




WEEK 1 MENU	Monday	Tuesday	Wednesday	Thursday	Friday
Morning tea	Fresh fruit platter 	Fresh fruit platter 	Fresh fruit platter 	Fresh fruit platter 	Fresh fruit platter 
Lunch	Mixed sandwiches  Yoghurt 	Wholemeal pasta with creamy tuna & vegetable sauce 	Mixed sandwiches  Yoghurt 	Healthy chicken parmi with vegetables 	Mixed sandwiches  Yoghurt 
Afternoon tea	Fruit toast 	Cruskits with assorted spreads 	Savoury zucchini bread 	Fresh vegetable platter and dip 	Banana bread 

WEEK 2 MENU	Monday	Tuesday	Wednesday	Thursday	Friday
Morning tea	Fresh fruit platter 	Fresh fruit platter 	Fresh fruit platter 	Fresh fruit platter 	Fresh fruit platter 
Lunch	Beef stroganoff with wholemeal pasta & side greens 	Mixed sandwiches  Yoghurt 	Fish stew and rice 	Mixed sandwiches  Yoghurt 	Honey soy chicken and vegetables with noodles 
Afternoon tea	Rice cakes with assorted spreads 	English muffin pizzas 	Fresh vegetable platter, crackers & cheese 	Iron rich muffins 	Fruit salad & Custard 

WEEK 3 MENU	Monday	Tuesday	Wednesday	Thursday	Friday
Morning tea	Fresh fruit platter 	Fresh fruit platter 	Fresh fruit platter 	Fresh fruit platter 	Fresh fruit platter 
Lunch	Mixed sandwiches  Yoghurt 	Beef tacos with salad, cheese & wraps 	Mixed sandwiches  Yoghurt 	Chicken & cabbage soup 	Mixed sandwiches  Yoghurt 
Afternoon tea	Fresh vegetable platter, crackers & cheese 	Rice cakes with assorted spreads 	Cauliflower & cheese muffins 	Cruskits with assorted spreads 	Fruit toast 

WEEK 4 MENU	Monday	Tuesday	Wednesday	Thursday	Friday
Morning tea	Fresh fruit platter 	Fresh fruit platter 	Fresh fruit platter 	Fresh fruit platter 	Fresh fruit platter 
Lunch	Beef, potato & pumpkin bake 	Mixed sandwiches  Yoghurt 	Sweet chicken & vegetable pasta 	Mixed sandwiches  Yoghurt 	Meatloaf & vegetables 
Afternoon tea	Fruit salad & Custard 	Pear & sultana rock cakes 	Cruskits with assorted spreads 	Vegetable & cheese scrolls 	Fresh vegetable platter, crackers & cheese 

\*Milk or water is served with each meal & water is freely available throughout the whole day both inside & outside.\*

\*\*Babies, children with allergies & /or dietary requirements will be provided with menu alternatives where possible.\*\*

\*\*\*Menu changes will be advised via each room's daily chart.\*\*\*