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|  **Week 1** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Morning Tea |
|  | Cut up Apple and Citrus fruit | Kiwi fruit and Pear | Cut up Banana and Citrus fruit  | Rockmelon and Apple | Cut up Watermelon and Citrus fruit |
|  | Wholemeal toast with Ricotta cheese | Wholemeal toast w margarine, vegemite (salt reduced) | Raisin toast with margarine | Wholemeal English muffin with avocado spread  | Wholemeal toast with margarine |
| To Drink | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  |
| Lunch |
| Main | Bulgur pilaf with mince, mushrooms & other veggies | Chicken schnitzel coated with wholemeal crumbs &Rice pilaf | Spaghetti bolognese | Lamb stroganoff & fried rice | Chicken Sis kebab & mashed potato |
| Vegetables/Salad w main & veg meals  | Shirazi salad | Green salad (lettuce, broccoli, capsicum, etc) | Roasted root vegetables & broccoli | Coban salad | Garden salad |
| Vegetarian option | Bulgur pilaf with chickpeas, mushroom, and veggie | Fried rice & veggie patties with lentils | Spaghetti with Napoli Sauce, red kidney beans, and sweet corn | Baked bean, steamed broccoli, and zucchini | Roasted cauliflower, broccoli, potato, pumpkin, and tofu |
| To Drink | Water | Water | Water | Water | Water |
| Nursery Lunch |
| Main (pureed/mashed for younger children) | Bulgur pilaf with mince, mushrooms & other veggies | Chicken schnitzel coated wholemeal crumbs &Rice pilaf | Spaghetti bolognese | Lamb stroganoff & fried rice | Chicken Sis kebab & mashed potato |
| Vegetables | Seasonal steamed vegetables | Seasonal steamed vegetables | Seasonal steamed vegetables | Seasonal steamed vegetables | Seasonal steamed vegetables |
| Dessert | Natural yogurt | Natural yogurt | Natural yogurt | Natural yogurt | Natural yogurt |
| Afternoon Tea |
|  | Raw veggie sticks with houmous  | Wholemeal homemade carrot cake and Veggie platter | Wholemeal sandwiches with cherry tomatoes and celery stick | Raising bread and cucumber, carrot, and capsicum stick | Wholegrain Corn cakes with veggie stick |
| To Drink | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  |
| **Week 2**MENU | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | Image result for pasta white background**Friday** |
| Morning Tea |
|  | Cut up Apple and Citrus fruit | Kiwi fruit and Pear | Cut up Banana and Citrus fruit  | Rockmelon and Apple | Cut up Watermelon and Citrus fruit |
|  | Wholemeal toast with margarine, vegemite (salt reduced) | Wholemeal toast with ricotta cheese | Raisin toast with margarine | Wholemeal toast with margarine | Wholemeal English muffin with avocado spread |
| To Drink | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  |
| Lunch |
| Main | Pasta with cheddar cheese | Lamb sote & tomato rice | Wholemeal pasta with chicken & mushroom Gravy | Kofte (Meatballs) and cous cous pilaf | Lahmacun (wholemeal Lebanese bread with mince)  |
| Vegetables/Salad w main & veg meals | Tuna salad | Broccoli, potato, sweet potato | Greek salad | Corn on the cob | Salad with mixed bean, carrot, celery, cucumber |
| Vegetarian option | Pasta with cheddar cheese | Brown rice, veggie patties with lentils & raw broccoli | Wholemeal pasta with chickpeas & gravy | Veggie balls, pilaf, and green beans | Lahmacun (wholemeal Lebanese bread with shredded cheese) |
| To Drink | Water | Water | Water | Water | Water |
| Nursery Lunch |
| Main (pureed/mashed for younger children) | Pasta with cheddar cheese | Lamb sote & tomato rice | Wholemeal pasta with chicken & mushroom Gravy | Kofte (Meatballs) and cous cous pilaf | Lahmacun (wholemeal Lebanese bread with mince)  |
| Vegetables | Seasonal steamed vegetables | Seasonal steamed vegetables | Seasonal steamed vegetables | Seasonal steamed vegetables | Seasonal steamed vegetables |
| Dessert | Natural yogurt | Natural yogurt | Natural yogurt | Natural yogurt | Natural yogurt |
| Afternoon Tea |
|  | Raising bread and cucumber, carrot, and capsicum stick | Raw veggie sticks with tzatziki dip | Wholemeal pumpkin scone with veggie stick  | Wholemeal sandwiches served w cherry tomatoes and celery stick | Raw veggie sticks with houmous |
