

MENU – WEEK ONE

| 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 Yoghurt Milk or Water | Cheese ,Corn & Bacon Muffins Milk Or Water | Dairy Ham | 2 | 3 | 1 | 3 |
| Tuesday | In season Assorted Fruit Milk or Water | Spreading Grating Juicing Cereal | Zucchini and Corn Frittas with fried rice Milk or Water | Sao's with Cheese and Tomatoes Milk or Water | Egg Dairy | 2 | 3 | 1 | 3 |
| Wednesday | In season Assorted Fruit Milk or Water | Spreading Grating Juicing Cereal | Sandwiches List 2 Custard Milk or Water | Pumpkin and Sultana Scones with Salad Milk or Water | Dairy Chicken | 2 | 2 | 1 | 3 |
| Thursday | In season Assorted Fruit Milk or Water | Spreading Grating Juicing Cereal | Beef Rissoles with mashed sweet potatoes Bread and butter Milk or Water | Rice crackers with tuna and cheese Milk or Water | Dairy Beef | 2 | 3 | 1 | 3 |
| Friday | In season Assorted Fruit Milk or Water | Spreading Grating Juicing Cereal | Sandwiches List 3 Apple Crumble Milk or Water | Vegetable Pikelets Milk or Water | Dairy Roast Beef | 2 | 3 | 1 | 3 |



MENU – WEEK TWO

| 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 | Beef Quesadillas with kidney beans and avocado Milk or Water | Banana bread Milk or Water | Beef Dairy | 2 | 2 | 1 | 3 |
| Tuesday | In season Assorted Fruit Milk or Water | Spreading Grating Juicing Cereal | Sandwiches List 4 Pear crumble and ice cream Milk or Water | Carrot and muesli muffins Milk or Water | Corned Silverside Dairy | 2 | 3 | 2 | 3 |
| Wednesday | In season Assorted Fruit Milk or Water | Spreading Grating Juicing Cereal | Penne Pasta with cherry tomatoes, spinach and chorizos Bread & Butter Milk or Water | Crackers and dips Milk or Water | Dairy | 2 | 2 | 1 | 3 |
| Thursday | In season Assorted Fruit Milk or Water | Spreading Grating Juicing Cereal | Sandwiches List 1 Yogurt Milk or Water | Pin wheels with Spinach & Cheese Milk or Water | Dairy Ham | 2 | 2 | 2 | 2 |
| Friday | In season Assorted Fruit Milk or Water | Spreading Grating Juicing Cereal | Chicken salad Bread & Butter Milk or Water | Corn Relish and Veggie Sticks Milk or Water | Dairy Chicken | 2 | 2 | 1 | 2 |

MENU – WEEK THREE



| DAY | Morning Tea | In Classroom Activities | Lunch | Afternoon Tea | Alert | Breads & Cereals RNS 2/4 | Dairy RNS 1.5/3 | Meat All RNS 1/2 | Fruit & Veg RNS 2/4 |
|-----------|---|---|---|---|------------------------------|-----------------------------|--------------------|------------------------|------------------------|
| Monday | In season Assorted Fruit Milk or Water | Spreading Grating Juicing Cereal | Sandwiches List 2 Yogurt Milk or Water | Sao's Cheese and tomatoes Milk or Water | Ham Dairy | 2 | 2 | 1 | 2 |
| Tuesday | In season Assorted Fruit Milk or Water | Spreading Grating Juicing Cereal | Chicken burgers and crunchy vegetables Bread & Butter Milk or Water | Anzac Biscuits Milk or Water | Chicken Dairy | 2 | 2 | 1 | 2 |
| Wednesday | In season Assorted Fruit Milk or Water | Spreading Grating Juicing Cereal | Sandwiches List 4 apple crumble Milk or Water | Asian rice paper rolls with vegetables Milk or Water | Comed Silverside Dairy | 2 | 2 | 1 | 2 |
| Thursday | In season Assorted Fruit Milk or Water | Spreading Grating Juicing Cereal | Beef stir fry with thin noodles Bread sticks Milk or Water | Rice cakes Avocado, tomato and cheese Milk or Water | Dairy | 2 | 2 | 1 | 2 |
| Friday | In season Assorted Fruit Milk or Water | Spreading Grating Juicing Cereal | Sandwiches List 3 Sorbet fruit Milk or Water | Vegetable Kebabs Milk or Water | Roast Beef Dairy | 2 | 2 | 1 | 3 |



MENU – WEEK FOUR



| DAY | Morning Tea | In Classroom Activities | Lunch | Afternoon Tea | Alert | Breads & Cereals RNS 2/4 | Dairy RNS 1.5/3 | Meat /AE RNS 1/2 | Fruit & Veg RNS 2/4 |
|-----------|---|---|--|--|------------------|-----------------------------|--------------------|---------------------|------------------------|
| Monday | In season Assorted Fruit Milk or Water | Spreading Grating Juicing Cereal | Vegie Pasta Bake Bread & Butter Milk or Water | Pin wheels with Spinach, Cheese & ham Milk or Water | Dairy | 2 | 2 | 1 | 3 |
| Tuesday | In season Assorted Fruit Milk or Water | Spreading Grating Juicing Cereal | Sandwiches List 2 Custard Milk or Water | Vegetable pizza Milk or Water | Dairy Chicken | 2 | 3 | 1 | 2 |
| Wednesday | In season Assorted Fruit Milk or Water | Spreading Grating Juicing Cereal | Chicken roast with mash and vegies Bread & Butter Milk or Water | Jatz with Cheese & Sliced Apples Milk or Water | Dairy Chicken | 2 | 2 | 1 | 3 |
| Thursday | In season Assorted Fruit Milk or Water | Spreading Grating Juicing Cereal | Sandwiches List 1 Fruit and jelly Milk or Water | Avocado, cucumber wraps Milk or Water | Dairy Ham | 2 | 2 | 1 | 2 |
| Friday | In season Assorted Fruit Milk or Water | Spreading Grating Juicing Cereal | Tuna Cakes and Pumpkin, Feta and spinach salad Bread & Butter Milk or Water | Fruit Muffins Milk or Water | Dairy Tuna | 2 | 2 | 1 | 2 |

