

Autumn/Winter Menu 2023

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix, Cornflakes, Milk, and Toast with Spreads – dairy free options available				
Morning Tea <i>Served with milk and water</i>	Fresh Seasonal Fruit and Vegetable Platter	Fresh Seasonal Fruit and Vegetable Platter	Fresh Seasonal Fruit and Vegetable Platter	Fresh Seasonal Fruit and Vegetable Platter	Fresh Seasonal Fruit and Vegetable Platter
Lunch <i>Served with water</i>	Tuna Sheppard's Pie with Steamed Broccoli and Peas <i>Ingredients: tuna, fresh broccoli, onion, peas, garlic, carrot, sweet corn, potatoes, coconut milk, passata tomato sauce</i>	Sri Lankan Chicken Curry with Coconut Rice <i>Ingredients: basmati rice, chicken breast (diced), brown onion, zucchini, peas, carrots, tomato, garlic, ginger, turmeric, coconut milk, curry leaves</i>	Vegetarian Lasagna <i>Ingredients: instant lasagna sheets, onion, zucchini, brown lentils, tomato paste/crushed, carrots, celery, silver beets, garlic, parsley, tasty cheese, ricotta cheese</i>	Greek Lamb Cous Cous <i>Ingredients: ground lamb, onion, garlic, carrot, peas, cinnamon, tomato, fresh mint, parsley, lemon juice</i>	Homemade Lahmacun (Turkish Pizza) <i>Ingredients: homemade pizza base, ground beef, tomato paste with garlic, parsley, minced vegetables (onion, zucchini, mushrooms)</i>
Lunch Vegetarian Option	Vegetarian Sheppard's Pie with Steamed Broccoli and Peas <i>Ingredients: lentil, fresh broccoli, onion, peas, garlic, carrot, sweet corn, potatoes, coconut milk, passata tomato sauce</i>	Tofu with Coconut Rice and Curry Sauce <i>Ingredients: basmati rice, tofu, onion, garlic, ginger, turmeric, mixed veggies, coconut milk, chickpeas</i>	As Above	Tofu Cous Cous <i>Ingredients: tofu, zucchini, mushrooms, onion, garlic, carrot, peas, tomato, cinnamon, fresh mint, parsley, lemon juice</i>	Vegetarian Pizza <i>Ingredients: tomato paste, minced vegetables (onion, zucchini, mushrooms)</i>
Afternoon Tea <i>Served with milk and tap water</i>	Cinnamon Scrolls <i>Ingredients: apple, cinnamon, flour</i>	Veggie Sticks <i>Ingredients: carrots, celery, cucumber, tzatziki dip (greek yogurt, cucumber, garlic)</i>	Homemade Focaccia with Hummus Dip	Cheese and Vegemite Sandwiches with Fresh Carrot Slices <i>Ingredients: slices bread, tasty cheese, vegemite</i>	Berries and Oats Cookies <i>Ingredients: frozen berries, dates, oats, nuttalex</i>
Late Snack	Rice Crackers And Cheese (whole apples are available in the rooms for children to self-select)				

