

Centre Menu for the seasons of Autumn/Winter Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast -Wheat biscuits. -Rice bubble. -Corn flakes. -Porridge.	Breakfast -Wheat biscuits. -Rice bubble. -Corn flakes. -Porridge.	Breakfast -Wheat biscuits. -Rice bubble. -Corn flakes. -Porridge.	Breakfast -Wheat biscuits. -Rice bubble. -Corn flakes. -Porridge.	Breakfast -Wheat biscuits. -Rice bubble. -Corn flakes. -Porridge.
Morning Tea -Raisin toast. -Fresh fruit.	Morning Tea -Cinnamon toast. -Fruit smoothie.	Morning Tea -Toasted muffin with vegemite. -Grapes and Orange Platter.	Morning Tea -Pikelets topped with sliced banana.	Morning Tea -Raisin toast. -Carrot sticks.
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 -Chilli Con Carne. -Tossed Salad.
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 cherry tomatoes and cheese slices.	Afternoon Tea -Banana and Green Muffins	Afternoon Tea - Pita Bread ,Cucumber Sticks and Tzaziki Dip.
Late Afternoon Tea -Fruit crumble.	Late Afternoon Tea -Muesli Bars.	Late Afternoon Tea - Homemade Custard.	Late Afternoon Tea -Greek Yoghurt and Fresh Fruit Salad.	Afternoon Tea -Banana and Oatmeal Cookies.
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 bubble. -Corn flakes. -Porridge.	Breakfast -Wheat biscuits. -Rice bubble. -Corn flakes. -Porridge.	Breakfast -Wheat biscuits. -Rice bubble. -Corn flakes. -Porridge.	Breakfast -Wheat biscuits. -Rice bubble. -Corn flakes. -Porridge.	Breakfast -Wheat biscuits. -Rice bubble. -Corn flakes. -Porridge.
Morning Tea -Toasted crumpet with golden syrup or cheese spread. - Fruit Platter.	Morning Tea -Raisin toast. -Fruit smoothie.	Morning Tea -Pikelets with strawberry coulis and banana.	Morning Tea -Toasted muffin with cheese spread or Vegemite. - Orange Segments.	Morning Tea -Toasted wholemeal muffins with cream cheese or vegemite. -Apple Platter.
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 - Potato and sausage upside-down pie. -Corn Cobs.	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 -Baked bean sandwiches.	Afternoon Tea - Grated carrot and sultana ribbon sandwiches.	Afternoon Tea - Rice cakes with philadelphia spread. - Sliced tomatoes.	Afternoon Tea -Honey bran muffins with dried apricots.	Afternoon Tea -Wholemeal crispbread with cheese and vegemite.
Afternoon Tea -Homemade custard with banana.	Afternoon Tea -Frozen mixed berry yoghurt.	Afternoon Tea - Watermelon and Greek Yoghurt.	Afternoon Tea -Cocoa hummus with grapes.	Afternoon Tea - Fruit salad 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 bubble. -Corn flakes. -Porridge.	Breakfast -Wheat biscuits. -Rice bubble. -Corn flakes. -Porridge.	Breakfast -Wheat biscuits. -Rice bubble. -Corn flakes. -Porridge.	Breakfast -Wheat biscuits. -Rice bubble. -Corn flakes. -Porridge.	Breakfast -Wheat biscuits. -Rice bubble. -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
Dessert -Fruit platter.	Dessert -Ginger biscuits.	Dessert - Cocoa rice pudding with bananas.	Dessert -Mixed berry frozen yoghurt.	Dessert -Homemade custard with dried apricots.
Afternoon Tea -Sandwiches with sliced cheese or Vegemite. -Cucumber sticks.	Afternoon Tea -Lebanese bread rolled with cream cheese and carrot.	Afternoon Tea -Vegetable Sticks with French onion dip.	Afternoon Tea -Pumpkin Scones.	Afternoon Tea -Pita bread with cheese. -Cucumber and carrot 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 4

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast -Wheat biscuits. -Rice bubble. -Corn flakes. -Porridge.	Breakfast -Wheat biscuits. -Rice bubble. -Corn flakes. -Porridge.	Breakfast -Wheat biscuits. -Rice bubble. -Corn flakes. -Porridge.	Breakfast -Wheat biscuits. -Rice bubble. -Corn flakes. -Porridge.	Breakfast -Wheat biscuits. -Rice bubble. -Corn flakes. -Porridge.
Morning Tea -Cinnamon Toast. -Carrot Sticks.	Morning Tea -Toasted muffin with cream cheese or Vegemite. -Fruit smoothie.	Morning Tea -Wholemeal toast with cheese melted. -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 on cob.	Lunch -Tomato glazed meat loaf -Green beans -Mashed potato.	Lunch -Spaghetti Bolognese -Garlic 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 - Fruit salad and Greek yoghurt.	Afternoon Tea -Mini pizza's in baguette.	Afternoon Tea -Frozen yoghurt.
Late Afternoon Tea -Rice crackers with beetroot hummus.	Late Afternoon Tea -Cocoa and zucchini muffins.	Afternoon Tea -Pumpkin and cinnamon muffins.	Afternoon Tea -Vegetable platter with Tzaziki Dip.	Afternoon Tea -Sandwiches with cream cheese or sliced cheese. -Sliced tomatoes
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water