

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh Fruit Platter, served with cheese or yoghurt dip				
Lunch	Chicken and vegetable fried rice	Vegetarian pasta bake	Chili con carne, served over baked potatoes	Vegetable & coconut curry, steamed rice & pappadams	Creamy tuna & corn pasta
Ingredients	Chicken, rice, capsicum, peas, corn, carrot, soy sauce, ginger	Tomatoes, onion and seasonal vegetables, pasta, parmesan cheese, Italian herbs	Beef mince, tomatoes, kidney beans, onion, Mexican spices, potato	Broccoli, cauliflower, carrot, capsicum, curry paste, coconut milk, rice, pappadam	Tuna, corn, pasta, onion, cheese sauce, peas
Vegetarian Alternative	Vegetable patties, served with vegetable fried rice	Same as above	Chili con lentil, served over baked potatoes	Same as above	Creamy chickpea & corn pasta
Ingredients	Vegetable patties, rice, capsicum, peas, corn, carrot, soy sauce, ginger	Tomatoes, onion and seasonal vegetables, pasta, parmesan cheese, Italian herbs	Lentils, tomatoes, kidney beans, onion, Mexican spices, potato	Broccoli, cauliflower, carrot, capsicum, curry paste, coconut milk, rice, pappadam	Chickpeas, corn, pasta, onion, cheese sauce, peas
Afternoon Tea	Pumpkin scones with margarine	ABC muffins (apple, banana, carrot)	Rice cakes with assorted toppings (cream cheese, carrot, cucumber, tomato)	Fruit salad & Vanilla Greek yoghurt	Tomato & cheese pinwheels

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh Fruit Platter, served with cheese or yoghurt dip				
Lunch	Vegetarian Lasagne	Thai yellow curry chicken, steamed rice & roti	Cauliflower macaroni & cheese	Moroccan lamb hotpot, served over couscous	Sesame beef noodle stir fry
Ingredients	Tomatoes, onion and seasonal vegetables, lasagne, parmesan cheese, Italian herbs	Diced chicken, potatoes, carrot, bok choy, coconut milk, rice, roti, curry paste	Cauliflower, carrot, corn, cheese sauce, pasta, onion	Lamb mince, eggplant, zucchini, cauliflower, onion, tomatoes, couscous, Moroccan spices	Beef mince, noodles, carrot, onion & seasonal Asian greens, sesame & soy sauce
Vegetarian Alternative	Same as above	Thai yellow curry tofu, steamed rice & roti	Same as above	Moroccan chickpea hotpot, served over couscous	Sesame tofu noodle stir fry
Ingredients	Tomatoes, onion and seasonal vegetables, lasagne, parmesan cheese, Italian herbs	Cubed tofu, potatoes, carrot, bok choy, coconut milk, rice, roti, curry paste	Cauliflower, carrot, corn, cheese sauce, pasta, onion	Chickpeas, eggplant, zucchini, cauliflower, onion, tomatoes, couscous, Moroccan spices	Cubed tofu, noodles, carrot, onion, & seasonal Asian greens, sesame & soy sauce
Afternoon Tea	Cereal bites	Vegetable sticks, pita bread, hommus, cheese and sultanas	Vanilla Greek yoghurt & toasted muesli	Baked beans with wholemeal bread	Banana biscuits

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh Fruit Platter, served with cheese or yoghurt dip				
Lunch	Chicken & pumpkin pasta bake	Vegetarian Singapore noodles	Baked fish fillets, sweet potato mash & corn	Devilled beef sausages, served over steamed rice	Vegetarian pizza
Ingredients	Diced chicken, pumpkin, broccoli, cheese, onion, garlic	Carrot, onion, red & green capsicum, stir fry sauce, noodles, snow peas	Fish fillets, garlic, margarine, sweet potatoes, corn kernels, milk, pepper	Beef sausages, corn, green beans, apple, tomato sauce, Worcestershire sauce, potato	Pizza base, tomato and herb sauce, capsicum, pumpkin, onion, cheese & seasonal vegetables
Vegetarian Alternative	Chickpea & pumpkin pasta bake	Same as above	Vegetarian patties, sweet potato mash & corn	Devilled vegetarian sausages, served over mashed potato	Same as above
Ingredients	Chickpeas, pumpkin, broccoli, cheese, onion, garlic	Carrot, onion, red & green capsicum, stir fry sauce, noodles, snow peas	Vegetarian patties, margarine, sweet potatoes, corn kernels, milk, pepper	Vegetarian sausages, corn, green beans, apple, tomato sauce, Worcestershire sauce, potato	Pizza base, tomato and herb sauce, capsicum, pumpkin, onion, cheese & seasonal vegetables
Afternoon Tea	Cheese and cucumber sandwiches	Anzac Biscuits	Pita bread pizza	Fruit salad & Vanilla Greek yoghurt	Cheese twists

Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh Fruit Platter, served with cheese or yoghurt dip				
Lunch	Pumpkin, spinach & mushroom risotto	Beef chow Mien with steamed rice	Chicken sausages with rainbow salad & buttered bread	Lamb Bolognese	Dahl, steamed rice & roti
Ingredients	Arborio rice, pumpkin, mushrooms, spinach, onion, garlic, cheese	Beef mince, cabbage, carrot, green beans, peas, onion, rice, soy sauce, curry powder	Chicken sausages, bread, margarine, carrot, lettuce, cucumber, capsicum, corn	Lamb mince, onion, garlic, tomatoes, Italian herbs and seasonal vegetables	Lentils, tomato, masala, peas, corn, carrot, broccoli, cauliflower, rice, roti
Vegetarian Alternative	Same as above	Lentil chow Mien with steamed rice	Vegetarian sausages with rainbow salad & buttered bread	Lentil Bolognese	Same as above
Ingredients	Arborio rice, pumpkin, mushrooms, spinach, onion, garlic, cheese	Lentils, cabbage, carrot, green beans, peas, onion, rice, soy sauce, curry powder	Vegetarian sausages, bread, margarine, carrot, lettuce, cucumber, capsicum, corn	Lentils, onion, garlic, tomatoes, Italian herbs and seasonal vegetables	Lentils, tomato, masala, peas, corn, carrot, broccoli, cauliflower, rice, roti
Afternoon Tea	Fruity crumble & Vanilla Greek yoghurt	Cup of vegetable and lentil soup, served with buttered bread	Muesli bites	English muffins with butter, served with a banana smoothie	Chocolate & zucchini muffins

Breakfast

Served daily between 6:30am – 8:00am

Toast with:	Cereal:
Margarine	Rice bubbles
Vegemite	Weetbix
Cream cheese	Cornflakes
Raspberry jam	Porridge oats

Late Snack

Served daily between 5:30pm – 6:00pm

<i>Fresh fruit platter</i>	<i>Cheese or yoghurt dip</i>	<i>Plain rice cakes</i>
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Drinks

Please note that water is freely available throughout the day

Breakfast	Milk or water
Morning tea	Milk or water
Lunch	Water
Afternoon tea	Milk or water
Late Snack	Water