

DAY	Morning Tea	In Classroom Activities	Lunch	Afternoon Tea	Alert	Breads & Cereals RNS 2/4	Dairy RNS 1.5/3	Meat /Alt RNS 1/2	Fruit & Veg RNS 2/4
Monday	In season Assorted Fruit Milk or Water	Spreading Grating Juicing Cereal	Sandwiches List 1 Warm Fruit in Cinnamon Sauce Milk or Water	Cauliflower and Cheese Muffins with Apple Slices Milk or Water	Ham Dairy	2	2	1	3
Tuesday	In season Assorted Fruit Milk or Water	Spreading Grating Juicing Cereal	Fish and Fried Rice Bread & Butter Milk or Water	Sultana Scones with sliced Apple & sliced Cheese Milk or Water	Fish Dairy	2	2	1	3
Wednesday	In season Assorted Fruit Milk or Water	Spreading Grating Juicing Cereal	Sandwiches List 4 Apple & Rhubarb Pie with Custard Milk or Water	Banana Fritters with sultanas and dried apricots Milk or Water	Beef (Silverside) Dairy	2	2	1	2.5
Thursday	In season Assorted Fruit Milk or Water	Spreading Grating Juicing Cereal	Spaghetti Bolognese With Vegetables Garlic Bread Milk or Water	Tuna, Cheese & Tomato Sao's with sliced Apple and Sultanas Milk or Water	Beef Fish Dairy	2	2	1	2.5
Friday	In season Assorted Fruit Milk or Water	Spreading Grating Juicing Cereal	Sandwiches List 3 Anzac Slice Milk or Water	Vegetable & Cheese Pizza Milk or Water	Chicken Dairy	2	2	1	3

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Monday	In season Assorted Fruit Milk or Water	Spreading Grating Juicing Cereal	Beef Roast with Potatoes, Carrots and Pumpkin Bread & Butter Milk or Water	Tuna, Cheese and Salad Wraps with Dates Milk or Water	Beef Dairy Fish	2	2	2	3
Tuesday	In season Assorted Fruit Milk or Water	Spreading Grating Juicing Cereal	Sandwiches List 3 Orange & Lemon Loaf Milk or Water	Vegemite & Cheese Pinwheels with Sliced Apple Milk or Water	Chicken Dairy Egg	2	2	1	2.5
Wednesday	In season Assorted Fruit Milk or Water	Spreading Grating Juicing Cereal	Vegetable Lasagne Bread & Butter Milk or Water	Ham, Cheese & Tomato Sao's with sliced Apple and Sultanas Milk or Water	Ham Dairy	2	2	1	3
Thursday	In season Assorted Fruit Milk or Water	Spreading Grating Juicing Cereal	Sandwiches List 2 Fruit & Yoghurt Milk or Water	Sweet Potato and Oat Slice with Cheese Slices Milk or Water	Beef Dairy	2	2	1	2
Friday	In season Assorted Fruit Milk or Water	Spreading Grating Juicing Cereal	Butter Chicken with Peas, Carrot, Broccoli and Rice Bread & Butter Milk or Water	Apple and Cinnamon Pancakes with Apricots Milk or Water	Chicken Dairy	2	2	1	2.5

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Monday	In season Assorted Fruit Milk or Water	Spreading Grating Juicing Cereal	Sandwiches List 3 Fruit & Custard Milk or Water	Pumpkin Scones with sliced cheese & Apricots Milk or Water	Chicken Dairy	2	2	1	3
Tuesday	In season Assorted Fruit Milk or Water	Spreading Grating Juicing Cereal	Beef and Vegetable Shepherd's Pie Bread and Butter Milk or Water	Tuna, Cheese & Carrot on Rice Cakes with Sultanas Milk or Water	Beef Dairy Fish	2	2	2	2.5
Wednesday	In season Assorted Fruit Milk or Water	Spreading Grating Juicing Cereal	Sandwiches List 1 Pear Clafouti Cake Milk or Water	Spinach & Cheese Pinwheels with Prunes Milk or Water	Ham Dairy	2	2	1	2.5
Thursday	In season Assorted Fruit Milk or Water	Spreading Grating Juicing Cereal	Chicken and Vegetable Stir Fry with Steamed Rice Bread & Butter Milk or Water	Sliced Carrots, Capsicum & Cucumber with Homemade tortilla chips, Dip and cheese slices Milk or Water	Chicken Dairy	2	2	1	3
Friday	In season Assorted Fruit Milk or Water	Spreading Grating Juicing Cereal	Sandwiches List 4 Banana Cake Milk or Water	Cauliflower and Cheese Muffins with Apple Slices Milk or Water	Beef (Silverside) Dairy	2	2	1	3

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Monday	In season Assorted Fruit Milk or Water	Spreading Grating Juicing Cereal	Tuna, Cauliflower, Spinach and Cheese Pasta Bake Bread & Butter Milk or Water	Sliced Carrots, Capsicum & Cucumber with Homemade tortilla chips, Dip and cheese slices Milk or Water	Fish Dairy	2	2	1	3
Tuesday	In season Assorted Fruit Milk or Water	Spreading Grating Juicing Cereal	Sandwiches List 1 Fruit & Yoghurt Milk or Water	Chicken & Vegetable Sausage Rolls with sliced Apple Milk or Water	Ham Dairy Chicken	2	2	2	3
Wednesday	In season Assorted Fruit Milk or Water	Spreading Grating Juicing Cereal	Chilli Con Carne with Carrot, Corn and Rice Bread & Butter Milk or Water	Oatmeal & Sultana Cookies with sliced apple and cheese Milk or Water	Beef Dairy	2	2	1	2.5
Thursday	In season Assorted Fruit Milk or Water	Spreading Grating Juicing Cereal	Sandwiches List 3 Zucchini Brownies Milk or Water	Vegetable Quiche Slice with sliced cheese Milk or Water	Chicken Dairy Egg	2	2	1	3
Friday	In season Assorted Fruit Milk or Water	Spreading Grating Juicing Cereal	Moroccan Lamb with Cous Cous & Veggies Bread & Butter Milk or Water	Apple and Apricot Loaf with Sliced Cheese Milk or Water	Lamb Dairy	2	2	1	2.5