~Weekly Menu Example~

Monday

Breakfast
Weetbix & Milk

Morning Tea
Fresh Fruit

Lunch
Greek Beef Stew

with Orzo Pasta

Vegetarian Option

Greek Vegetarian Stew with Orzo Pasta

Afternoon Tea
Mixed Berry Cake

Fresh Fruit & Milk

Tuesday

Breakfast
Weetbix & Milk

Morning Tea

Fresh Fruit

Lunch
Individual Zucchini

& Carrot Quiches

with Baked Beans

Vegetarian Option

As Above

Afternoon Tea
Yoghurt & Pumpkin Scones

Fresh Fruit & Milk

Wednesday

Breakfast
Weetbix & Milk

Morning Tea
Fresh Fruit

Lunch
Tuna, Pea & Corn Mornay

With Mashed Potato

Vegetarian Option

Pea & Corn Mornay

With Mashed Potato

Afternoon Tea
Home Made Pizzas

Fresh Fruit & Milk

Thursday

Breakfast
Weetbix & Milk

Morning Tea
Fresh Fruit

Lunch
Chicken, Pumpkin &

Apricot Bake

With Steamed Rice

Vegetarian Option

Lentil & Apricot Bake

With Steamed Rice

Afternoon Tea
Anzac Biscuits

Fresh Fruit & Milk

Friday

Breakfast
Weetbix & Milk

Morning Tea
Fresh Fruit

Lunch
Pasta Carbonara

with cumber & Tomato Salad

Vegetarian Option

As Above

Afternoon Tea
Damper

Fresh Fruit & Milk

Please note: Vegetarian variations & food sensitive options offered with each meal