



Week 1



| Week 1 | | Monday (DF, MF, GF) | Tuesday (Seafood, CY, DF) | Wednesday (DF, Seafood, CY, GF) | Thursday (DF, Seafood, MF, CY,) | Friday (DF, Seafood, MF, GF) |
|---------------|--|--|--|---|--|------------------------------------|
| Morning Tea | | Saos/cruskits with vegemite and cheese | Fruit crumble w/ custard | Milo bliss balls | Creamy avocado dippers with veggie sticks, and pita bread fingers. | Pumpkin scones |
| | | Rice cakes with GF vegemite | Fruit crumble DF served with coconut yoghurt | GF, DF – Beetroot brownie for allergy chn | DF avocado dip and vegetable sticks for allergy chn. | GF/DF- pumpkin muffins |
| Lunch | | Corn flake crumbed chicken bites, with peas & corn and broccoli (GF, DF) | Sandwich day | Sushi bowls – protein choice of Tuna or chicken | Lamb noodle hot pot | Turkish bread pizzas |
| | | Quorn “nuggets” for MF chn. | Allergy safe breads/spreads/filling | Seafood allergy- chicken instead | MF- chn mushrooms instead. | Bio cheese shredded for DF pizzas. |
| Afternoon Tea | | Fruit platter | Fruit platter | Fruit salad & Yoghurt | Fruit platter | Fruit platter |
| | | GF, DF, MF | GF, DF, MF | Coconut yoghurt offered for DF chn | GF, DF, MF | GF, DF, MF |



Week 2

| Week 1 | | Monday (DF, MF, GF) | Tuesday (Seafood, CY, DF) | Wednesday (DF, Seafood, CY, GF) | Thursday (DF, Seafood, MF, CY, GF) | Friday (DF, Seafood, MF, GF) |
|---------------|--|---|---|---|--|-------------------------------------|
| Morning Tea | | Yoghurt & Muesli over 2s Yoghurt & Banana under 2s | Savoury muffins | Homemade carrot cake w/ cream cheese icing | Piklets with jam & cream | Peach muffins (DF) |
| | | Coconut yoghurt, w/ GF muesli. | GF, DF- Savoury Spinach muffins | DF- cake is DF, served without icing. GF- GF Carrot cake muffins | GF, DF Piklets with margarine and jam. | GF, DF, MF peach muffins |
| Lunch | | Thai pineapple fried rice (DF, MF) | Tandoori chicken on pita bread with salad served with tzatziki | Fish tacos with mango salsa & lime crema. | Orange veggie "mac n cheese "(MF) | Sandwich day |
| | | GF- GF soy sauce. | DF- served without Tzatziki. Gluten free wraps available. | GF wraps & GF fish bites DF-, served without S/c sauce Seafood allergy- chicken tenders in place of fish. | DF/GF- Gluten free Penne pasta, roux made with GF flour and nuttalex | Allergy safe breads/spreads/filling |
| Afternoon Tea | | Fruit platter | Fruit platter | Fruit platter | Fruit platter | Fruit platter |
| | | GF, DF, MF | Seafood, DF | DF, Seafood, GF | DF, Seafood, MF. GF | Df, Seafood. MF,GF |



Week 3

| Week 1 | | Monday (DF, MF, GF) | Tuesday (Seafood, CY, DF) | Wednesday (DF, Seafood, CY, GF) | Thursday (DF, Seafood, MF, CY, GF) | Friday (DF, Seafood, MF, GF) |
|---------------|--|--|--|--|---|---|
| Morning Tea | | Fruit platter | Fruit platter | Fruit platter with toasted pita chips & Guac. (DF) | Rice cakes with spread | Raisin toast (DF) |
| | | GF, MF, DF, | Seafood, CY, DF | GF- Rice crackers in place of Pita chips. | Rice caked with Allergy safe spreads | GF- Gluten free raisin toast |
| Lunch | | Fish curry & Rice (GF,DF) | Chicken Caesar pasta salad | Sandwich Day | Moroccan lamb with cous cous (DF) | beef & Broccoli w/ noodles (DF) |
| | | MF/Seafood- Chickpea curry in place of fish | DF- vegan mayo used, Bio cheese GF pasta where needed | Allergy safe bread/wraps with appropriate filling | GF- rice in place of cous cous MF- Vegan "chicken strips" marinated with Moroccan spices | MF- plant based "beef strips" GF- vermicelli noodles in place of wheat noodles |
| Afternoon Tea | | Vegemite & cheese scrolls | Lemon & passionfruit Weetabix slice (DF) | Berry Mini muffins | Fruit platter with cheese cubes, dried fruit, and crackers | Fruit platter |
| | | GF- Gluten free pastry used, GF vegemite DF- Bio Cheese | GF- Gluten free version made as needed | GF- Gluten free dairy free batch made | DF- no cheese cubes | MF, DF, seafood, GF |



Week 4

| Week 1 | | Monday (DF, MF, GF, Seafood) | Tuesday (Seafood, CY, DF) | Wednesday (DF, Seafood, CY, GF) | Thursday (DF, Seafood, MF, CY, GF) | Friday (DF, Seafood, MF,GF) |
|---------------|--|--|---|---|---|--|
| Morning Tea | | Baked beans on wholemeal toast (DF, MF) | Fruit platter | Wholemeal toasties, with Vegemite, Cheese, and tomato | Fruit platter | Beetroot brownie (DF) |
| | | GF- GF bread | GF, DF | GF- GF bread DF- Bio cheese | GF,DF | GF- Gluten free flour used |
| Lunch | | Chicken chow Mein with noodles (DF, GF) | Turkey & Salad DIY Sliders | Lamb biriyani (DF, GF) | Sandwich day | Beef Sausages, mash, green peas & corn cobs (GF, DF) |
| | | MF- Vegan "chicken strips" in place of mince | DF- Bio cheese offered. GF- GF burger bun used. Meat patties are allergy safe | GF, DF | Allergy safe filling used on safe bread options | MF- Vegan "sausages" |
| Afternoon Tea | | Fruit salad & Yoghurt | Pancake bake with grated zucchini, carrot and apple (DF) | Fruit & Vegetable stick platter (GF, DF) | Date & banana Slice (DF) | Fruit platter |
| | | DF- Coconut yoghurt | GF- GF pancake offered | GF, DF | GF- GF flour used | GF, DF |