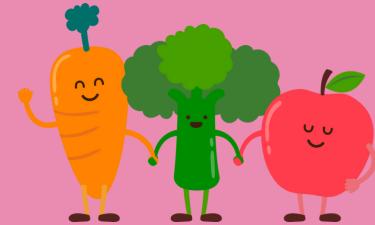


# AUTUMN & WINTER MENU

## WEEK 1



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

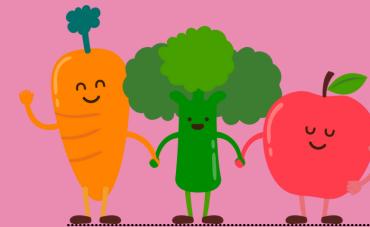
FRIDAY

BREAKFAST Until 8:00 AM

Cereal: Weet Bix or Cereal with full cream milk or Soy milk, toast with margarine

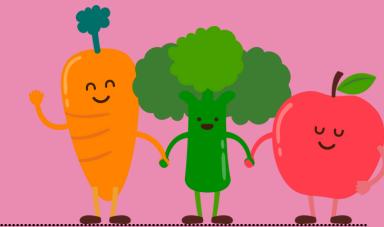
MORNING TEA 9:00-9:30 AM	Fruit platter	Fruit platter	Fruit platter	Fruit platter	Fruit platter
INGREDIENTS	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal Fruits
LUNCH	Black Bean Sauce Beef with Rice	Singapore Fried Noodles with Fish Cake	Creamy Chicken and Corn Soup with Bread	Greek Lamb and Macaroni Bake	Thai Style Veg Red Curry with Rice
INGREDIENTS Twinklers: 11:00 AM Beamers: 11:15 AM Starbucks: 11:45 AM Sunshine: 12:00	Beef, oil, onion, garlic, corn flour, soy sauce, black beans, beef stock	Fish cakes, oil, onion, garlic, fresh rice noodles, beans sprouts or shoots, chives, soy sauce, oyster sauce, fish sauce, sweet soy sauce	Boiled chicken, corn kernel, onion, garlic cauliflower, chicken stock	Oil, garlic, onion, lamb diced, stock, tomatoes, milk	Oil, onion, garlic, ginger, tomatoes, vegetable, red curry paste, vegetable stock, coconut milk
AFTERNOON TEA APPROX. 3:00 PM	Savoury Platter	Vegemite Scroll	Homemade Banana Bread	Hummus served with celery, cucumber and carrot sticks and pita bread triangles	Yogurt with Fruits
INGREDIENTS	Rice crackers, cheese cubes, sultanas, cucumber sticks	Puff pastry, grated cheese, Vegemite, melted butter, olive oil	Wholemeal flour, Nutelex, banana, sultanas, vanilla essence	Pita bread, dip, carrot sticks, celery, cucumber sticks	Mango/Strawberry/Coco nut yogurt, canned fruits/granola
LATE SNACKS Approx.5:30 PM	Seasonal Fresh Fruit with Water/Milk & Crackers				

We offer a vegetarian option for children who have a dietary restriction or cannot consume meat

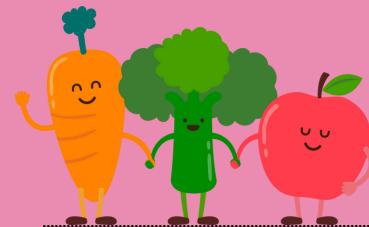


# AUTUMN & WINTER MENU

## WEEK 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST until 8:00 AM</b>	Cereal: Weet Bix or Cereal with full cream milk or Soy milk, toast with margarine				
<b>MORNING TEA 9:00-9:30 AM</b>	Fruit platter	Fruit platter	Fruit platter	Fruit platter	Fruit platter
<b>INGREDIENTS</b>	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal Fruits
<b>LUNCH</b>	Mongolian Chicken & Veg with Steamed Rice	Broccoli, Potato & Leek Soup with Bread	Japanese Curry Fish with Udon Noodle	Beef Stroganoff with Rice	Turkish Spiced Lamb with Yellow Rice
<b>INGREDIENTS</b> Twinklers: 11:00 AM Beamers: 11:15 AM Starbucks: 11:45 AM Sunshine: 12:00	Chicken, butter, oil, onion, garlic, ginger, spring onion, tomatoes, tomato sauce, oyster sauce, flour, spices, soy sauce, capsicum	Oil, butter, onion, garlic, potatoes, leeks, broccoli, celery, vegetable stock, thyme, chives, bay leaves, cream	Fish, oil, butter, onion, garlic, ginger, Japanese curry powder, garam masala, soy sauce, honey, apple cider vinegar, apple juice, fish stock, carrots, potatoes, spices, tomatoes	Oil, onion, garlic, mushroom, spices, beef stock, sour cream, beef, spinach	Oil, onion, garlic, lamb, spiced, apricots, parsley, chicken stock
<b>AFTERNOON TEA Approx. 3:00 PM</b>	Shortbread Biscuits	Puff Pastry Apple Tart	Saladas with a variety of spreads, carrot sticks, sultanas	Pancake with Berry Compote	Pineapple and Coconut Cake
<b>INGREDIENTS</b>	Butter, flour, vanilla extract	Apple, cinnamon powder, puff pastry sheet, Nutelex, cornflour	Saladas, butter, vegemite, cheese	Frozen berries, lemon, water, pancake mix	Plain flour, baking powder, dessicated coconut, pineapple, Nutelex
<b>LATE SNACKS Approx. 5:30 PM</b>	Seasonal Fresh Fruit with Water/Milk & Crackers				
We offer a vegetarian option for children who have dietary restrictions or cannot consume meat					

