

2023-2024 Menu



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	SEASONAL FRUITS FLAVOUR YOGURT	FRUIT PLATTER WITH TOAST TRIANGLES	FRESH CUT FRUITS, RICE BUBBLES, MILK	WAFFLES, SEASONAL BERRIES	SEASONAL FRUITS, FLAVOUR YOGURT
Allergy alternative	COCONUT YOGURT	GLUTEN FREE TOAST	GLUTEN FREE FLAKES	GLUTEN FREE TOAST	GLUTEN FREE PANCAKES
Lunch	SWEET CORN, VEGETABLE CHICKEN SOUP, STEAMED RICE	MACORONI PASTA BEEF BOLOGNAISE	BAKED BASA FISH, NAPOLI CREAM BASIL SAUCE WITH PASTA	LENTIL SPINACH STEW, STEAMED BASMATHI RICE	ASSORTED SANDWICHES
Allergy alternative	GLUTEN FREE PASTA	VEGETABLE SWEET CORN SOUP	GLUTEN FREE PASTA	NONE ASSORTED SANDWICHES	GLUTEN FREE WRAPS
Afternoon Tea	PANCAKES, FRESH BERRIES	CHOCO CHIP COOKIES, ORANGE WEDGES	MIX BERRY JAM OPEN SANDWICHES, CUT BANANA	BLUEBERRY VANILLA SPONGE CAKE CUT KIWI, CARROT STICKS	CHEESE CHEDDAR, GRAPES, CUCUMBER STICKS, SALT CRACKERS
Allergy Alternative	BUCK WHEAT PANCAKES	COCONUT OAT COOKIES	GLUTEN FREE SANDWICHES	GLUTEN FREE VANILLA CUP CAKE	DAIRY FREE CHEESE
Late Afternoon Tea	Crackers with cheese	RAISINS AND CRACKERS	Crackers with cheese	CUCUMBER STICKS	Crackers with cheese
Allergy Alternative	Gluten free crackers	Gluten free crackers	Gluten free crackers	Gluten free crackers	Gluten free crackers
Nursery Alternatives	Veg puree /fruit puree	Veg puree/fruit puree	Veg puree/fruit puree	Veg puree/fruit puree	Veg puree/fruit puree

2023-2024 Menu



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	SEASONAL FRUITS, STRAWBERRY YOGURT	SEASONAL CUT FRUITS ASSORTED TOASTS	SEASONAL CUT FRUITS CEREALS, MILK	SEASONAL CUT FRUITS ASSORTED TOASTS	SEASONAL FRUIT, VANILLA YOGURT
Allergy alternative	COCONUT YOGURT	GLUTEN FREE TOAST	GLUTEN FREE CEREALS	GLUTEN FREE TOASTS	COCONUT YOGURT
Lunch	MEXICAN STYLE CHICKEN ENGLISH MUFFIN PIZZAS	CARBONARA SAUCE WITH BACON, MACORONI PASTA	MEDITERRANEAN CHICKEN AND VEGETABLE STEW, STEAMED RICE	BEEF MEAT BALLS, MACARONI WITH NAPOLI SAUCE	ASSORTED SANDWICHES
Allergy alternative	VEGETABLE CASSEROLE	PASTA WITH NAPOLI SAUCE	CREAM SAUCE WITH CHICKEN	GLUTEN FREE PASTA, BEEF MEAT BALLS	GLUTEN FREE SANDWICHES
Afternoon Tea	CARROT RAISIN CAKE, CUT KIWI	HOME MADE BAKED BEEF PUFFS, CUT BANANA	BUTTERMILK PANCAKES, SEASONAL BERRIES	TOMATO CHEESE SCROLLS, ORANGE WEDGES	CHEESE CHEDDAR, GRAPES, CARROT STICKS, SALT CRACKERS
Allergy Alternative	GLUTEN FREE CUP CAKES	BAKED CHICKEN PUFFS	VEGAN PANCAKES	VEGAN BISCUITS	GLUTEEN FREE BISCUITS, DAIRY FREE CHEESE
Late Afternoon Tea	SALT BISCUITS	RICE CAKES	RAISINS	SALT BISCUITS	GARLIC CRACKERS
Allergy Alternative	Gluten free crackers	Gluten free crackers	Gluten free crackers	Gluten free crackers	Gluten free crackers
Nursery Alternatives	Veg puree/fruit puree	Veg puree/fruit puree	Veg puree/fruit puree	Veg puree/fruit puree	Veg puree/fruit puree

