

Children's Program Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals and Toasts	Selection of Cereals and Toasts	Selection of Cereals and Toasts	Selection of Cereals and Toasts	Selection of Cereals and Toasts
	Soy/Milk/Water	Soy/Milk/Water	Soy/Milk/water	Soy/Milk/Water	Soy/Milk/Water
Morning Tea	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits
	Blueberry Muffins	Raisin & Wholemeal Buttered Bread	Cheese & Crackers	Banana Muffins	Cubed Cheese
	Soy/Milk/Water	Soy/Milk/Water	Soy/Milk/Water	Soy/Milk/Water	Soy/Milk/Water
Lunch 1st Course	Beef Casserole & Vegetables (Carrots, Corn & Peas	Chicken and Hokkien with Vegetables (Broccoli, Beans & Cauliflower,)	Pumpkin and Potato Soup	Assorted Sandwiches (Chicken, Eggs, Vegemite, Tuna & Cheese)	Wholemeal Pasta with Cheesy Vegetables (Broccoli, Corn, & Leek)
	Steamed Rice		Wholemeal Bread		
	2nd Course Banana & Yoghurt	Fruit Salad	Apple Crumble	Apricot Slices	Custard & Pears
	Soy/Milk/Water	Soy/Milk/Water	Soy/Milk/Water	Soy/Milk/Water	Soy/Milk/Water
Afternoon Tea	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits
	Crackers, Cucumber, Carrots, Cubed Cheese & Dips	Rice Cakes with Toppings (Cottage, Cheese Vegemite & Jam)	Selection of Dried Fruits & Wholegrain Crackers	Pikelets with Spreads	Carrot Muffins
	Soy/Milk/Water	Soy/Milk/Water	Soy/Milk/Water	Soy/Milk/Water	Soy/Milk/Water

Children's Program Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals and Toasts Soy/Milk/Water	Selection of Cereals and Toasts Soy/Milk/Water	Selection of Cereals and Toasts Soy/Milk/water	Selection of Cereals and Toasts Soy/Milk/Water	Selection of Cereals and Toasts Soy/Milk/Water
Morning Tea	Seasonal Fruits Crumpets & Spreads Soy/Milk/Water	Seasonal Fruits Pita Bread, Cheese & Dips Soy/Milk/Water	Seasonal Fruits Sultana Slices Soy/Milk/Water	Seasonal Fruits Raisin/ Wholemeal Toasts Soy/Milk/Water	Seasonal Fruits Cheese Slices with Crackers Soy/Milk/Water
Lunch					
1st Course	Chow Mien Chicken with Pasta and Vegetable (Peas, Corn & Broccoli)	Chunky Vegetables (Zucchini, Leek, Carrot, & Celery)	Beef Bok Choy (Bok Choy , Carrot, Zucchini & Celery) with Rice	Crumbed Fish with Vegetables (Peas, Carrots,& Beans)	Shepherd's Pie and Mixed Vegetables (Broccoli, Corn, Peas & Carrots)
2nd Course	Strawberry Pudding Soy/Milk/Water	Grilled Cheese on Wholemeal Toast) Peaches & Yoghurt Soy/Milk/Water	Fruit & Jelly Soy/Milk/Water	Garlic Bread Soy/Milk/Water	Ice Cream & Toppings Soy/Milk/Water
Afternoon Tea	Seasonal Fruits Toasted Cheese & Chicken on Wholemeal Bread Soy/Milk/Water	Seasonal Fruits Pancakes & Spreads Soy/Milk/Water	Seasonal Fruits Fresh Vegetables (Carrots Sticks, Cucumber & Celery with Dips Soy/Milk/Water	Seasonal Fruits Apple Slices Soy/Milk/Water	Seasonal Fruits Carrot Loaf Soy/Milk/Water

Children's Program Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals and Toasts Soy/Milk/Water	Selection of Cereals and Toasts Soy/Milk/Water	Selection of Cereals and Toasts Soy/Milk/water	Selection of Cereals and Toasts Soy/Milk/Water	Selection of Cereals and Toasts Soy/Milk/Water
Morning Tea	Seasonal Fruits Apple & Honey Muffins Soy/Milk/Water	Seasonal Fruits Anzac Biscuits Soy/Milk/Water	Seasonal Fruits Banana Loaf Soy/Milk/Water	Seasonal Fruits Fruit Scones Soy/Milk/Water	Seasonal Fruits Cruskits & Toppings Soy/Milk/Water
Lunch 1st Course	Vegetable Fried Rice and Baked Chicken Wings	Tuna Mornay, Pasta & Mixed Vegetables (Cauliflower, Carrot & Peas)	Cheese & Potato Baked with Vegetables (Beans, Broccoli & Corn)	Chicken & Sweet Corn Soup Brown Bread	Beef Bolognaise & Steamed Vegetables (Zucchini, Peas & Corn) with Rice
2nd Course	Yoghurt & Fruit Soy/Milk/Water	Apple Cake & Cream Soy/Milk/Water	Chocolate Pudding Soy/Milk/Water	Banana & Custard Soy/Milk/Water	Apricot Loaf Soy/Milk/Water
Afternoon Tea	Seasonal Fruits Whole Wheat Crackers & Toppings Soy/Milk/Water	Seasonal Fruits Pita Wedges & Hummus with Cream Cheese Soy/Milk/Water	Seasonal Fruits Tortilla Chips & Homemade Salsa Soy/Milk/Water	Seasonal Fruits Selection of Dried Fruits, Crackers and Cheese Soy/Milk/Water	Seasonal Fruits Pikelets with Spreads Soy/Milk/Water

Children's Program Menu

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of Cereals and Toasts Soy/Milk/Water	Selection of Cereals and Toasts Soy/Milk/Water	Selection of Cereals and Toasts Soy/Milk/water	Selection of Cereals and Toasts Soy/Milk/Water	Selection of Cereals and Toasts Soy/Milk/Water
Morning Tea	Seasonal Fruits Raisin Toast Soy/Milk/Water	Seasonal Fruits Blueberry Muffins Soy/Milk/Water	Seasonal Fruits Crumpets & Spreads Soy/Milk/Water	Seasonal Fruits Cheese Slices with Crackers Soy/Milk/Water	Seasonal Fruits Sultana Loaf Soy/Milk/Water
Lunch 1st Course	Tuna Mornay, Pasta & Mixed Vegetables (Cauliflower, Carrots, Cheese & Mushroom)	Chicken & Vegetable Casserole with Rice	Cheese Baked with Vegetables (Broccoli, Peas, & Corn)	Finger Fish & Mixed Vegetables (Peas, Corn & Carrots)	Italian Spaghetti Bolognaise (Minced Beef, Tomato, Carrots, Peas, & Onions)
2nd Course	Fruit with Cream Soy/Milk/Water	Vanilla Pudding Soy/Milk/Water	Pears Slices Soy/Milk/Water	Fruit & Jelly Soy/Milk/Water	Fruit Salad Soy/Milk/Water
Afternoon Tea	Seasonal Fruits Rice Cakes with Toppings (Cottage, Jam & Cheese) Soy/Milk/Water	Seasonal Fruits Pancakes & Spread Soy/Milk/Water	Seasonal Fruits Pita Bread Nachos with Cheese Soy/Milk/Water	Seasonal Fruits Fresh Vegetables (Cucumber, Carrots & Celery) Soy/Milk/Water	Seasonal Fruits Pretzel Sticks with Cream Cheese Soy/Milk/Water