

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	A selection of cereals Weetbix muesli, Ricies, cornflakes and porridge over winter, Acidophilus yoghurt, selection of milk; whole and low-fat, Selection of bread; wholegrain, wholemeal, white, Fruit Selection of preserved and fresh fruits Tea, Hot chocolate n water are available with all meals						
Morning Tea	Anzac cookies	Choc cake	Yoghurt pots	Popcorn or corn chips	Berry muffins		
Lunch - Main	Korean Beef n corn soft Tacos marinated Tofu, lentil n corn soft taco	Loaded mac cheese	Ham n cheese Croissant	Quesadillas Beef or bean mix topped with cheese and sour cream	Bacon and cheese wedges		
Vegetarian			Cheesy Omelette Croissant		Wedges, cheese sour cream		
Salad and Sandwich	Daily salads and a variety of ingredients for Sandwich n roll making included Wholegrain wholemeal n white, wraps, rolls, pitas A selection of tinned fish and Deli meats for Sandwich and Roll fillings. Fresh Seasonal Fruit						
Afternoon tea	Hot cross buns	Spaghetti boats	Sausage rolls	HM scone with cream and jam	Ice pops		
Beverages	Juice	Flavoured Milk	Juice	Flavoured Milk	Juice		
Dinner	Crumbed Hoki fish	BBQ dinner Rump steak Sausages	Pesto chicken penne pasta	Moroccan pork n pineapple casserole			
Vegetarian	Roasted Vegetable, Lentil & Haloumi Bake	Homemade Veg n Chickpea rissole n Veg n Tofu skewers	Spinach ricotta cannelloni pasta	Kale chickpea garbanzo beans Tarts w. capsicum dressing			
Starch	Wedges	Baked herb potato	Garlic bread	Mashed potatoes			
Vegetables	Beans, corn	Corn cob, peas	Beans, carrot	Broccoli cauliflower			
Dessert	Donuts w choc sauce	Banana coconut pie	Apple rhubarb crumble w ice cream	Sticky date pudding			
supper	Muesli bars	Carrot, pitta n hummus	Spinach n cheese muffins	Home baked cookies			