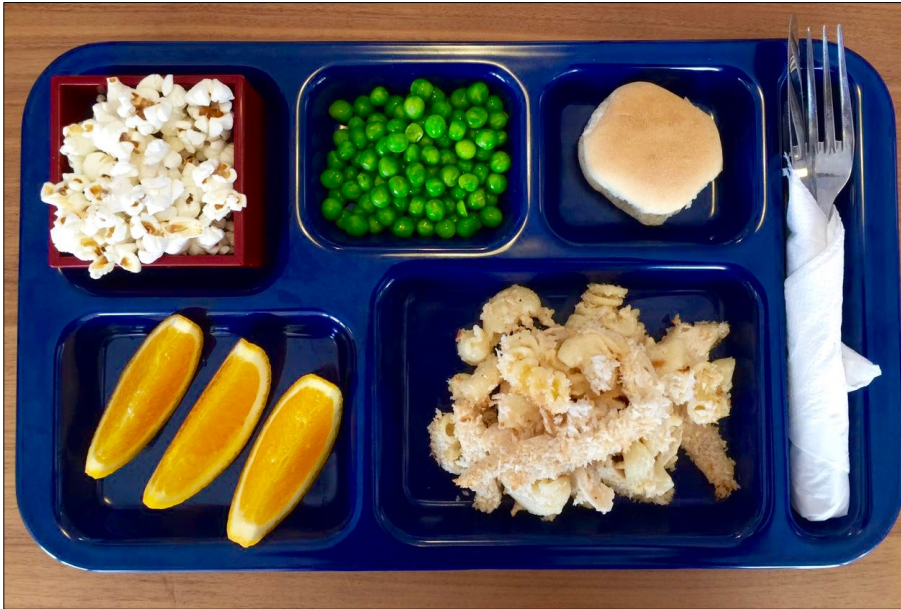


Sample Menu

WEEK 1	SUNDAY	MONDAY	TUESDAY	WEDNESDAY - MEXICAN	THURSDAY
	Beef cottage pie	Salmon fishcakes, lemon mayo	Lamb pasty housemade, tomato chutney	Mexican chicken, capsicum, tomato ragu	Chicken Meatball Sub
	Green peas	Cherry tomato pasta salad	Cauliflower cheese bake	Steamed rice	Mini yoghurt, cheese stick
	Ceres fruit juice	Roasted sweet potato and carrot mash	Crunchy green salad, cucumber, cherry tomato, celery	Mini corn on the cob	Fruit Salad Cup
	Whole-wheat roll	Focaccia bread slice	Unsalted popcorn	Soft shell tortilla triangles	Veg Sticks and Hummus
	Homemade flapjacks	Strawberry shortcake	Fresh fruit salad	Pineapple upside down cake	Blueberry muffins
WEEK 2	SUNDAY	MONDAY	TUESDAY	WEDNESDAY - CHINESE	THURSDAY
	Roasted lamb patties, potato, tomatoes	Mini chicken sausages, gravy	Fish Fingers, lemon mayo	Kid friendly San Choy Bao, lettuce cup	Pineapple chicken pizza
	Chilled broccoli trees	Raclette potatoes	Mushy peas, mint	Egg, vegetable fried rice	Mini yoghurt, cheese stick
	Tzatziki dip	Buttered carrots and cabbage	Roasted cubed potatoes	Prawn Crackers	Fruit salad cup
	Crispy pita bread triangles	Yorkshire pudding	Fresh Milk	Ceres fruit juice	Veg sticks and hummus
	Strawberry rice pudding	Pinapple stars	Oatmeal Cookies	Dish fortune cookies	Homemade flap jacks
WEEK 3	SUNDAY	MONDAY	TUESDAY	WEDNESDAY -INDIAN	THURSDAY
	Aussie beef pie with puff pastry lid	Roast chicken thyme gravy	Apricot Lamb Stew	Famous Dish butter chicken	Chicken, capsicum, sweet onion quesadilla
	Mashed Potatoes	Green peas	Vegetable Couscous	Steamed rice	Mini yoghurt, cheese stick
	Crunchy green salad, cucumber, cherry tomato, celery	Roasted cubed potatoes and carrots	Crunchy green salad, cucumber, cherry tomato, celery	Yellow lentils, tomato	Fruit Salad Cup
	Whole-wheat roll	Unsalted Popcorn	Whole-wheat roll	Paratha bread	Veg sticks and hummus
	Fresh fruit cup, natural yogurt, honey drizzle	Healthy apple crumble and custard	Orange wedges	Mango Rice Pudding	Homemade banana bread
WEEK 3	SUNDAY	MONDAY	TUESDAY	WEDNESDAY - JAPANESE	THURSDAY
	Beef meatballs, napoli sauce	Chicken tenders, housemade BBQ sauce	Turkey, cauliflower, leek, pea mac and cheese	Teriyaki Chicken Katsu	Lemon herb grilled chicken and feta wrap
	Steamed carrots	Roasted cubed potatoes	Roasted cinnamon pumpkin	Steamed Rice	Mini yoghurt, cheese stick
	Mashed potatoes	Baked butter beans	Fresh milk	Veggie Sushi	Fruit salad cup
	Whole-wheat roll	Corn on the cob	Focaccia bread slice	Edamame Beans	Veg sticks and hummus
	Healthy raw cocoa date, oat slice	Watermelon slices	Healthy apple crumble and custard	Honeydew melon	Lemon drizzle cake



Aussie beef pie with pastry lid, rice, carrots and peas. Banana cake with whipped cream



Chicken and pasta bake, peas, bread roll, popcorn and seedless orange wedges

