



## SPRING/SUMMER MENU

### WEEK 1

MILK OFFERED AT  
EVERY MORNING AND  
AFTERNOON TEA

WHERE CHILDREN HAVE  
ALLERGIES, ITEMS WILL  
BE SUBSTITUTED

## MONDAY

MORNING TEA  
Fresh fruit salad +  
wholegrain  
crackers

LUNCH  
Chicken & veggie  
pasta salad (carrot,  
zucchini, chicken,  
olive oil) +  
steamed peas

AFTERNOON TEA  
Cheese sticks +  
cucumber,  
capsicum and  
carrot sticks

## TUESDAY

MORNING TEA  
Natural yoghurt +  
mixed berries

LUNCH  
Beef & vegetable  
stir-fry with brown  
rice (beef, carrot,  
broccoli)

AFTERNOON TEA  
Rice cakes + fresh  
apple slices +  
vegie sticks

## WEDNESDAY

MORNING TEA  
Fresh watermelon  
slices + rice  
crackers + Cheese

LUNCH  
Chicken and  
vegetable  
casserole (chicken,  
carrot, potato,  
zucchini) +  
wholegrain bread

AFTERNOON TEA  
Banana +  
homemade carrot  
muffins (egg-free)

## THURSDAY

MORNING TEA  
Cheese sticks +  
fresh pear slices

LUNCH  
Baked chicken  
breast + brown rice  
+ steamed green  
beans

AFTERNOON TEA  
Hummus + carrot  
sticks + wholegrain  
crackers

## FRIDAY

MORNING TEA  
Natural yoghurt +  
peach slices

LUNCH  
Beef + and spinach  
wholemeal wrap +  
corn on the cob

AFTERNOON TEA  
Oat Slice + fresh  
orange slices +  
vegie sticks



## SPRING/SUMMER MENU

### WEEK 2

MILK OFFERED AT  
EVERY MORNING AND  
AFTERNOON TEA

WHERE CHILDREN HAVE  
ALLERGIES, ITEMS WILL  
BE SUBSTITUTED

## MONDAY

### MORNING TEA

Fresh apple slices  
+ wholegrain  
crackers

### LUNCH

Roast chicken and  
vegetable salad  
(pumpkin,  
capsicum,  
zucchini) + toasted  
wholemeal bread

### AFTERNOON TEA

Cheese sticks +  
fresh berries +  
vegie sticks

## TUESDAY

### MORNING TEA

Natural yoghurt +  
diced mango

### LUNCH

Chicken & sweet  
potato bake +  
steamed peas

### AFTERNOON TEA

Rice cakes +  
banana +  
cucumber and  
carrot sticks

## WEDNESDAY

### MORNING TEA

Fresh strawberries  
+ wholegrain  
crackers

### LUNCH

Beef meatballs in  
mild tomato sauce  
+ whole wheat  
spaghetti + Grated  
cheese

### AFTERNOON TEA

Hummus + carrot  
sticks

## THURSDAY

### MORNING TEA

Cheese sticks +  
fresh kiwi slices +  
vegie sticks

### LUNCH

Grilled chicken +  
mashed potato +  
Bread + mixed  
steamed  
vegetables (carrot,  
peas, corn)

### AFTERNOON TEA

Fresh melon slices  
+ wholegrain  
crackers

## FRIDAY

### MORNING TEA

Natural yoghurt +  
diced pineapple

### LUNCH

Chicken, corn and  
lettuce wholemeal  
wrap + carrot  
sticks

### AFTERNOON TEA

Banana +  
homemade  
zucchini muffins  
(egg-free)



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## WEEK 3

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MILK OFFERED AT  
EVERY MORNING AND  
AFTERNOON TEA

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WHERE CHILDREN HAVE  
ALLERGIES, ITEMS WILL  
BE SUBSTITUTED

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## MONDAY

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MORNING TEA  
Fresh orange slices  
+ wholegrain  
crackers

LUNCH  
Roast chicken +  
roasted pumpkin +  
pasta + steamed  
broccoli

AFTERNOON TEA  
Cheese sticks +  
apple slices +  
Vegie sticks

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## TUESDAY

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MORNING TEA  
Natural yoghurt +  
mixed berries

LUNCH  
Vegetable lasagna  
(egg-free pasta,  
spinach, zucchini,  
ricotta)

AFTERNOON TEA  
Rice cakes + fresh  
pear slices + vegie  
sticks

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## WEDNESDAY

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MORNING TEA  
Fresh banana + oat  
cookies

LUNCH  
Beef and  
vegetable  
casserole (beef,  
carrot, potato,  
celery)

AFTERNOON TEA  
Hummus + vegie  
sticks + rice  
crackers + Cheese

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## THURSDAY

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MORNING TEA  
Cheese sticks +  
fresh apple slices +  
vegie sticks

LUNCH  
Fish cakes (egg-  
free) + mashed  
sweet potato +  
peas

AFTERNOON TEA  
Fresh melon slices  
+ wholegrain  
crackers

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## FRIDAY

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MORNING TEA  
Natural yoghurt +  
muesli + diced  
melon

LUNCH  
Chicken and salad  
wraps

AFTERNOON TEA  
Banana and  
vegetable platter



## SPRING/SUMMER MENU

### WEEK 4

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EVERY MORNING AND  
AFTERNOON TEA

WHERE CHILDREN HAVE  
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BE SUBSTITUTED

## MONDAY

MORNING TEA  
Fresh strawberries  
+ wholegrain  
crackers

LUNCH  
Baked beef  
meatballs +  
wholemeal  
couscous +  
steamed mixed  
vegetables

AFTERNOON TEA  
Cheese sticks +  
fresh orange slices  
+ vegie platter

## TUESDAY

MORNING TEA  
Natural yoghurt +  
diced peach

LUNCH  
Chicken stir-fry +  
brown rice

AFTERNOON TEA  
Rice cakes + fresh  
apple slices +  
vegie platter

## WEDNESDAY

MORNING TEA  
Fresh apple slices  
+ oat cookies

LUNCH  
Grilled chicken  
salad + wholemeal  
bread slices

AFTERNOON TEA  
Hummus + carrot  
sticks + Cheese

## THURSDAY

MORNING TEA  
Cheese + vegie  
sticks + fresh  
banana

LUNCH  
Beef patties +  
roasted pumpkin +  
steamed green  
beans

AFTERNOON TEA  
Fresh melon slices  
+ wholegrain  
crackers

## FRIDAY

MORNING TEA  
Natural yoghurt +  
mixed berries +  
vegie platter

LUNCH  
Beef and  
vegetable pie +  
mashed potato  
topping + Bread

AFTERNOON TEA  
Banana +  
homemade  
blueberry muffins  
(egg-free)