

2020 Winter/Spring Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Seasonal fresh fruit, crackers and cheese	Seasonal fresh fruit, crackers and cheese	Seasonal fresh fruit, crackers and cheese	Seasonal fresh fruit, crackers and cheese	Seasonal fresh fruit, crackers and cheese
Allergy alternative	Gluten Free crackers	Gluten Free crackers	Gluten Free crackers	Gluten Free crackers	Gluten Free crackers
Lunch	Sausages and onions on bread with salad	Chicken stir fry with noodles	Baked fish, potatoes with veg	Spaghetti Bolognese	Ham/ Chicken Wraps with salad
Allergy alternative	Gluten free bread / sausages	Gluten free noodles		Gluten free spaghetti	Gluten free wraps
Afternoon Tea	Veggie sticks and seasonal fruits	Muesli bars and seasonal fruit	Scones and seasonal fruit	Yogurt with seasonal fruit	Cranberry bog bars with seasonal fruit
Allergy Alternative		Gluten free biscuits	Gluten free biscuits	Dairy free yogurt	Gluten free cracker
Late Afternoon Tea	Crackers with cheese	Crackers with cheese	Crackers with cheese	Crackers with cheese	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

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Seasonal fresh fruit, crackers and cheese	Seasonal fresh fruit, crackers and cheese	Seasonal fresh fruit, crackers and cheese	Seasonal fresh fruit, crackers and cheese	Seasonal fresh fruit, crackers and cheese
Allergy alternative	Gluten Free crackers	Gluten Free crackers	Gluten Free crackers	Gluten Free crackers	Gluten Free crackers
Lunch	Tuna pasta bake	Assorted Whole meal sandwiches	Chicken fried rice	Carbonara	Zucchini slice
Allergy alternative	Gluten Free crackers	Gluten Free crackers	Gluten Free crackers	Gluten Free crackers Dairy free pasta	Gluten Free crackers
Afternoon Tea	Anzac biscuits with seasonal fruit	Veggie sticks with dip and seasonal fruit	Custard with seasonal fruit in ice cream cone	Pretzels and seasonal fruit	Pikelets with honey/jam and seasonal fruit
Allergy Alternative	Gluten free biscuits				Gluten free pikelets
Late Afternoon Tea	Crackers with cheese	Crackers with cheese	Crackers with cheese	Crackers with cheese	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

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Seasonal fresh fruit, crackers and cheese	Seasonal fresh fruit, crackers and cheese	Seasonal fresh fruit, crackers and cheese	Seasonal fresh fruit, crackers and cheese	Seasonal fresh fruit, crackers and cheese
Allergy alternative	Gluten Free crackers	Gluten Free crackers	Gluten Free crackers	Gluten Free crackers	Gluten Free crackers
Lunch	Tacos with salad and cheese	Sweet and sour chicken with rice	Cottage pie	Vegetarian Quiche	Fish patties with potatoes and vegetables
Allergy alternative					
Afternoon Tea	Banana and coconut bread with seasonal fruit	Veggie sticks and dip with seasonal fruit	Crackers with seasonal fruit	Muesli bars with seasonal fruit	Yogurt with seasonal fruit
Allergy Alternative			Gluten free crackers	Gluten free crackers	Dairy free yogurt
Late Afternoon Tea	Crackers with cheese	Crackers with cheese	Crackers with cheese	Crackers with cheese	Crackers with cheese
Allergy Alternative					
Nursery Alternatives	Veg puree/fruit puree	Veg puree/fruit puree	Veg puree/fruit puree	Veg puree/fruit puree	Veg puree/fruit puree

2020 Winter/Spring Menu

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Seasonal fresh fruit, crackers and cheese	Seasonal fresh fruit, crackers and cheese	Seasonal fresh fruit, crackers and cheese	Seasonal fresh fruit, crackers and cheese	Seasonal fresh fruit, crackers and cheese
Allergy alternative	Gluten free crackers	Gluten free crackers	Gluten free crackers	Gluten free crackers	Gluten free crackers
Lunch	Butter chicken with rice	English muffin pizza	Creamy chicken pasta	Corned beef with scallop potatoes and vegetables	Lentil Bolognese
Allergy alternative		Gluten free muffins	Gluten free pasta		Gluten free pasta
Afternoon Tea	Veggie sticks with dip and seasonal fruit	Custard with seasonal fruit in ice cream cones	Raspberry bliss balls with seasonal fruit	Strawberry Muffins with seasonal fruit	Cheese scrolls with seasonal fruit
Allergy Alternative					
Late Afternoon Tea	Crackers with cheese	Crackers with cheese	Crackers with cheese	Crackers with cheese	Crackers with cheese
Allergy Alternative					
Nursery Alternatives	Veg puree/fruit puree	Veg puree/fruit puree	Veg puree/fruit puree	Veg puree/fruit puree	Veg puree/fruit puree