



















## Weekly Menu One – Spring/Winter

|                  | Morning Tea  | Lunch  | Afternoon Tea  | Late Snack                              |
|------------------|--|--|--|---|
| <b>Monday</b>    | Toast with spread<br>Milk/Water                        | <b>Hungarian Goulash</b><br>Beef, onion, carrot, peas, paprika<br>                             | Fruit scrolls<br>Milk/water  | Banana & Rock Mellon                    |
| <b>Tuesday</b>   | Fruit Platter<br>Milk/water                            | <b>Tuna &amp; Potato Pie</b><br>Tuna, potato, onion, celery, mayonnaise<br>                    | Garlic bread, cucumber &<br>carrot sticks<br>Milk/water<br> | Corn thin & spreads with<br>dried fruit |
| <b>Wednesday</b> | English muffin with melted<br>cheese<br>Milk/water     | <b>Meatball Soup</b><br>Onion, carrot, celery, potato, corn & peas<br>with bread<br>           | Fruit platter<br>Milk/water  | Cucumber, carrots &<br>cheese sticks    |
| <b>Thursday</b>  | Fruit Toast finger<br>Milk/water                       | <b>Creamy Zucchini Pasta</b><br>Zucchini, onion, chicken stock,<br>evaporated milk, corn<br> | Banana Bread<br>Mandarins<br>Milk/water  | Crispbread with slice<br>cheese         |
| <b>Friday</b>    | Porridge with Banana,<br>sultana & honey<br>Milk/water | <b>Tandoori Chicken &amp; Rice</b><br>Chicken, onion, carrot, broccoli, pumpkin,<br>rice<br> | Ham, corn & cheese muffin<br>Watermelon<br>Milk/water  | Rice cracker & avocado dip              |

## Menu Week Two – Spring/Winter






|                  | Morning Tea  | Lunch   | Afternoon Tea   | Late Snack   |
|------------------|--|---|---|--|
| <b>Monday</b>    | <b>Porridge with<br/>Banana, sultana &amp; Honey<br/>Milk/ Water</b> | <b>Chicken Fried Rice</b><br>Pieces of chicken, onion, cauliflower, red capsicum,<br>peas, bean, apricot nectar, vinegar, curry powder<br>and tomato sauce.<br> | <b>Coconut Bread<br/>Watermelon<br/>Milk/Water</b>                    | <b>Rice cracker &amp; Cheese Cube<br/>Mandarin</b>   |
| <b>Tuesday</b>   | <b>Fruit Toast Finger<br/>Milk/ Water</b>                            | <b>Hokkien Noodles</b><br>Mince with onion, capsicum, celery, zucchini, corn<br>kernel & crushed tomato & herbs.<br>  | <b>Baked cheese scroll sticks<br/>Orange<br/>Milk &amp; Water</b>     | <b>Banana &amp; Apple</b>                            |
| <b>Wednesday</b> | <b>Baked bean on Toast<br/>Milk/ Water</b>                           | <b>Thai Fish Cake with Potato Wedges</b><br>fish mince, coriander red curry, green bean, fish<br>sauce, rice flour and egg<br>                                  | <b>Spinach &amp; Cheese Muffin<br/>Rockmelon<br/>Milk &amp; Water</b> | <b>Corn Thin &amp; Vegemite<br/>Pears</b>            |
| <b>Thursday</b>  | <b>Cheesy Sub<br/>Milk/Water</b>                                     | <b>Bobotie</b><br>Lean mince, onion, carrot, raisins, chutney.<br>  | <b>Fruit Platter<br/>Milk &amp; Water</b>                             | <b>Crispbread with Slice Cheese<br/>&amp; Tomato</b> |
| <b>Friday</b>    | <b>Fruit Platter<br/>Milk/ Water</b>                                 | <b>Minestrone Soup &amp; Flat bread</b><br>Onion, carrot, celery, bean, pea, red lentil and<br>baked bean in tomato broth and pasta or rice.<br>              | <b>Cheese Puffs<br/>Milk &amp; Water</b>                              | <b>Cucumber &amp; Carrot<br/>Cheese sticks</b>       |

