

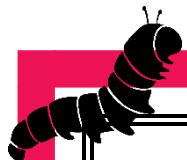
# WEEK 7 Menu



DAY	Morning Tea	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	Sandwiches -Turkey Apple and berry Windsor Milk or Water	Jatz with Cheese Cubes In season Fruit Milk or Water	Turkey Dairy Gluten	2	3	1	3
Tuesday	In season Assorted Fruit Milk or Water	Honey Mustard Chicken with Rice Bread and Butter Milk or Water	Lemonade Scones In season Fruit Milk or Water	Chicken Dairy Gluten Egg	2	2	1	3
Wednesday	In season Assorted Fruit Milk or Water	Sandwiches – Ham Homemade Custard Milk or Water	Rice Cakes with Spreads In season Fruit Milk or Water	Pork Dairy Gluten	2	3	1	3
Thursday	In season Assorted Fruit Milk or Water	Spaghetti Bolognese and Garlic Baguette Milk or Water	Blackberry Jam Drops In season Fruit Milk or Water	Beef Gluten Dairy	2	3	1	3
Friday	In season Assorted Fruit Milk or Water	Sandwiches - Chicken 5 Cup Slice with Cream Milk or Water	Savoury Pinwheels In season Fruit Milk or Water	Chicken Gluten Dairy	3	3	1	3

If you want to know more about the menus please ask at the front desk.

# WEEK 2 Menu



DAY	Morning Tea	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	Tuna Mornay Bread & Butter Milk or Water	Saos with Cheese And Tomato In season Fruit Milk or Water	Wheat Dairy tuna Gluten	3	3	1	3
Tuesday	In season Assorted Fruit Milk or Water	Sandwiches - Silverside Peaches & Yoghurt Milk or Water	Banana Bread In season Fruit Milk or Water	Wheat Dairy Beef Gluten Egg	2	2	1	3
Wednesday	In season Assorted Fruit Milk or Water	Beef Sausages in Gravy With Mash Potato and Vegetables Bread and butter Milk or Water	Rice Crackers with Corn Relish Dip In season Fruit Milk or Water	Beef Gluten Dairy	3	2	1	3
Thursday	In season Assorted Fruit Milk or Water	Sandwiches 1 – Turkey Apple Crumble with Cream Milk or Water	Chia Seed Mini Muffins Milk or Water	Turkey Gluten Dairy Egg	2	3	1	2
Friday	In season Assorted Fruit Milk or Water	Pasta and Bean Soup Bread and butter Milk or Water	Savoury Muffins In season Fruit Milk or Water	Gluten Dairy Egg	2	2	1	1

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# WEEK 3 Menu



DAY	Morning Tea	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	Sandwiches – Chicken Yoghurt Milk or Water	Mixed berry muffins In season Fruit Milk or Water	Chicken Dairy Gluten	2	2	1	3
Tuesday	In season Assorted Fruit Milk or Water	Beef Stroganoff with Rice Bread & Butter Milk or Water	Saladas with Cream Cheese and Tomato In season Fruit Milk or Water	Beef Gluten Dairy Egg	3	2	1	3
Wednesday	In season Assorted Fruit Milk or Water	Sandwiches – Ham Peach Crumble with Cream Milk or Water	Savoury Pinwheels In season Fruit Milk or Water	Pork Gluten Dairy Egg	3	2	1	2
Thursday	In season Assorted Fruit Milk or Water	Nasi Goreng Bread and Butter Milk or Water	Jatz and Cheese Cubes In season Fruit Milk or Water	Chicken Dairy Gluten	3	2	1	2
Friday	In season Assorted Fruit Milk or Water	Sandwiches – Silverside Homemade Custard Milk or Water	Lemonade Scones In season Fruit Milk or Water	Beef Gluten Dairy	2	2	1	2

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# WEEK 4 Menu



DAY	Morning Tea	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	Apricot Chicken with Rice Bread and Butter Milk or Water	Country Cheese Biscuits with Vegemite In season Fruit Milk or Water	Chicken Dairy Gluten	2	2	1	2
Tuesday	In season Assorted Fruit Milk or Water	Sandwiches - Turkey Yoghurt Milk or Water	Vegetable Rolls In season Fruit Milk or Water	Turkey Dairy Gluten	2	1.5	1	3
Wednesday	In season Assorted Fruit Milk or Water	Beef Chow Mein Bread and Butter Milk or Water	Saos with Cheese And Tomato In season Fruit Milk or Water	Dairy Gluten Beef Egg	3	2	1	3
Thursday	In season Assorted Fruit Milk or Water	Sandwiches – Ham Mixed Berry Cake Milk or Water	Cream Cheese Stuffed Celery In season Fruit Milk or Water	Pork Gluten Dairy	2	2	1	3
Friday	In season Assorted Fruit Milk or Water	Pumpkin Soup Bread and Butter Milk or Water	Mini Frittata In season Fruit Milk or Water	Dairy Gluten Egg Pork	2	2	1	4

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