Autumn/Winter Menu 2023

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix, Cornflakes, Milk, and Toast with Spreads – dairy free options available				
Morning Tea <i>Served with milk and water</i>	Fresh Seasonal Fruit and Vegetable Platter	Fresh Seasonal Fruit and Vegetable Platter	Fresh Seasonal Fruit and Vegetable Platter	Fresh Seasonal Fruit and Vegetable Platter	Fresh Seasonal Fruit and Vegetable Platter
Lunch <i>Served with water</i>	<p>Kid Friendly Meatloaf</p> <p><i>Ingredients: ground lamb, spaghetti, fresh rosemary, zucchini, parsley, onion, garlic, tomato paste, oregano, sweet paprika, cumin, cheese</i></p>	<p>Red Lentil Soup with Homemade Bread Rolls</p> <p><i>Ingredients: dry red lentils (soaked night before), onion, pumpkin, garlic, ginger, turmeric, cumin seeds, fresh coriander, shredded coconut, coconut cream/milk</i></p>	<p>Seafood Mac & Cheese with Pearl Cous Cous</p> <p><i>Ingredients: barramundi (fillet), onions, garlic, corn kernels, lemon juice, milk, breadcrumbs, cheddar, butter, pearl cous cous</i></p>	<p>Beef Sausages with Mashed Potatoes</p> <p><i>Ingredients: ground beef, brown onion, braised cabbage, mashed potatoes, tasty cheese</i></p>	<p>Healthy Butter Chicken with Rice</p> <p><i>Ingredients: basmati rice, diced chicken, onion, garlic, mushrooms, fresh coriander, tomato, yoghurt drizzle</i></p>
Lunch Vegetarian Option	As Above	As Above	<p>Vegetarian Mac & Cheese</p> <p><i>Ingredients: oven baked tofu, onions, garlic, corn kernels, lemon juice, milk, breadcrumbs, cheddar, butter, pearl cous cous</i></p>	<p>Vegetarian Sausages with Mashed Potatoes</p> <p><i>Ingredients: vegetarian sausage, braised cabbage, onion, mashed potatoes, tasty cheese</i></p>	<p>Healthy Tofu Veggies with Rice</p> <p><i>Ingredients: basmati rice, tofu, mushrooms, onions, spinach, ginger, garlic</i></p>
Afternoon Tea <i>Served with milk and tap water</i>	<p>Antipasto Platter</p> <p><i>Ingredients: squared cheese, cucumber, carrots, celery, sultanas, pumpkin seeds, sunflower seeds, tzatziki dip</i></p>	<p>Orange and Poppy/Chia Seed Cake</p> <p><i>Ingredients: fresh orange juice, plain flour, poppy seeds, sugar</i></p>	<p>Fruity Crumble</p> <p><i>Ingredients: fresh seasonal fruit/can fruit, oats, wholemeal flour, nuttelex, brown sugar, cinnamon</i></p>	<p>Anzac Cookies with Chia and Yoghurt Dip</p> <p><i>Ingredients: oats, chia seeds, golden syrup, desiccated coconut, brown sugar, nuttelex</i></p>	<p>Pumpkin Scones</p> <p><i>Ingredients: pumpkin, self-raising flour, brown sugar, cinnamon, nuttelex</i></p>
Late Snack	Rice Crackers And Cheese (whole apples are available in the rooms for children to self-select)				

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix, Cornflakes, Milk, and Toast with Spreads – dairy free options available				
Morning Tea <i>Served with milk and water</i>	Fresh Seasonal Fruit and Vegetable Platter	Fresh Seasonal Fruit and Vegetable Platter	Fresh Seasonal Fruit and Vegetable Platter	Fresh Seasonal Fruit and Vegetable Platter	Fresh Seasonal Fruit and Vegetable Platter
Lunch <i>Served with water</i>	Fish Pie with 3 Veg Topping <i>Ingredients: barramundi, leeks, carrot, peas, cauliflower, sweetcorn, milk, nuttalex, lemon, parsley</i>	Portuguese Style Chicken with Vegetable Rice <i>Ingredients: basmati rice, chicken, mushrooms, carrot, sweetcorn, cabbage, peas, garlic, oregano, parsley</i>	Pumpkin Soup with Risoni <i>Ingredients: pumpkin, red lentils, sweet potato, onion, garlic, ginger, parsley, coconut milk, risoni, freshly made bread rolls</i>	Middle Eastern Lamb Pilaf <i>Ingredients: lamb minced, fresh rosemary, pumpkin, zucchini, parsley, onion, garlic, tomato paste, oregano, sweet paprika, cous cous, yoghurt</i>	Hamburgers <i>Ingredients: beef mince, onion parsley, silver beet, carrot, zucchini, cabbage, tomatoes, cheese, freshly made burger buns</i>
Lunch Vegetarian Option	Tofu Pie with 3 Veg Topping <i>Ingredients: tofu, leeks, carrot, peas, cauliflower, sweetcorn, milk, nuttalex, lemon, parsley</i>	Portuguese Style Tofu with Vegetable Rice <i>Ingredients: basmati rice, tofu, mushrooms, carrot, sweetcorn, cabbage, peas, garlic, oregano, parsley</i>	As Above	Middle Eastern Vegetable Pilaf <i>Ingredients: chickpea stew, pumpkin, zucchini, parsley, onion, garlic, tomato paste, oregano, paprika</i>	Vegetable Burgers <i>Ingredients: lentil, sweet potato onion, carrot, zucchini, cabbage, tomato, cheese, freshly made burger buns</i>
Afternoon Tea <i>Served with milk and tap water</i>	Apple and Cinnamon Muffins <i>Ingredients: apple, cinnamon, date paste, flour, oil</i>	Cheese and Vegemite Pinwheels <i>Ingredients: puff pastry, tasty cheese, vegemite</i>	Tuna Dip with Vegetable Sticks and Rice Crackers <i>Ingredients: tuna with vegan mayonnaise dip, cucumber carrot, celery, rice crackers</i>	Yoghurt and Muesli <i>Ingredients: corn flakes, oats, toasted shredded coconut, pepitas, sunflower seeds, sultanas with greek yoghurt/coconut yoghurt</i>	Hummus Dip with Cheese, Dried Fruit and Flat Bread Slice <i>Ingredients: chickpeas, squared cheese, apricots, sultanas, carrot slices, rice cakes and flat bread</i>
Late Snack	Rice Crackers And Cheese (whole apples are available in the rooms for children to self-select)				

