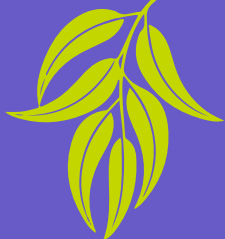


Autumn-Winter Menu

Week 1



















MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Selection of: Cereal and milk, Toast, Raisin Toast or Fruit**				
Morning Tea	Fresh Fruit and Yoghurt 1/2 Cup Milk** 	Wholemeal Cheese Quesadilla**1/2 Cup Milk* 	English Muffin with Cheese or Spread**1/2 Cup Milk** 	Wholemeal Apricot & Banana Muffins**1/2 Cup Milk** 	Wholemeal Pikelets Fresh Fruit Salad1/2 Cup Milk** 
Standard Lunch	Wholemeal Chicken & Mayo Sandwich**Broccoli Florets Water 	Beef Lasagne Peas Sliced Fruit Water 	Tomato glazed MeatloafWholemeal Pasta/Rice Broccoli Florets Pineapple Pieces Water 	Chicken & Vegetable Ragout Wholemeal Pasta/Rice Sliced Fruit Water 	Vegetable Fried Rice 1/2 Slice Wholemeal Bread Dried Apricots Water 
Vegetarian Lunch	Wholemeal Salad Sandwich** Broccoli Florets Water	Vegetable Lasagne Peas Sliced Fruit Water 	Vegetarian Delights Broccoli Florets Pineapple Pieces Water 	Stir-fry VegesWholemeal Pasta/RiceSliced Fruit Water 	
Afternoon Tea	Vegetable Sticks Vegetable Dip1/2 Cup Milk**	Wholemeal Vegetable Muffins 1/2 Cup Milk* 	Mini Wholemeal Vegetable Pizza** 1/2 Cup Milk** 	Raisin Toast Sliced Fresh Fruit 1/2 Cup Milk** 	Wholemeal Crackers & Cheddar Cheese** 1/2 Cup Milk**
Evening Snack	Selection of: Cheese, Crackers, Ricecakes, Sultanas, Fruit and Milk**				

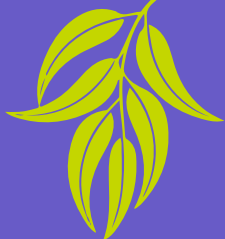


Autumn-Winter Menu

Week 2




















MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Selection of: Cereal and milk, Toast, Raisin Toast or Fruit**				
Morning Tea	Wholemeal Pancakes With Spinach & Cheese** 1/2 Cup Milk** 	Vegemite and Cheese Scrolls** 1/2 Cup Milk** 	Muesli Fruit Slice** 1/2 Cup Milk** 	Wholemeal Crackers & Cream Cheese** Carrot Sticks 1/2 Cup Milk**	Wholemeal Cheese Sandwich** 1/2 Cup Milk** 
Standard Lunch	Beef Taco's Broccoli Florets Sliced Fresh Fruit Water 	Asian Vegetable Chow Mein Sliced Wholemeal Bread Water 	Beef Meatballs Broccoli Florets Pineapple Pieces Water 	Beef Bolognese Wholemeal Pasta/Rice Broccoli Florets Pineapple Pieces Water 	Baked Chicken Risotto Wholemeal Pasta/Rice 1/2 Cup Cherry Tomato Water 
Vegetarian Lunch	Vegetable Taco Sliced Fresh Fruit Broccoli Florets Water 		Vegetarian Delights Broccoli Florets Pineapple Pieces Water 	Stir-fry Veges Wholemeal Pasta/Rice Sliced Fruit Water 	Vegetable Fried Rice 1/2 Slice Wholemeal Bread Dried Apricots Water 
Afternoon Tea	Toasted Crumpets & Spread** 1/2 Cup Milk** 	Wholemeal Banana Bread** Carrot Sticks 1/2 Cup Milk**	Mini Wholemeal Vegetable Pizza** 1/2 Cup Milk** 	Pumpkin Scones with Fruit Spread** 1/2 Cup Milk** 	Vegetable Sticks Vegetable Dip 1/2 Cup Milk**
Evening Snack	Selection of: Cheese, Crackers, Ricecakes, Sultanas, Fruit and Milk**				






















Autumn-Winter Menu

Week 3



MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Selection of: Cereal and milk, Toast, Raisin Toast or Fruit**				
Morning Tea	Pumpkin Pancakes 1/2 Cup Milk** 	Cocoa Banana Muffins 1/2 Cup Milk** 	Raisin Toast 1/2 Cup Milk** 	Wholemeal Berry Muffins 1/2 Cup Milk** 	Fresh Fruit Salad and Yoghurt** 1/2 Cup Milk** 
Standard Lunch	Creamy Chicken and Spinach Wholemeal Pasta Water 	Beef Stroganoff Rice Broccoli Floret Water 	Cheesy Beef Rissolle Corn Cob Corn Kernels in a Cup (Jnr) Water 	Teriyaki Chicken Broccoli Florets Cherry Tomatoes Water 	Vegetable Ragout Wholemeal Pasta/Rice Water 
Vegetarian Lunch	Creamy Mushroom and Spinach Wholemeal Pasta/Rice Water 	Tuna and Sweet Corn Bake Steamed Rice Broccoli Florets Water 	Vegetarian Delights Corn Cob Corn Kernels in a Cup (Jnr) Water 	Apricot Tofu Broccoli Florets Cherry Tomatoes Water 	
Afternoon Tea	Weetbix Slice Sliced Fresh Fruit 1/2 Cup Milk** 	Corn Cakes with Melted Cheese and Tomato 1/2 Cup Milk** 	Wholemeal Crackers & Cheese** Carrot Sticks 1/2 Cup Milk**	Vegetable Sticks Vegetable Dip 1/2 Cup Milk**	Garlic Bread Vegetable Sticks 1/2 Cup Milk** 
Evening Snack	Selection of: Cheese, Crackers, Ricecakes, Sultanas, Fruit and Milk**				

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Selection of: Cereal and milk, Toast, Raisin Toast or Fruit**				
Morning Tea	Raisin Toast 1/2 Cup Milk** 	Orange Muffins 1/2 Cup Milk** 	Pastry Cheese Twists** 1/2 Cup Milk** 	Hot Pumpkin Soup** Wholemeal Bread 1/2 Cup Milk** 	Baked Beans with Melted Cheese on Toast 1/2 Cup Milk** 
Standard Lunch	Shepherds Pie Peas Water 	Vegetable Risotto Wholemeal Pasta/Rice Sliced Fruit Water 	Honey Soy Lamb stir Fry Wholemeal Pasta/Rice Cauliflower Florets Water 	Meatloaf Wholemeal Bread Steam Vegetables Water 	Homemade Sausage Rolls Corn on the Cob Cup of Corn (Jnr) Water 
Vegetarian Lunch	Vegetable Pie Peas Water 		Tofu Stir Fry Wholemeal Pasta/Rice Cauliflower Florets Water 	Vegetarian Delights Corn Cob Corn Kernels in a Cup (Jnr)Water 	Homemade Vegetarian Sausage Rolls Corn on the Cob Cup of Corn (Jnr) Water 
Afternoon Tea	Carrot Cake 1/2 Cup Milk** 	Banana Bread 1/2 Cup Milk** 	Vegetable Sticks Vegetable Dip 1/2 Cup Milk** 	Apple Cake 1/2 Cup Milk** 	Wholemeal Crackers & Cheese** Carrot Sticks 1/2 Cup Milk** 
Evening Snack	Selection of: Cheese, Crackers, Ricecakes, Sultanas, Fruit and Milk**				