| To Drink | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  |
| **Week 3**MENU | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | Image result for fruit and veg white background**Friday** |
| Morning Tea |
|  | Cut up Apple and Citrus fruit | Kiwi fruit and Pear | Cut up Banana and Citrus fruit  | Rockmelon and Apple | Cut up Watermelon and Citrus fruit |
|  | Wholemeal toast with margarine, | Wholemeal toast with margarine, vegemite (salt reduced) | Wholemeal English muffin with avocado spread | Wholemeal toast with ricotta cheese | Raisin toast with margarine |
| To Drink | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  |
| Lunch |
| Main | Spagetti bolognese (mince)  | Poğaça (homemade wholemeal bread) with cheese/mince | Vermicelli with chicken and veggies | Lamb casserole with veggie fried rice | Wholemeal Pita bread sandwiches with Tuna, Chickpeas, and green salad |
| Vegetables/Salad w main & veg meals | Seasonal salad | Mixed bean salad | Capsicum, carrots, celery, and other veggies  | Piyaz (Bean salad) | Steamed carrot, corn, peas |
| Vegetarian option | Spaghetti with Napoli sauce and lentil | Poğaça (homemade wholemeal bread) with cheese | Vegetable casserole with chickpeas | Tuna mornay | Wholemeal Pita bread sandwiches w Chickpeas, cheese, and green salad |
| To Drink | Water | Water | Water | Water | Water |
| Nursery Lunch |
| Main (pureed/mashed for younger children) | Spagetti bolognese (mince)  | Bulgur pilaf | Vermicelli with chicken and veggies  | Lamb casserole with veggie fried rice | Fettuccine with Tuna and chickpeas |
| Vegetables | Seasonal steamed vegetables | Seasonal steamed vegetables | Capsicum, carrots, celery, and other veggies | Seasonal steamed vegetables | Seasonal steamed vegetables |
| Dessert | Natural yougurt | Natural yougurt | Natural yougurt | Natural yougurt | Natural yougurt |
| Afternoon Tea |
|  | Grilled Wholemeal bread with cheese served w celery and carrot sticks  | Raw veggie sticks with houmous | Wholemeal sandwiches with cherry tomatoes and celery stick | Raising bread and cucumber, carrot, and capsicum stick | Whole grain rice cake with veggie stick |
| To Drink | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  |
| **Week 4**MENU | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Morning Tea |
|  | Cut up Apple and Citrus fruit | Kiwi fruit and Pear | Cut up Banana and Citrus fruit  | Rockmelon and Apple | Cut up Watermelon and Citrus fruit |
|  | Wholemeal toast with margarine | Wholemeal toast with ricotta cheese | Raisin toast with margarine | Wholemeal English muffin with avocado spread | Wholemeal toast with margarine, vegemite (salt reduced) |
| To Drink | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  |
| Lunch |
| Main | Tuna mornay | Lamb casserole wt seasonal veggies & rice with small vermicelli  | Lasagne with beef mince | Chicken mince and salad in a wholemeal wrap | Wholemeal Börek OR Gozleme w cheese/mince |
| Vegetables/Salad w main & veg meals | Seasonal steamed vegetables | Carrots, peas, corn | Vinegret | Shirazi salad | Tabbouleh |
| Vegetarian option | Risotto with red kidney bean | Vegetable casserole with butter bean& rice and raw broccoli | Lasagne with lentils | Cheese & salad in a wholemeal wrap  | Wholemeal borek with cheese served with Tuna salad |
| To Drink | Water | Water | Water | Water | Water |
| Nursery Lunch |
| Main (pureed/mashed for younger children) | Tuna mornay | Lamb casserole with seasonal veggies & rice with small vermicelli  | Lasagne with beef mince | Pasta with chicken mince | Pasta with cheeseBorek |
| Vegetables | Seasonal steamed vegetables | Seasonal steamed vegetables | Seasonal steamed vegetables | Seasonal steamed vegetables | Seasonal steamed vegetables |
| Dessert | Natural yougurt | Natural yougurt | Natural yougurt | Natural yougurt | Natural yougurt |
| Afternoon Tea |
|  | Raising bread and cucumber, carrot, and capsicum stick | Raw veggie sticks with tzatziki dip | Homemade wholemeal banana bread with veggie plate | Raw veggie sticks with houmous | Wholemeal sandwiches with cherry tomatoes and celery stick |
| To Drink | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  | Water/Cow’s or Soy milk  |