## Weekly Menu Three – Spring/Winter

|                  | Morning Tea  | Lunch   | Afternoon Tea   | Late Snack  |
|------------------|--|---|---|---|
| <b>Monday</b>    | Mixed Fruit & Yoghurt  | <b>Spinach &amp; Sweet Potato Pesto Spaghetti</b><br>Spaghetti, spinach, sweet potato, onion flakes and tomato soup<br>             | <b>Vegetable Pancake</b>  | <b>Crispbread with Slice cheese &amp; Cucumber</b>        |
| <b>Tuesday</b>   | <b>French Toast</b><br> | <b>Chicken &amp; Sweet Corn Soup</b><br><b>Lebanese Bread</b><br>Chicken, onion, celery, spring onion, corn kernel & cream corn<br> | <b>Fruit Platter</b>  | <b>Corn Thin with Cheese Spread</b><br><b>Dried Fruit</b> |
| <b>Wednesday</b> | <b>Porridge with Banana, Sultana &amp; Honey</b>   | <b>Beef Stroganoff Rice</b><br>Beef, onion, carrot, celery, potato, mushroom<br>  | <b>Carrot &amp; Coconut Muffin</b><br><b>Pears</b>  | <b>Rockmelon &amp; Banana</b>                             |
| <b>Thursday</b>  | <b>Cheesy Sub</b>  | <b>Creamy Tuna Pasta</b><br>Tuna, onion, carrot, broccoli & creamy corn<br>   | <b>French Apple Cake</b><br><b>Mandarins</b><br>Milk/water<br> | <b>Cracker with Veggies Stick &amp; Cheese cubes</b>      |
| <b>Friday</b>    | <b>Fruit Toast Finger</b>  | <b>Japanese Curry &amp; Rice</b><br>Mince, garlic, onion, carrot, potato & peas, curry powder, tomato<br>                         | <b>Vegemite &amp; Cheese Scroll</b><br><b>Watermelon</b><br>Milk/water  | <b>Corn Thin &amp; vegemite</b>                           |

Drinks - Milk/water

## Weekly Menu Four (Winter)

|                  | Morning Tea   | Lunch  | Afternoon Tea  | Late Snack                                    |
|------------------|---|--|--|---|
| <b>Monday</b>    | <b>Toast with Baked Bean<br/>Milk &amp; Water</b>                 | <b>Chicken &amp; Vermicelli Salad</b><br>Asian salad is packed full of vegetable - red capsicum, carrot, zucchini, snow pea, accompanied with stir fry chicken and rice vermicelli noodles<br> | <b>Fruit Platter<br/>Milk &amp; Water</b>                                    | <b>Crispbread<br/>&amp;<br/>Cheese Slice</b>  |
| <b>Tuesday</b>   | <b>Cheesy Sub<br/>Milk &amp; Water</b>                            | <b>Tuna Florentine Rice</b><br>Tuna, broccoli, spinach, cheese, and rice mixed in a white sauce and baked in oven<br>  | <b>Turkish Bread &amp; Hummus Dips<br/>Cucumber<br/>Milk &amp; Water</b>     | <b>Watermelon<br/>&amp;<br/>Pears</b>         |
| <b>Wednesday</b> | <b>Fruit Platter &amp; Yoghurt<br/>Milk &amp; Water</b>           | <b>Beef Hotpot</b><br>A variation on traditional Dutch recipe. Mince gravy, potato, carrot, onion & mashed with margarine, milk<br>  | <b>Cheese &amp; Pumpkin Scones<br/>Milk &amp; Water</b>                      | <b>Corn Thin &amp; Spread<br/>Dried Fruit</b> |
| <b>Thursday</b>  | <b>Fruit Toast Finger<br/>Milk &amp; Water</b>                    | <b>Lamb Curry &amp; Rice</b><br>Pieces of lamb meat, onion, potato, pumpkin, tomato, and zucchini cooked together in curry powder, spices, and beef stock<br>                                | <b>Vanilla &amp; Mixed berry Loaf<br/>Rockmelon<br/>Milk &amp; Water</b>     | <b>Cucumber, Carrot<br/>&amp; Avocado Dip</b> |
| <b>Friday</b>    | <b>Banana Smoothies &amp;<br/>Crispbread<br/>Milk &amp; Water</b> | <b>Lasagne</b><br>Mince, onion, celery, carrot, capsicum, pasta sheets and sauce.<br>  | <b>Sandwiches with Vegemite &amp;<br/>Cheese spread<br/>Milk &amp; Water</b> | <b>Apple<br/>&amp; Mandarin</b>               |