Three

# Thursday

Breakfast  
6.30-8am



Toast with jam and vegemite.  
Assortment of cereals.



## Morning tea:

Seasonal fresh fruit  
platter.  
Served with milk.

## Lunch:

Apricot chicken with  
green beans and carrots  
served with mashed  
potato.



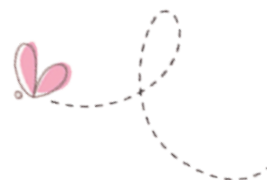
## Afternoon tea:

Fresh raisin bread served  
with a side of cheese.

Late snack  
5.45pm+



Assortment of sandwiches.



Week Three

# Friday

Breakfast  
6.30-8am



Toast with jam and vegemite.  
Assortment of cereals.



## Morning tea:

Seasonal fresh fruit  
platter.  
Served with milk.

## Lunch:

Creamy bacon and  
tomato pasta bake.



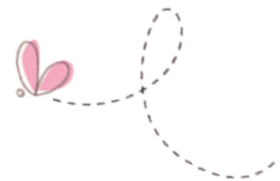
## Afternoon tea:

Vegetable platter served  
with homemade dip.

Late snack  
5.45pm+



Assortment of sandwiches.



Week Three

# Monday

Breakfast  
6.30-8am



Toast with jam and vegemite.  
Assortment of cereals.



## Morning tea:

Seasonal fresh fruit  
platter.  
Served with milk.

## Lunch:

Vegetable curry served  
with basmati rice.



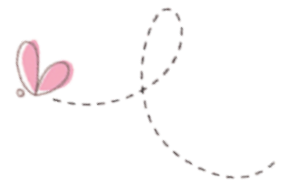
## Afternoon tea:

Homemade banana and  
coconut bread.

Late snack  
5.45pm+



Assortment of sandwiches.



Week Four



# Tuesday

Breakfast  
6.30-8am



Toast with jam and vegemite.  
Assortment of cereals.



## Morning tea:

Seasonal fresh fruit  
platter.  
Served with milk.

## Lunch:

Beef casserole with  
carrots, potatoes and  
mushrooms served with  
crust bread rolls.



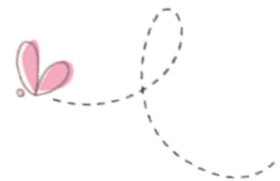
## Afternoon tea:

Fresh raisin bread served  
with a side of cheese.

Late snack  
5.45pm+



Assortment of sandwiches.



Week Four

# Wednesday

Breakfast  
6.30-8am



Toast with jam and vegemite.  
Assortment of cereals.



## Morning tea:

Seasonal fresh fruit  
platter.  
Served with milk.

## Lunch:

Tuna mornay with celery.



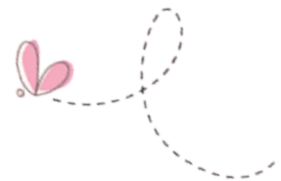
## Afternoon tea:

Fresh fruit served  
with yoghurt.

Late snack  
5.45pm+



Assortment of sandwiches.



Week Three

# Thursday

Breakfast  
6.30-8am



Toast with jam and vegemite.  
Assortment of cereals.



## Morning tea:

Seasonal fresh fruit  
platter.  
Served with milk.

## Lunch:

Spaghetti bolognese  
served with garlic bread.



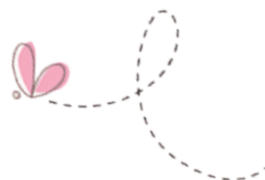
## Afternoon tea:

Homemade pita chips  
and salsa.

Late snack  
5.45pm+



Assortment of sandwiches.



Week Four

# Friday



Breakfast  
6.30-8am



Toast with jam and vegemite.  
Assortment of cereals.



## Morning tea:

Seasonal fresh fruit  
platter.  
Served with milk.

## Lunch:

Chinese chicken fried  
rice with carrots, beans,  
peas and corn.



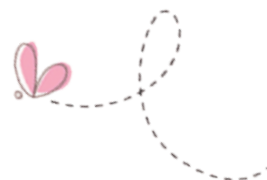
## Afternoon tea:

Baked apple crumble  
served with custard.

Late snack  
5.45pm+



Assortment of sandwiches.



Week Four