



Summer Menu Week 1



Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea		Assorted fruit, crackers, dips, cheese platter	Summer fruits Frozen yoghurt (GF)	Assorted fruit, crackers, dips, cheese platter	Apple pie & Custard	Assorted fruit, crackers, dips, cheese platter
	Alt.	Allergy safe options served where applicable	DF- made with a vanilla coconut yoghurt base	Allergy safe options served where applicable	GF- Made using GF puff pastry DF- coconut yoghurt in place of custard	Allergy safe options served where applicable
Lunch		Chicken Sausages, fresh bread, peas & corn & Broccoli (DF)	Tropical Fish/chicken with banana, pineapple & basmati Rice (GF, DF)	Beef Nachos with homemade tortilla chips, Salad, Sour cream & Avocado	Lamb noodle Hot pot (DF)	Sandwich Day
	Alt.	GF- Gluten free bread served MF- Plant based "sausages"	Seafood- Chicken in place of fish	GF- Served with 100% corn tortilla chips DF- Bio cheese, no sour cream	GF- Gluten free pasta MF- Lentil & Mushrooms in place of beef	Allergy safe assorted sandwich fillings
Afternoon Tea		Banana Bread (DF)	Assorted fruit, crackers, dips, cheese platter	Milo Bliss Balls	Assorted fruit, crackers, dips, cheese platter	Oatmeal cookies & banana slices (DF)
	Alt.	GF- Gluten free banana bread	Allergy safe options served where applicable	GF/DF- allergy safe Bliss balls, made using dates, GF weetbix, coco powder, coconut	Allergy safe options served where applicable	GF- GF oats, GF flour used



Summer Menu Week 2

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea		Beetroot brownie (DF)	Assorted fruit, crackers, dips, cheese platter	Rice cakes with Assorted spreads	Assorted fruit, crackers, dips, cheese platter	Plain/Banana Piklets with Jam & Cream/margarine
	Alt.	GF- Gluten free beetroot brownie	Allergy safe options served where applicable	Allergy safe rice cakes, with assorted safe spreads	Allergy safe options served where applicable	DF- made with coconut milk, served with coconut yoghurt GF- Gluten free Piklets
Lunch		Sandwich Day	Sushi bowls W/ Teriyaki chicken & assorted salads (GF, DF)	Corned beef, assorted seasonal vegetables & white sauce (GF)	Lamb Ragu Pasta (DF)	Apricot Chicken & Basmati Rice (GF,DF)
	Alt.	Allergy Safe Assorted Sandwiches	(GF, DF)	DF- Dairy free white sauce made with Bio cheese and coconut milk	GF- Gluten free pasta MF- Textured Vegetable protein in place of Lamb	MF- plant based "chicken" strips
Afternoon Tea		Assorted fruit, crackers, dips, cheese platter	Weetbix & milk, served with mixed berries	Assorted fruit, crackers, dips, cheese platter	Toasted vegemite, cheese & tomato sandwiches	Assorted fruit, crackers, dips, cheese platter
	Alt.	Allergy safe options served where applicable	GF- Gluten free weetbix DF- Coconut milk allergy safe fruit option available if needed	Allergy safe options served where applicable	GF- Gluten free white bread DF- Bio cheese	Allergy safe options served where applicable



Summer Menu Week 3

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea		Assorted fruit, crackers, dips, cheese platter	Apple tea cake slice (DF)	Assorted fruit, crackers, dips, cheese platter	Raisin toast & Banana slices (DF)	Assorted fruit, crackers, dips, cheese platter
	Alt.	Allergy safe options served where applicable	GF- Made gluten free	Allergy safe options served where applicable	GF- Gluten free raising toast	Allergy safe options served where applicable
Lunch		Beef stroganoff with Pasta (DF)	Crumbed Fish tacos with Salad, cheese, sour cream	Sandwich Day	Lamb Biryani (DF,GF)	Orange Veg based Mac n cheese (MF)
	Alt.	GF- served with Gluten free pasta MF- Lentil & Mushroom/ Textured vegetable protein	GF- 100% corn tortillas Seafood- Chicken in place of fish DF- Bio cheese, no sour cream	Allergy safe assorted sandwiches	MF- roasted tofu bites in place of Lamb	GF- Served with Gluten free pasta DF- bio cheese in place of cheese, no cream
Afternoon Tea		Frozen Banana "pops" dipped in Yoghurt (GF)	Assorted fruit, crackers, dips, cheese platter	Summer Fruit tarts (DF)	Assorted fruit, crackers, dips, cheese platter	Homemade Vegemite scrolls
	Alt.	DF- Coconut yoghurt	Allergy safe options served where applicable	GF- Gluten free puff pastry	Allergy safe options served where applicable	GF- Made Gluten free DF- Made dairy free



Summer Menu Week 4

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea		Plain/Banana Piklets with Jam & Cream/margarine	Assorted fruit, crackers, dips, cheese platter	Pineapple & Coconut cake (DF)	Assorted fruit, crackers, dips, cheese platter	Baked beans & Wholemeal toast W/ cheese
		DF- made with coconut milk, served with coconut yoghurt GF- Gluten free Piklets	Allergy safe options served where applicable	GF- Made gluten free	Allergy safe options served where applicable	GF- Gluten free white bread DF- Bio cheese
Lunch		Lamb Koftas, salad, pita/wraps	Beef "Cheeseburger" Pasta	Chicken & seasonal vegetable "Pie"	Sandwich Day	Spinach & Ricotta & roasted pumpkin Lasagne (MF)
		GF- 100% corn tortilla MF- Falafel in place of lamb DF- Bio cheese	DF- Bio cheese GF- Gluten free pasta MF- Vegetable protein & mushroom	GF- Served with GF puff pastry DF- No cream, served with Bio cheese	Allergy safe Assorted Sandwiches	GF- Gluten free pasta sheets DF- bio cheese white sauce in place of dairy
Afternoon Tea		Assorted fruit, crackers, dips, cheese platter	Watermelon "slushie" (Frozen watermelon ice treat) (GF, DF)	Assorted fruit, crackers, dips, cheese platter	Blueberry Baked oatmeal bars (DF)	Assorted fruit, crackers, dips, cheese platter
		Allergy safe options served where applicable	GF, DF	Allergy safe options served where applicable	GF- made with Gluten free oats	Allergy safe options served where applicable