

Centre Menu for the seasons of Autumn/Winter Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - Wheat biscuits - Rice bubbles - Corn flakes - Porridge	Breakfast - Wheat biscuits - Rice bubbles - Corn flakes - Porridge	Breakfast - Wheat biscuits - Rice bubbles - Corn flakes - Porridge	Breakfast - Wheat biscuits - Rice bubbles - Corn flakes - Porridge	Breakfast - Wheat biscuits - Rice bubbles - Corn flakes - Porridge
Morning Tea - Raisin toast - Fresh fruit	Morning Tea - Cinnamon toast - Fruit smoothie	Morning Tea - Toasted muffin with vegemite - Tomato Wedges	Morning Tea - Pikelets topped with sliced banana	Morning Tea - Raisin toast - Fresh fruit
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Lunch - Bobotie - Garden salad	Lunch - Spinach and ham slice - Coleslaw with oriental noodles	Lunch - Savoury Indian mince and peas - Boiled rice	Lunch - Chicken noodle soup (with vegetables) - Wholemeal cheese scones	Lunch - Potato and Sausage upside-down pie - Corn cobs
Beverage Water	Beverage Water	Beverage Water	Beverage Water	Beverage Water
Afternoon Tea - Lebanese bread spread with cottage cheese and grated carrot rolled up	Afternoon Tea - Rice cakes with vegemite and cheese spread	Afternoon Tea - Wholemeal crisp bread with jam or cheese spread	Afternoon Tea - Pita bread - Carrots & cucumber sticks with Greek yoghurt dip	Afternoon Tea - Banana and Oatmeal Cookies
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Late Afternoon Tea - Fruit platter	Late Afternoon Tea - Muesli Bars	Late Afternoon Tea - Fruit & Cheese platter	Late Afternoon Tea - Greek Yoghurt and Fresh Fruit Salad	Late Afternoon Tea - Fruit Platter
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water



Centre Menu for the seasons of Autumn/Winter Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - Wheat biscuits - Rice bubbles - Corn flakes - Porridge	Breakfast - Wheat biscuits - Rice bubbles - Corn flakes - Porridge	Breakfast - Wheat biscuits - Rice bubbles - Corn flakes - Porridge	Breakfast - Wheat biscuits - Rice bubbles - Corn flakes - Porridge	Breakfast - Wheat biscuits - Rice bubbles - Corn flakes - Porridge
Morning Tea - Toasted crumpets with cheese spread - Fruit platter	Morning Tea - Raisin toast - Fruit smoothie	Morning Tea - Pikelets with golden syrup or jam	Morning Tea - Toasted muffin with cheese spread or Vegemite - Orange segments	Morning Tea - Toasted wholemeal muffins with jam or Vegemite - Banana
Beverage Milk/Water	Beverage Milk/Water	Beverage Milo/Water	Beverage Milk/Water	Beverage Milk/Water
Lunch - Savoury Chilean mince - Steamed shredded cabbage and peas	Lunch - Chilli Con Carne - Tossed salad	Lunch - Chicken Chow Mein with egg noodles and steamed Bok Choi	Lunch - Pasta Roma - Bean salad	Lunch - Vegetable Stroganoff with Wholemeal Pasta shells - Focaccia Bread
Beverage Water	Beverage Water	Beverage Water	Beverage Water	Beverage Water
Afternoon Tea - Banana and Oatmeal Cookies	Afternoon Tea - Vegetable Sticks with Hummus	Afternoon Tea - Rice cakes with Cheese spread - Sliced tomatoes	Afternoon Tea - Honey bran muffins with dried apricots	Afternoon Tea - Wholemeal crisp bread with cheese spread or Vegemite - Fresh fruit
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Late Afternoon Tea - Vegetable Platter	Late Afternoon Tea - Frozen mixed berry yoghurt	Late Afternoon Tea - Watermelon and Greek Yoghurt	Late Afternoon Tea - Fruit Platter	Late Afternoon Tea - Fresh fruit and Greek yoghurt
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water



Centre Menu for the seasons of Autumn/Winter Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - Wheat biscuits - Rice bubbles - Corn flakes - Porridge	Breakfast - Wheat biscuits - Rice bubbles - Corn flakes - Porridge	Breakfast - Wheat biscuits - Rice bubbles - Corn flakes - Porridge	Breakfast - Wheat biscuits - Rice bubbles - Corn flakes - Porridge	Breakfast - Wheat biscuits - Rice bubbles - Corn flakes - Porridge
Morning Tea - Toasted muffin with cheese spread or Vegemite - Fruit smoothie	Morning Tea - Wholemeal toast with cream cheese or Vegemite - Tomato wedges	Morning Tea - Toasted muffin with grilled cheese - Fresh fruit	Morning Tea - Toasted crumpet with golden syrup - Fruit smoothie	Morning Tea - Raisin toast - Fresh fruit
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Lunch - Grilled sausage - Grilled tomato - Potatoes - Beans	Lunch - Lamb & noodle hot pot - Steamed cauliflower - Corn on cob	Lunch - Pumpkin soup with sour cream - Toast fingers	Lunch - Oodles of noodles with cheese - Bean salad	Lunch - Nachos with mince and beans Mexican style - Green salad
Beverage Water	Beverage Water	Beverage Water	Beverage Water	Beverage Water
Afternoon Tea - Pumpkin Scones	Afternoon Tea - Ginger biscuits	Afternoon Tea - Lebanese bread rolled with cream cheese and carrot	Afternoon Tea - Mixed Berry frozen Yoghurt	Afternoon Tea - Pita bread and cheese - Cucumber and Carrot platter
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Late Afternoon Tea - Vegetable Sticks and Cheese	Late Afternoon Tea - Fruit Platter	Late Afternoon Tea - Vegetable sticks with French onion dip	Late Afternoon Tea - Fruit Platter	Late Afternoon Tea - Greek yoghurt with crackers and sultanas
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water



