

Autumn wk1		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea		Fruit / Vegetable platter	Banana, Sweet potato & Cocoa "Pudding" (GF,DF, SF, MF)	Fruit salad with yoghurt OR coconut yoghurt	Strawberry & Ricotta wholemeal wrap "Roll ups"	fruit/Vegetable platter
		Allergy appropriate options provided	Allergy appropriate options provided	Allergy appropriate options provided	Allergy safe broccoli scrolls	Allergy appropriate options provided
Lunch		Chicken Sausage Pasta bake (DF)	Sandwich Day	Turkey Or beef San choy bow (GF, DF)	Crumbed Fish Poke bowls with edamame & fresh vegetables	Beef Singapore Noodle stir fry
		GF/Soy- Allergy pasta used	Allergy appropriate options provided	Soy- Coconut aminos in place of soy sauce	Seafood- crumbed chicken GF- GF crumbed fish Soy- no edamame, Coconut aminos used in place of soy sauce MF- homemade veggie nuggets	MF- plant based "chicken strips" GF- vermicelli noodles in place of Hokkien noodles
Afternoon Tea		Chinese spring onion pancakes.(DF)	Fruit/ Vegetable platter	ABC Muffins/Slice (Apple, banana, carrot)	Fruit/ vegetable platter	Vanilla & Chia Pancakes, served with homemade Mixed berry Chia jam (DF)
		GF- GF flour used	Allergy appropriate options provided	GF- GF Flour used	Allergy appropriate options provided	GF- GF flour used

Autumn wk2		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea		Fruit / Vegetable platter	Wholemeal scrolls	Fruit/ vegetable platter	Pumpkin scones (DF)	Fruit salad & Yoghurt Or coconut yoghurt
		Allergy appropriate options provided	Allergy safe batch made	Allergy appropriate options provided	GF- GF flour used	Allergy appropriate options provided
Lunch		Moroccan Baked Hoki (fish) with Pearl cous cous &	Beef spaghetti bolognaise	Sandwich Day	Teriyaki chicken & Rice bowls	Rainbow Vegetable pizzas, on homemade bases
		Seafood- Chicken in place of fish GF- Rice in place of cous cous	GF/soy- Allergy safe pasta used MF:TVP/Lentils/mushroom bolognaise	Allergy appropriate options provided	Soy- coconut aminos in place of soy	GF/DF/Soy- bases made with GF flour & coconut yoghurt
Afternoon Tea		Banana bread	Fruit/ Vegetable platter	Avocado tartare W/ toasted pita bread & Vegetable sticks	Fruit/ vegetable platter	Apple & cinnamon bliss balls (DF)
		Allergy safe batch made.	Allergy appropriate options provided	GF- Rice crackers in place of pita	Allergy appropriate options provided	GF- GF oats used

Autumn wk3		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea		Fruit salad & Yoghurt or coconut yoghurt	Rice cakes with homemade hummus & cheese/bio cheese slices	Fruit/ vegetable platter	Homemade wholemeal scrolls	fruit/Vegetable platter
		Allergy appropriate options provided	Allergy appropriate options provided	Allergy appropriate options provided	GF/DF- made with gf SR flour & coconut yoghurt	Allergy appropriate options provided
Lunch		Sandwich Day	Beef "Taco" Pasta bake	Chicken pasta soup	Fried rice with chicken & vegetables	Beef Bibimpap bowl
		Allergy appropriate options provided	MF- TVP used GF- Allergy safe pasta DF- Bio cheese used	Allergy safe pasta used. MF- Plant based "chicken strips"	Soy- Coconut aminos added in place of Soy sauce	Mf- Plant based strips in place of beef Soy- coconut aminos in place of soy
Afternoon Tea		Apple, oat, chia & sunflower seed slice	Fruit/ Vegetable platter	Homemade Focaccia with vegetable sticks & dip	Fruit/ vegetable platter	Cream cheese & fresh fruit "pizza" on homemade bases
		GF- GF oats used	Allergy appropriate options provided	Allergy safe batch made where needed	Allergy appropriate options provided	GF/DF- GF bases, coconut yoghurt in place of cream cheese

Autumn wk4		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea		Fruit / Vegetable platter	Wholemeal toast with assortment spread (avocado, hummus, chia mixed berry "jam")	Fruit/ vegetable platter	Anzac slice	fruit/Vegetable platter
		Allergy appropriate options provided	Allergy appropriate substitutions for the bread- rice cakes/GF bread	Allergy appropriate options provided	Allergy safe made with Gf oats, nuttalex	Allergy appropriate options provided
Lunch		Homemade pea pesto, with pasta spirals (V, DF)	Beef stroganoff with Basmati rice (DF, GF)	Chicken Fajitas (DF)	Beef, lentil & grated vegetable Meatloaf W/ corn cobs & broccoli (GF, DF)	Sandwich Day
		GF/SF- Allergy safe pasta	MF- TVP used in place of beef	GF- 100% corn tortillas in place of wheat/gluten	MF- Plant based mince used	Allergy appropriate options provided
Afternoon Tea		Fruit smoothies & Crunch and munch platter	Fruit/ Vegetable platter	Zucchini bites served with corn cobs (GF,DF)	Fruit salad & yoghurt or coconut yoghurt	Sweet potato & Blueberry muffins
		Coconut/rice milk used for DF bio cheese in place of cheese cubes	Allergy appropriate options provided	Allergy safe batch made	Allergy appropriate options provided	Allergy safe batch made