2023-2024 Menu



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	FRUIT PLATTER WITH FLAVOURED YOGURT	SEASONAL CUT FRUITS ASSORTED TOASTS	ASSORTED FRUITS, ASSORTED CEREALS, MILK	WAFFLES, SEASONAL BERRIES	FRUIT PLATTER WITH FLAVOURED YOGURT
Allergy alternative	COCONUT YOGURT	GLUTEN FREE TOASTS	GLUTEN FREE CEREALS	ASSORTED TOAST TRIANGLES	COCONUT YOGURT
Lunch	BAKED BASA FISH WITH PUMPKIN VELOUTE, MACARONI PASTA	THAI CHICKEN GREEN CURRY, STEAMED JASMINE RICE	KANGAROO BOLOGNAISE, MACARONI PASTA	RATATOUILLE, STEAMED RICE	ASSORTED SANDWICHES
Allergy alternative	VEGETABLE THAI CURRY	VEGETABLE THAI CURRY, STEAMED JASMINE RICE	PASTA WITH NAPOLI SAUCE	NONE	GLUTEN FREE SANDWICHES
Afternoon Tea	CHEESE PIZZAS, CUP APPLE WEDGES	CHOCOCHIP BANANA CAKE, SEASONAL BERRIES	VEGETBLE SPRING ROLLS, ORANGE WEDGES	VEGEMITE CHEESE SCROLLS, CUT BANANA	CHEESE CHEDDAR, GRAPES, CUCUMBER STICKS, SALT CRACKERS
Allergy Alternative	GLUTEN FREE PIZZA	GLTEN FREE VANILLA CUPCAKE	RICE CAKES WITH 100S AND 1000S	DAIRY FREE SCROLLS	GLUTEEN FREE BISCUITS, DAIRY FREE CHEESE
Late Afternoon Tea	GARLIC CRACKERS	CHICKEN CRACKERS	SALT BISCUITS	RICE CAKES	SALT BISCUITS
Allergy Alternative	RICE CAKES	RICE CAKES	RICE CAKES	RICE CAKES	RICE CAKES
Nursery Alternatives	Veg puree/fruit puree	Veg puree/fruit puree	Veg puree/fruit puree	Veg puree/fruit puree	Veg puree/fruit puree

2023-2024 Menu



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	FRESH CUT FRUITS, FLAVOURED YOGURT	SEASONAL CUT FRUITS, ASSORTED TOASTS	FRUIT PLATTER, RICE BUBBLES, MILK	VEGETMITE ENGLISH MUFFINS, SEASONAL CUT FRUITS	FRESH CUT FRUITS, FLAVOURED YOGURT
Allergy alternative	COCONUT YOGURT	GLUTEN FREE TOAST	GLUTEN FREE CEREALS	GLUTEN FREE TOAST	GLUTEN FREE TOASTS
Lunch	BUTTER CHICKEN, STEAMED RICE	ALFREDO SAUCE CHICKEN, MACARONI PASTA	MEDITERRANEAN VEGETABLE STEW, STEAMED BASMATHI RICE	BEEF STROGANOFF, UNSEEN VEGETABLES MACARONI PASTA	ASSORTED SANDWICHES
Allergy alternative	CHICKEN IN NAP SAUCE	PASTA WITH TOMATO BASIL SAUCE	EVERY ONE CAN HAVE IT	VEGETABLE STROGANOFF	GLUTEN FREE SANDWICHES
Afternoon Tea	FAIRY BREAD, CUT APPLE, CUT CUCUMBERS	CHEESE CHEDDAR, GRAPES, CARROT STICKS, SALT BISCUITS	FRIED TORTILLAS, SOUR CREAM, AVOCADO DIP, ORANGE WEDGES	RED VELVET CAKE, SEASONAL BERRIES	CHEESE PLATTER, CUT KIWI, CARROT STICKS, BIKKIES
Allergy Alternative	RICE CAKES	BIO CHEESE, RICE CAKES	GLUTEN FREE TORTILLAS	CHOCOLATE MUD CAKE	DAIRY FREE CHEESE, RICE CAKES
Late Afternoon Tea	SALT BISCUITS	RAISINS	SALT BISCUITS	CARROT STICKS	SALT BISCUITS
Allergy Alternative	RICE CRACKERS	RICE CAKES	RICE CAKES	RICE CRACKERS	RICE CAKES
Nursery Alternatives	Veg puree/fruit puree	Veg puree/fruit puree	Veg puree/fruit puree	Veg puree/fruit puree	Veg puree/fruit puree