Centre Menu for the seasons of Autumn/Winter Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - Wheat biscuits - Rice bubbles - Corn flakes - Porridge	Breakfast - Wheat biscuits - Rice bubbles - Corn flakes - Porridge	Breakfast - Wheat biscuits - Rice bubbles - Corn flakes - Porridge	Breakfast - Wheat biscuits - Rice bubbles - Corn flakes - Porridge	Breakfast - Wheat biscuits - Rice bubbles - Corn flakes - Porridge
Morning Tea - Cinnamon toast - Sliced Bananas	Morning Tea - Toasted muffin with cream cheese or Vegemite - Fruit smoothie	Morning Tea - Wholemeal toast with melted cheese - Cucumber sticks	Morning Tea - Raisin toast - Fresh fruit	Morning Tea - Pikelets with golden syrup - Sliced bananas
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Lunch - Broccoli, chicken and rice - Coleslaw with Oriental noodle salad	Lunch - Moroccan Lamb with couscous - Bean salad	Lunch - Golden risotto with bacon - Corn cobs	Lunch - Tomato glazed meat loaf - Green beans - Mashed potato	Lunch - Spaghetti Bolognese - Focaccia Bread
Beverage Water	Beverage Water	Beverage Water	Beverage Water	Beverage Water
Afternoon Tea - Banana bread	Afternoon Tea - Wholemeal crisp bread with vegemite or cheese - Vegetable platter	Afternoon Tea - Cocoa and Zucchini muffins	Afternoon Tea - Pumpkin and cinnamon muffins	Afternoon Tea - Rice crackers - Cheese and Vegetable sticks
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Late Afternoon Tea - Rice cakes with beetroot hummus	Late Afternoon Tea - Fruit salad and Greek yoghurt	Late Afternoon Tea - Fruit platter with cheese	Late Afternoon Tea - Vegetable platter with tzatziki dip	Late Afternoon Tea - Frozen yoghurt
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water



Centre Menu for the seasons of Spring/Summer Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - Wheat biscuits - Rice bubbles - Corn Flakes	Breakfast - Wheat biscuits - Rice bubbles - Corn Flakes	Breakfast - Wheat biscuits - Rice bubbles - Corn Flakes	Breakfast - Wheat biscuits - Rice bubbles - Corn Flakes	Breakfast - Wheat biscuits - Rice bubbles - Corn Flakes
Morning Tea - Wholegrain toast with vegemite spread - Mixed Fruit Salad Platter	Morning Tea - Grilled cheese on wholemeal English muffin - Orange segments	Morning Tea - Pikelets - Banana and strawberry platter	Morning Tea - Wholemeal toast with cheese spread - Watermelon slices	Morning Tea - Cheese toasties - Sliced Apples
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Lunch - Italian beef and noodles -Salad platter	Lunch - Teriyaki chicken with grilled cherry tomatoes and rice	Lunch - Lebanese bread pizza (meat & vegetables topping) - Cucumber sticks	Lunch - Spaghetti Napolitana - Garlic focaccia bread	Lunch - Premium beef sausage and gravy - Steamed cauliflower - Mash potato - Corn cobs
Beverage Water	Beverage Water	Beverage Water	Beverage Water	Beverage Water
Afternoon Tea - Cocoa and Zucchini muffins	Afternoon Tea - Crunch oregano bread with avocado and cheese dip	Afternoon Tea - Beetroot hummus with brown rice crackers and cheese cubes	Afternoon Tea - Cheese and vegetable platter	Afternoon Tea - Fruit smoothies
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Late Afternoon Tea - Greek yoghurt - Sliced cucumber	Late Afternoon Tea - Carrot and cucumber sticks with avocado and cheese dip	Late Afternoon Tea - Fresh fruit platter	Late Afternoon Tea - Fruit smoothies	Late Afternoon Tea - Greek Yoghurt with mixed berries
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water