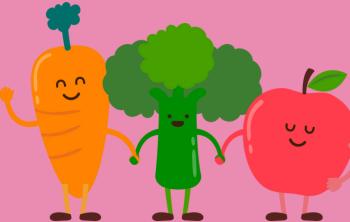


# AUTUMN & WINTER MENU

## WEEK 3

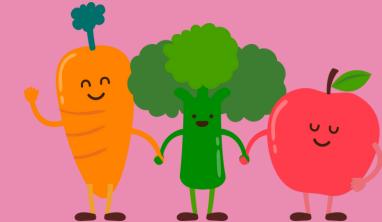


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Until 8:00 AM	Cereal: Weet Bix or Cereal with full cream milk or Soy milk, toast with margarine				
MORNING TEA 9:00-9:30 AM	Fruit platter	Fruit platter	Fruit platter	Fruit platter	Fruit platter
INGREDIENTS	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal Fruits
LUNCH	Mushroom, Eggplant and Lentil Lasagna	Milk Rice with Chicken Curry	Lamb Ragu with Fusilli	Tuna puff Pastry	Teriyaki Beef Stir Fry with Steamed Rice
INGREDIENTS Twinklers: 11:00 AM Beamers: 11:15 AM Starbucks: 11:45 AM Sunshine: 12:00	Oil, onion, garlic, lentil, mushroom, eggplant, tomato paste, veg stock, tomatoes, spinach, lasagna sheet, cheese, milk	Oil, onion, garlic, ginger, curry leaves, spices, coconut milk, rice, chicken	Lamb, oil, garlic, onion, carrots, celery, canned tomatoes, tomato paste, chicken stock, parmesan and pecorino cheese, parsley, thyme, bay leaves	Oil, onion, tuna, spices, potatoes, carrot, capsicum, tomato sauce	Beef, oil, onion, garlic, ginger, teriyaki sauce, soy sauce, beans, carrots, capsicum, broccoli, tomato paste, rice vinegar, honey, sesame oil, chicken stock
AFTERNOON TEA Approx. 3:00 PM	Savory Platter	Carrot Cake	Hummus served with celery, cucumber, carrot sticks and rice cakes	Mini Margherita pizza	Blueberry Muffin
INGREDIENTS	Rice crackers, cheese cubes, sultanas, cucumber sticks	Carrot, Nutelex, cinnamon powder, nutmeg powder, flour, baking powder, baking soda	Rice cakes, dip, carrot sticks, celery, cucumber sticks	English muffin, tomato paste, herbs, grated cheese	Flour, baking powder, fresh blueberries, butter, milk, vanilla extract
LATE SNACKS Approx. 5:30 PM	Seasonal Fresh Fruit with Water/Milk & Crackers				
We offer a vegetarian option for children who have dietary restrictions or cannot consume meat					



# AUTUMN & WINTER MENU

## WEEK 4



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST Until 8:00 AM</b>	Cereal: Weet Bix or Cereal with full cream milk or Soy milk, toast with margarine				
<b>MORNING TEA 9:00-9:30 AM</b>	Fruit platter	Fruit platter	Fruit platter	Fruit platter	Fruit platter
<b>INGREDIENTS</b>	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal fruits	Seasonal Fruits
<b>LUNCH</b>	Lamb Roast with Mash Potatoes	Vegetable and Beef Soup with Bread	Stir Fry Spaghetti with Vegetable	Butter Chicken with Rice	Creamy Tuna Wrap with Veg
<b>INGREDIENTS</b> Twinklers: 11:00 AM Beamers: 11:15 AM Starbucks: 11:45 AM Sunshine: 12:00	Lamb, garlic, all spices, oregano, onion powder, garlic powder, tomato ketchup, potatoes, thickened cream, mozzarella cheese, parsley leaves	Oil, onion, garlic, celery, carrot, beef, bay leaves, tomato paste, tomatoes, beef stock, potatoes	Spaghetti, olive oil, garlic, onion, carrot, capsicum, oregano, black & green olives, soy sauce, parsley	Oil, onion, tuna, spices, potatoes, carrot, capsicum, tomato sauce	Tortillas, greek yogurt, onion, tomatoes, cucumber, lettuce, tuna, lemon, mayonnaise
<b>AFTERNOON TEA Approx. 3:00 PM</b>	Orange Poppy Seed Cake	Date Scones	Assorted Sandwiches	Saladas with a variety of spreads, carrot sticks, sultanas	Raisin Toast with Spread
<b>INGREDIENTS</b>	wholemeal self-raising flour, egg replacer, oil, orange, poppy seeds	Self-raising flour, butter, dates, cream	Cream cheese, vegemite, wholemeal bread and butter	Saladas, butter, vegemite, cheese	Raising toast, vegemite, Nutelex, cream cheese with cheese
<b>LATE SNACKS Approx. 5:30 PM</b>	Seasonal Fresh Fruit with Water/Milk & Crackers				

We offer a vegetarian option for children who have dietary restrictions or cannot consume meat