



Week One	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<b>Choose from: wholegrain cereals, Weet-bix and all brand served. with milk and water (Available 7:30-8:00)</b>				
<b>Morning Tea</b>	<b>Served with an assortment of fresh fruit/vegetable</b>				
	Wholemeal bread with cheese and tomato	English muffins with avocado	Herb and garlic wholemeal bread	Crumpet with cream cheese	Banana porridge
<b>Beverage</b>	<b>milk/water</b>				
<b>Lunch</b>	Hungarian lamb ghoulash (lamb mince)	Tuna sushi (Tuna)	Beef and mushroom rigatoni (Beef mince)	Beef chickpea and lentil curry (beef)	Chicken and cheese with spinach (chicken)
<b>Pasta, rice, or bread</b>	Wholemeal cous cous	<b>Rice</b>	Rigatoni pasta	Pita bread	Penne pasta
<b>Vegetable</b>	Onion, potato, carrot, tomatoes,	Cucumber, carrot, avocado	Mushroom, pumpkin, onion	Broccoli, carrot, cauliflower	Spinach, zucchini, carrot
<b>Alternate Menu</b>	Vegetable Hungarian goulash	Tofu Sushi	Vegetable Rigatoni	Chickpea and lentil curry	Penne pasta with cheese
<b>Afternoon Tea</b>	<b>Served with an assortment of fresh fruit/vegetable</b>				
	Banana muffins	Rice cracker with avocado dip	Orange and chia seed cake	Sweet potato & cheese roll	Apple puff pastry
<b>Beverage</b>	<b>milk/water</b>				
<b>Nursery</b>	<b>Our nursery offers a variety of rice cereal, fruit, vegetable and or meal options at each meal service. Appropriate age development texture modifications will apply, e.g., purees mashed or chunky</b>				