



# Week One

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Standard Meal	Roasted veggie sticks, Corn cobs, cheese cubes, dip & rice crackers	Assorted Fruit platter	Raisin toast with spread Served with banana	Oatmeal cookies Served with Apple slices	Assorted Fruit platter
	Alternative Meal	-Without cheese cubes -	Assorted Fruit platter	Raisin Toast with spread served with Banana	Oatmeal Cookies served with Apple slices	Assorted Fruit platter
Lunch	Standard Meal	Chicken Cacciatore Served with Basmati Rice.	Beef sausage Rolls Served with cous cous & corn, tomato, cucumber salsa	Assorted sandwiches	Mexican chicken Pasta bake	Chickpea Korma with Basmati rice Served with toasted Pita bread
	Alternative meal	Tofu Cacciatore Served with Basmati Rice	Beef Sausage rolls with cous cous & Salsa	Assorted sandwiches	Mexican pasta bake W/ Tofu	Chickpea Korma with Basmati Rice served with Toasted pita bread
Afternoon Tea	Standard meal	Assorted Fruit platter	Beetroot brownies Served with orange slices	Roasted veggie sticks, Fruit, cheese, rice crackers	Assorted fruit platter	Homemade Fruit tarts served with Greek Yoghurt
	Alternative meal	Assorted Fruit platter	Beetroot brownie served with orange slices	Roasted veggie sticks, Fruit, rice crackers	Assorted Fruit platter	Homemade fruit tarts served with coconut Yoghurt

**Assorted Fruit platter may include the following:** *Watermelon, pineapple, honeydew melon, rockmelon, apples, oranges, mandarins, grapes (cut lengthways), pears, kiwi fruit, strawberries, blueberries, Banana.*

*All Alternative meals will be made as close to the standard meal as possible for all allergy children, using DF, GF, MF Alternatives, all meals will be Egg free, Nut free and where possible Sesame free.*

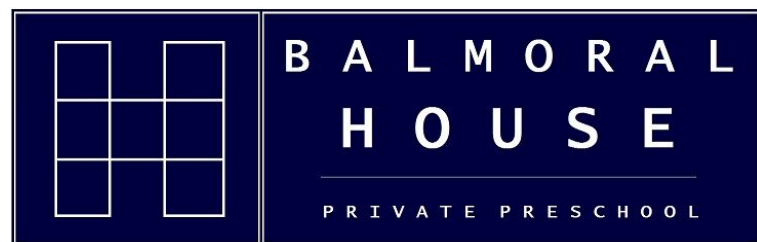


# Week Two

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Standard Meal	Rice cakes with Avocado. Served with Apple slices	Assorted Fruit platter	Baked Beans on wholemeal toast with Shredded cheese	Veggie Fritters served with hummus Dip	Assorted Fruit platter
	Alternative Meal	Rice cakes with Avocado, served with Apple slices	Assorted Fruit platter	Baked Beans on Wholemeal toast with nutritional yeast flakes	Veggie Fritters served with hummus Dip	Assorted Fruit platter
Lunch	Standard Meal	Lentil Bolognese with spaghetti	Sweet & sour Chicken meatballs Served with Basmati Rice	Chicken & Vegetable sliders	Assorted sandwiches	Sausage Pasta Bake with homemade vegetable pasta sauce
	Alternative meal	Lentil Bolognese with Gf Spaghetti	Sweet & sour chicken meatballs Served with Basmati Rice	Chicken & Vegetable Sliders	Assorted sandwiches	Meatless sausage Pasta Bake with homemade vegetable pasta sauce
Afternoon Tea	Standard meal	Fruit salad with Yoghurt	Apple and cinnamon Muffins Served with Orange slices	Assorted Fruit platter	Assorted Fruit platter	"Salted caramel" Bliss balls served with orange slices
	Alternative meal	Fruit salad with coconut yoghurt	Apple and Cinnamon Muffins served with orange slices	Assorted Fruit platter	Assorted fruit platter	"Salted caramel" Bliss balls served with orange slices

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# Week Three

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Standard Meal	Assorted Fruit platter	Overnight Oats, choc & Banana Flavour	Assorted Fruit platter	Weetabix Slice Served with orange slices	Assorted Fruit platter
	Alternative Meal	Assorted Fruit platter	Overnight Oats, Choc & Banana Flavour	Assorted Fruit platter	Weetabix slice Served with orange slices	Assorted Fruit platter
Lunch	Standard Meal	Assorted sandwiches	Curried Sausages Served with Rice	Chicken & Vegetable sliders	Pumpkin, Red onion & Broccoli Penne	Italian beef meatballs Served with rice
	Alternative meal	Assorted sandwiches	Curried Sausages Served with Rice	Chicken & Vegetable sliders	Pumpkin, Red onion & Broccoli Penne	Italian Lentil & Vegetable "meat" Balls, served with rice
Afternoon Tea	Standard meal	Spinach & Banana Muffins Served with Yoghurt	Assorted Fruit platter	Rice cakes / Corn thins with Avocado, Vegemite, cream cheese spread	Fruit & roasted veg sticks platter	Choc Zucchini bread and apple slices
	Alternative meal	Spinach & Banana Muffins Served with Coconut Yoghurt	Assorted Fruit platter	Rice cakes / Corn thins with Avocado, vegemite spreads	Fruit & roasted veg sticks platter	Choc Zucchini bread and apple slices

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# Week Four

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Standard Meal	Assorted Fruit & vegetable platter with dried fruit & rice crackers	Warm Apple Crumble Served with Custard	Assorted Fruit platter	Avocado & Vegemite Wholemeal Toast W/ Apple Slices	Assorted fruit platter & Bliss balls
	Alternative Meal	Assorted Fruit & vegetable platter with dried fruit & rice crackers	Warm Apple Crumble served with Custard	Assorted fruit platter	Avocado & Vegemite Wholemeal Toast W/ Apple Slices	Assorted fruit platter & Bliss balls
Lunch	Standard Meal	Chicken and vegetable Risotto	Beef tacos, served with cheese, sour cream, tomato, lettuce, corn taco shells & guacamole	Chicken & Vegetable Fried Rice	Spaghetti & Meatballs (beef)	Assorted sandwiches
	Alternative meal	Tofu and Vegetable Risotto	Beef tacos, served with, tomato, lettuce, corn taco shells & guacamole	Chicken & Vegetable Fried rice	Spaghetti with Lentil & Vegetable "meatballs"	Assorted sandwiches
Afternoon Tea	Standard meal	Savoury Pinwheels with spinach & cream cheese	Assorted Fruit salad	Warm Banana Toasties Served with a side of orange slices	Assorted fruit platter	Chickpea, chocolate, Zucchini & banana bread
	Alternative meal	Savour Pinwheels with shredded chicken & Pizza sauce	Assorted Fruit salad	Warm Banana Toasties Served with a side of orange slices	Assorted fruit platter	Chickpea, chocolate, Zucchini & banana bread

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