

	Breakfast	Morning tea	Lunch	Afternoon tea	Late afternoon tea
Monday	Toast with butter / Vegemite or baked beans with milk (Oat / Soy milk Vegan option)	Greek yogurt with apple chunks and berries	Beef or Vegetable Lasagna with salads	Mixed fruit platter	Raisins with apples
Tuesday	Cereal with milk and berries (Oat / Soy milk Vegan option)	Water Melon Slices	Vegetable Fried Rice with chicken Nuggets	Greek Yogurt with banana and apple chunks and seasonal berries	Dried apricot and pitted prunes with whole grain crackers
Wednesday	Toast with butter/ Jam / Vegemite and milk (Oat / Soy milk Vegan option)	Raisins and cucumber sticks	Mince meat / mixed vegetable curry with rice	Seasonal Fruit	Cream cheese and crackers
Thursday	Toasted Cheese Sandwich with milk (Oat / Soy milk Vegan option)	mixed fruit platter	Shepherd's pie with beef or vegetables	Raisins with carrot sticks	Greek yogurt with banana slices
Friday	Banana and date muffins with milk (Oat / Soy milk Vegan option)	Greek Yogurt with apple chunks and seasonal berries,	Chickpeas Pulao with fresh salad	Mixed fruit platter	Cherry tomatoes and cucumber sticks with cream cheese
Monday	Pancakes with Maple syrup and berries (Oat / Soy milk Vegan option)	Cucumber and carrot slices with Tzatziki dip	Lamb Kofta with rice and salad	Greek yogurt with fruit chunks	Raisins with apples
Tuesday	Raisin Toast with butter and milk (Soy/ Oat milk options)	Bell peppers with Beetroot hummus dip	Baked fish, sweet potato chips and coleslaw	Blueberry muffins	Fresh fruit
Wednesday	Multigrain porridge with banana and milk (soy/ oat milk options available	Whole grain crackers with Hummus	Butter beans Tomatoes and Potato stew with Lebanese rice	Greek yogurt with fruit chunks	Dried apricots and sultanas with crackers
Thursday	Toast with butter/ Vegemite/ baked beans and milk (soy/ oat milk options available	Carrot and Celery sticks with Tzatziki	Chicken and cheese macaroni (Vegetable macaroni option available)	Fruit Platter	Cream cheese with crackers
Friday	Banana Bread with butter and milk (oat /soy milk options available)	Dutch pancakes with fruit	Greek lamb wraps with Tzatziki and salad	Yogurt with fruit chunks	Dried Fruit
Monday	Baked beans on Toast with milk (soy / oat milk options available)	Apple muffins	Sausages with mashed potatoes and steamed vegetables	Fruit kebabs	watermelon with Halloumi cheese
Tuesday	Toast with butter/ jam / Vegemite and milk (oat/ Soy milk options available)	Carrot, cucumber,celery sticks with Hummus	Fish fingers with vegetable fried rice	Greek yogurt with seasonal fruit chunks	Sultanas and crackers
Wednesday	Cereal with milk (Oat / Soy milk options available)	Celery and cream cheese logs with sultanas	Baked chicken with potatoes and garlic served with Lebanese rice	Baked Lebanese bread chips with carrot dip	Fresh fruit platter
Thursday	Blueberry muffins with milk (Oat/Soy milk options available)	Cucumber sticks with crackers and cream cheese	Spaghetti Bolognese or Vegetable Spaghetti	Baked Zucchini, Sweet potato and carrot chips	Dried fruit with crackers
Friday	Cheese toasts with milk (oat/ Soy milk options available)	Greek yogurt with seasonal fruit	Stir fried chicken and vegetable Pasta,vegetable only option available	Vegetable scones	Sultanas with crackers
Monday	Toast and baked beans / jam / Vegemite with milk (oat/ soy milk options available)	Greek yogurt with seasonal fruit	Beef mince with mashed potatoes, peas and corns	Hummus with bell pepper and carrot sticks	Fresh fruit platter
Tuesday	Cereal with milk (Oat/ Soy options available)	Cucumber and cheery tomatoes with avocado dip	Persian lamb mince kebabs with rice and fresh salad	Yogurt with fruit chunks	Crackers with cream cheese
Wednesday	Porridge with bananas and milk (Oat/ Soy options available)	Watermelon, rock melon and pineapple wedges	Lebanese rice with chicken beef and peas	Cheese / Vegemite/ Jam sandwiches	Fresh fruit platter
Thursday	Banana bread with butter and milk (oat/ Soy options available)	Celery and cucumber sticks with beetroot dip	Afghan Pulao with raisins and carrots served with lamb	Wholegrain crackers with cheese slices	Dried fruit
Friday	Raisin toast with butter (soy/ oat milk options available)	Yogurt with seasonal fruit	Vegetable Korma with rice	Fruit Kebabs	Cream cheese with crackers