Centre Menu for the seasons of Spring/Summer Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - Wheat biscuits - Rice bubbles - Corn Flakes	Breakfast - Wheat biscuits - Rice bubbles - Corn Flakes	Breakfast - Wheat biscuits - Rice bubbles - Corn Flakes	Breakfast - Wheat biscuits - Rice bubbles - Corn Flakes	Breakfast - Wheat biscuits - Rice bubbles - Corn Flakes
Morning Tea - Raisin toast - Fresh fruit platter	Morning Tea - Grilled English muffins with vegemite spread - Orange and apple wedges	Morning Tea - Wholemeal toast with cheese spread - Fresh fruit platter	Morning Tea - Pikelets - Bananas and Berries	Morning Tea - Grilled English muffins with cheese
Beverage Milo/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Lunch - Spaghetti Bolognese - Homemade garlic focaccia bread	Lunch - Homemade fish fingers with roasted potatoes - Salad	Lunch - Beef and Bean Tacos	Lunch - Chicken stir fry with vegetables and brown rice	Lunch - Tuscan beef casserole with a side of corn niblets
Beverage Water	Beverage Water	Beverage Water	Beverage Water	Beverage Water
Afternoon Tea - Weetbix Slice	Afternoon Tea - Vegetable platter with a French Onion dip	Afternoon Tea - Wholemeal crisp bread with cheese slices and cherry tomatoes	Afternoon Tea - Wholemeal pear and banana muffins	Afternoon Tea - Wholemeal crispbread with vegemite and cheese spread. - Carrot sticks
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Late Afternoon Tea - Fruit gelato on a cone	Late Afternoon Tea - Fruit smoothies	Late Afternoon Tea - Fruit platter	Late Afternoon Tea - Vegetable platter	Late Afternoon Tea - Greek frozen fruit yoghurt
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water



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Breakfast - Wheat biscuits - Rice bubbles - Corn Flakes	Breakfast - Wheat biscuits - Rice bubbles - Corn Flakes	Breakfast - Wheat biscuits - Rice bubbles - Corn Flakes	Breakfast - Wheat biscuits - Rice bubbles - Corn Flakes	Breakfast - Wheat biscuits - Rice bubbles - Corn Flakes
Morning Tea - Wholegrain toast with vegemite spread - Mixed fruit platter	Morning Tea - Wholemeal English muffins with cheese spread - Apple segments	Morning Tea - Raisin toast with butter - Orange pieces	Morning Tea - Pikelets - Watermelon dices	Morning Tea - Grilled cheese on wholemeal toast - Fresh fruit platter
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Lunch - Saucy beef and vegetable loaf - Jacket potatoes with sour cream and chives	Lunch - Tuna pasta bake	Lunch - Lasagne Al Forno - Salad platter (cucumber, cherry tomatoes, beetroot pieces, carrots and lettuce)	Lunch - Chicken Pasta "Nouy with Chicken"	Lunch - Lentil cottage pie - Garden salad
Beverage Water	Beverage Water	Beverage Water	Beverage Water	Beverage Water
Afternoon Tea - Date and apple muffins	Afternoon Tea - Homemade banana bread	Afternoon Tea - Ricotta dip with wholemeal crackers - Sultanas	Afternoon Tea - Homemade vegemite and cheese scrolls - Celery sticks	Afternoon Tea - Carrot and apricot muffins
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Late Afternoon Tea - Wholemeal crispbread with cheese and tomato - Cucumber slices	Late Afternoon Tea - Rice cakes with vegemite - Carrot sticks	Late Afternoon Tea - Muesli Bars	Late Afternoon Tea - Honeydew and rockmelon platter	Late Afternoon Tea - Wholemeal crackers with Greek yoghurt dip - Sultanas
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water



Centre Menu for the seasons of Spring/Summer Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - Wheat biscuits - Rice bubbles - Corn Flakes	Breakfast - Wheat biscuits - Rice bubbles - Corn Flakes	Breakfast - Wheat biscuits - Rice bubbles - Corn Flakes	Breakfast - Wheat biscuits - Rice bubbles - Corn Flakes	Breakfast - Wheat biscuits - Rice bubbles - Corn Flakes
Morning Tea - Raisin toast - Strawberries and blueberries	Morning Tea - Wholegrain ginger biscuits - Rockmelon slices	Morning Tea - Wholegrain Pikelets - Mango smoothie	Morning Tea - Pumpkin cookies - Fruit platter	Morning Tea - English muffins with grilled cheese and tomato
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Lunch - Armenian Spinach and cheese slice - Bean salad	Lunch - Lebanese Kibbeh - Tzatziki dip - Pita bread	Lunch - Lamb pasta bake - Peas and carrots	Lunch - Fried rice - Coleslaw	Lunch - Shepherd's pie - Garden salad
Beverage Water	Beverage Water	Beverage Water	Beverage Water	Beverage Water
Afternoon Tea - Tomato and cheese muffins	Afternoon Tea - Pumpkin scones	Afternoon Tea - Weetbix slice	Afternoon Tea - Corn, spinach and feta muffins	Afternoon Tea - Brown rice crackers with hummus dip - Celery and carrot sticks
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Late Afternoon Tea - Cottage cheese and carrot sticks	Late Afternoon Tea - Greek yoghurt - Sliced cucumber	Late Afternoon Tea - Carrot and celery sticks with French onion dip	Late Afternoon Tea - Wholemeal crispbread with cubed cheese and cherry tomatoes	Late Afternoon Tea - Fruit smoothies
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water