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix, Cornflakes, Milk, and Toast with Spreads – dairy free options available				
Morning Tea <i>Served with milk and water</i>	Fresh Seasonal Fruit and Vegetable Platter	Fresh Seasonal Fruit and Vegetable Platter	Fresh Seasonal Fruit and Vegetable Platter	Fresh Seasonal Fruit and Vegetable Platter	Fresh Seasonal Fruit and Vegetable Platter
Lunch <i>Served with water</i>	Minestrone Soup with Fresh Bread <i>Ingredients: small shell pasta, carrot, celery, potatoes, sweetcorn, kale, garlic, beef stock, tomatoes, red kidney beans, parsley</i>	Chicken Pasta Carbonara <i>Ingredients: penne pasta, diced chicken, mushrooms, peas, milk, cheese</i>	Coconut Fish Curry with Rice <i>Ingredients: basmati rice, barramundi fillets, spinach, peas, mushrooms, coconut cream milk, onion, garlic, ginger, curry paste</i>	Beef Meatballs with Cheesy Bake and Mashed Potato <i>Ingredients: beef mince, onion, garlic, parsley, herbs, potatoes, nuttelex, coconut milk and cream</i>	Middle Eastern Lamb with Chickpea Cous Cous <i>Ingredients: cous cous, chickpea, lamb mince, onion, garlic, parsley, fresh herbs, cabbage, pumpkin, mushrooms, tomato</i>
Lunch Vegetarian Option	As Above	Vegetable Pasta Carbonara <i>Ingredients: lentil, mushrooms, peas, cheese, milk</i>	Coconut Tofu Curry with Rice <i>Ingredients: basmati rice, barramundi fillets, spinach, peas, mushrooms, coconut cream milk, onion, garlic, ginger, curry paste</i>	Vegetarian Balls with Cheesy Bake and Mashed Potato <i>Ingredients: lentils, onion, garlic, parsley, herbs, potato, nuttelex, coconut milk</i>	Middle Eastern Veggies with Chickpea Cous Cous <i>Ingredients: cous cous, chickpea, onion, garlic, parsley, fresh herbs, cabbage, pumpkin, mushrooms, tomato</i>
Afternoon Tea <i>Served with milk and tap water</i>	Carrot and Oat Cookies <i>Ingredients: carrots, dates, oats, nuttelex, sugar</i>	Banana and Cinnamon Cake <i>Ingredients: banana, cinnamon, sugar, oil, flour, baking powder</i>	Fresh Seasonal Fruit Salad with Yoghurt <i>Ingredients: seasonal fruit, greek yoghurt</i>	Cheese and Crackers with Vegetable Sticks and Dried Fruit <i>Ingredients: squared cheese, cucumber, capsicum, carrot sticks, dried apricot, sultanas, banana chips</i>	Grilled Cheese and Tomato Herb Puff Pastry Scrolls <i>Ingredients: mozzarella cheese, tomato paste, onion, garlic, flour, yeast, salt</i>
Late Snack	Rice Crackers And Cheese (whole apples are available in the rooms for children to self-select)				