



AUTUMN / WINTER

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Menu

AUTUMN/WINTER WEEK ONE

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Menu Guidelines](#)

Breakfast

Children have a choice of wholemeal toast with spreads Or Cereal – Wholegrain Cereals or Oats Served with a glass of water or milk to drink.

MON

Morning Tea

Savoury Platter

Crackers, cheese, cucumber, apple & pear.

Lunch

Tuna & Broccoli Bake

Tuna, spiral pasta, broccoli, spinach, ground pepper, butter, lemon juice, grated cheese.

Afternoon Tea

Assorted Wholemeal Sandwiches

Cheese, lettuce, tomatoes, cucumber.

Late snacks

Fruit and rice
crackers

TUE

Morning Tea

Plain Yoghurt & seasonal fruit platter

Lunch

Moroccan Chicken Couscous

Chicken breasts, olive oil, carrots, chick peas, ground cumin, ground cinnamon, couscous, lemon juice.

Afternoon Tea

Savoury platter with capsicum dip

Whole meal pita bread, cream cheese, carrot & celery sticks.

Late snacks

Fruit and rice
crackers

WED

Morning Tea

Platter with 3 assorted seasonal fruits

Lunch

Roasted Pumpkin Soup

Pumpkin, potato, cream, lentils & vegetable stock. Served with wholemeal bread.

Afternoon Tea

Mix Berry Loaf

Milk, flour, sour cream, mix frozen berries, vanilla.

Late snacks

Fruit and rice
crackers

THU

Morning Tea

Raisin Bread with margarine spread & milk

Lunch

Mexican beef chili con carne

Rice, cheese, beef, Mexican spices, kidney beans, crushed tomatoes & sour cream.

Afternoon Tea

Platter with assorted seasonal fruits & milk

Late snacks

Fruit and rice
crackers

FRI

Morning Tea

Savoury Platter

Crackers, cheese, cucumber, apple & pear.

Lunch

Spaghetti Bolognaise

with hidden vegetable tomato-based sauce.

Afternoon Tea

Rice cakes with hummus dip

Rice cakes, celery sticks, carrots, chickpeas, tahini, lemon juice & garlic.

Late snacks

Fruit and rice
crackers

AUTUMN/WINTER WEEK TWO

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Breakfast

Children have a choice of wholemeal toast with spreads Or Cereal – Wholegrain Cereals or Oats Served with a glass of water or milk to drink.

MON

Morning Tea

Yoghurt with seasonal fruit

Lunch

Italian Vegetable Lasagne

Lasagne sheets, grated cheese, garlic, crushed tomatoes, mushroom, celery, carrots, red capsicum and zucchini.

Afternoon Tea

Cheese & Vegie Platter

Salada biscuits, margarine, tomato cucumber, Block cheese.

Late snacks

Fruit and rice crackers

TUE

Morning Tea

Platter with assorted seasonal fruits & milk

Lunch

Tuna & Mushroom Pasta Bake

Penne pasta, oil, onion, mushrooms, spinach leaves, tuna in oil.

Afternoon Tea

Savoury Platter with tzatziki dip

Greek yogurt, mint, celery, cucumber, carrots, celery and whole meal pita bread.

Late snacks

Fruit and rice crackers

WED

Morning Tea

Savoury Platter

Crackers, cheese, cucumber, apple & pear.

Lunch

Cottage Pie

Potatoes, minced meat, frozen mixed vegetables, crushed tomatoes, tomato puree, herbs, garlic, onions.

Afternoon Tea

Wholemeal Wraps

Whole meal wraps, cheese, vegemite, cucumber & carrot.

Late snacks

Fruit and rice crackers

THU

Morning Tea

Warm Toast served with smashed avocado and fresh milk

Lunch

Chinese Chicken Noodle and Vegetable Soup

Carrots, celery, onion, chicken breasts, Massel chicken style liquid stock, noodles, fresh chives.

Afternoon Tea

Banana bread & a glass of milk

Butter, flour, cinnamon, bananas, eggs & milk baked.

Late snacks

Fruit and rice crackers

FRI

Morning Tea

Platter with assorted seasonal fruits & milk

Lunch

Lamb curry & rice

Lamb, potato, pumpkin, curry powder, crushed tomato & rice.

Afternoon Tea

Toasted Pita bread chips with homemade dip

Late snacks

Fruit and rice crackers

AUTUMN/WINTER WEEK THREE

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Breakfast

Children have a choice of wholemeal toast with spreads Or Cereal – Wholegrain Cereals or Oats Served with a glass of water or milk to drink.

