

Menu Week 1

DAY	Morning Tea	Lunch	Afternoon Tea	Allert	Breads Cereals RNS 2/4	Dairy RNS 1.5/3	Meat /Alt RNS 1/2	Fruit & Veg RNS 2/4
Monday	In Season Fruit Food Prep Milk or Water	Assorted Sandwiches Milk or Water	In Season Fruit & Veg Citrus Loaf Milk or Water	Dairy Gluten Pork	2	1.5	1	3
Tuesday	In Season Fruit Food Prep Milk or Water	Spaghetti Bolognese And Bread Sticks Milk or Water	In Season Fruit & Veg Vegetable Pizza Scrolls Milk or Water	Dairy Gluten Beef	2	1.5	1	3
Wednesday	In Season Fruit Food Prep Milk or Water	Assorted Wraps Milk or Water	In Season Fruit & Veg Zucchini Brownies Milk or Water	Dairy Gluten Chicken	4	2	1	3
Thursday	In Season Fruit Food Prep Milk or Water	Beef Meatloaf with Mash Potatoes & Mixed Vegetables Milk or Water	In Season Fruit & Veg Banana & Oats Muffins Milk or Water	Dairy Gluten Beef	2	1.5	1	3
Friday	In Season Fruit Food Prep Milk or Water	Chicken Fried Rice & Sweet Corn Corb Milk or Water	In season Fruit & Veg Veggies /Cheese & Crackers Platter Milk or Water	Dairy Gluten Chicken	2	1.5	1	3

Menu Week 2

DAY	Morning Tea	Lunch	Afternoon Tea	Allert	Breads Cereals RNS 2/4	Dairy RNS 1.5/3	Meat /Alt RNS 1/2	Fruit & Veg RNS 2/4
Monday	In Season Fruit Food Prep Milk or Water	Assorted Sandwiches Milk or Water	In Season Fruit & Veg Carrot & Cinnamon Muffins Milk or Water	Dairy Gluten Pork	2	1.5	1	3
Tuesday	In Season Fruit Food Prep Milk or Water	Beef Burrito Bowl Milk or Water	In Season Fruit & Veg Cheese & Chives Scones Milk or Water	Dairy Gluten Beef	2	1.5	1	3
Wednesday	In Season Fruit Food Prep Milk or Water	Creamy Chicken Pasta & Bread Sticks Milk or Water	In season Fruit & Veg Banana Pikelets Milk or Water	Dairy Gluten Chicken	4	2	1.5	3
Thursday	In Season Fruit Food Prep Milk or Water	Assorted Sandwiches Milk or Water	In season Fruit & Veg Vegetable & Cheese Quesadilla Milk or Water	Dairy Gluten Pork	2	1.5	1	3
Friday	In Season Fruit Food Prep Milk or Water	Chicken & Zucchini Meatballs with Brown Rice Salad Milk or Water	In Season Fruit & Veg Oats Cookies & Yoghurt Milk or Water	Dairy Gluten Chicken	2	1.5	1	3