MON

Morning Tea

Vegetable Platter

Lunch

Chicken and Mushroom Risotto

Chicken thighs, mushrooms, onion, oil, Massel chicken style liquid stock, garlic, rice, thyme leaves, grated parmesan.

Afternoon Tea

Carrot and Sultana Loaf

Carrots, butter, vanilla, eggs, cinnamon, milk, canola oil, wholemeal self raising flour.

Late snacks

Fruit and rice crackers

TUE

Morning Tea

Platter with assorted seasonal fruits & milk

Lunch

Beef Stroganoff

Long grain or basmati rice, lean beef mince, onions, carrots, celery mushrooms, potatoes, tomato puree, Worcestershire sauce light sour cream.

Afternoon Tea

Savory Platter

Rice crackers, Sultanas, dried apricots, carrots, celery, cucumber, apple, tasty cheese.

Late snacks

Fruit and rice crackers

WED

Morning Tea

Greek Yogurt and Fresh seasonal Fruit

Lunch

Lentil Bolognese with Wholemeal Pasta

Pasta, lentils, celery onion, carrot, garlic, tomatoes, parmesan, dried thyme.

Afternoon Tea

Toasted Pita Bread Chips

Served with homemade dips.

Late snacks

Fruit and rice crackers

THU

Morning Tea

Vegetable Platter

Carrot, celery, cucumber, apple, tzakki dip.

Lunch

Tuna and Zucchini Slice

Tuna, zucchini, carrot, onion, eggs, dill, parsley, wholemeal flour, tasty cheese.

Afternoon Tea

Sweet potato and cheese loaf

Eggs, milk, shredded cheese, red capsicums, self-raising flour.

Late snacks

Fruit and rice crackers

FRI

Morning Tea

Platter with assorted seasonal fruits & milk

Lunch

Minestrone soup served with vegetables and wholemeal bread

Carrots, celery, potato, garlic' Massel beef style liquid, tomato, kidney beans shell pasta, fresh parsley.

Afternoon Tea

Yogurt with seasonal Fruit

Late snacks

Fruit and rice crackers

AUTUMN/WINTER WEEK FOUR

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Breakfast

Children have a choice of wholemeal toast with spreads Or Cereal – Wholegrain Cereals or Oats Served with a glass of water or milk to drink.

MON

Morning Tea

Mixed Platter

Carrots, continental cucumber, apple, pear tasty cheese.

Lunch

Beef and broccoli stir fry with brown rice

Beef, cabbage, carrot, capsicum, broccoli, basmati rice.

Afternoon Tea

Savoury Platter

Carrots, apples, continental cucumber, celery, capsicums, sultanas' cheese & rice crackers.

Late snacks

Fruit and rice crackers

TUE

Morning Tea

Platter with assorted seasonal fruits & milk

Lunch

Turkish Red Lentil Soup served with Wholemeal Bread

Onion, garlic, paprika, red lentils, massel chicken style stock, potato, tomato paste.

Afternoon Tea

Greek Yoghurt with Fruit Salad

Greek yoghurt mixed fruit & rice crackers.

Late snacks

Fruit and rice crackers

WED

Morning Tea

Mixed Platter

Carrots, continental cucumber, apple, pear tasty cheese.

Lunch

Chicken chow Mein with fresh noodles and vegetables

Chicken breasts, carrots, onions, onion, noodles.

Afternoon Tea

Rice Cakes with assorted spreads

Rice cakes, vegemite, cream cheese.

Late snacks

Fruit and rice crackers

THU

Morning Tea

Platter with assorted seasonal fruits & milk

Lunch

Lamb Stew & Couscous

Lamb diced, celery, carrots, massel beef stock, potato, cauliflower, tomato.

Afternoon Tea

Cheese and chive loaf served with fresh milk

Butter, cheddar cheese, egg, ground white pepper.

Late snacks

Fruit and rice crackers

FRI

Morning Tea

Mixed Platter

Carrots, continental cucumber, apple, pear tasty cheese.

Lunch

Creamy Tuna Pasta Bake

Broccoli, macaroni, spinach, tuna, corn, grated cheese, parsley.

Afternoon Tea

Savoury Platter

Carrots, celery, sultanas, apple, dried apricots, hummus dip, Rice crackers.

Late snacks

Fruit and rice crackers