











Spring menu- Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereals, Cornflakes, Milk, Wholemeal toast with Cheese, Vegemite, Jam diary free options	Cereals, Cornflakes, Wheatbix, Milk & Wholemeal toast with Cheese, Vegemite, Jam, diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options
MORNING TEA	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter
LUNCH Babies – Pureed seasonal vegetables (Alternative protein for vegetarians)	Ceylonese style mixed vegetable served with steamed rice 	Chicken and vegetable pastries 	Pasta Bolognese 	Thai style beef and vegetable noodles 	Chicken and vegetable fried rice 
AFTERNOON TEA	Raisin bread served with butter and seasonal vegetables	Dip with pita crisps	Homemade pineapple and sultana torte	Corn Fritter	Yogurt served with fresh fruits
LATE AFTERNOON TEA	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese & vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite






Spring menu- Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereals, Cornflakes, Milk, Wholemeal toast with Cheese, Vegemite, Jam diary free options	Cereals, Cornflakes, Wheatbix, Milk & Wholemeal toast with Cheese, Vegemite, Jam, diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options
MORNING TEA	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter
LUNCH Babies – Pureed seasonal vegetables (Alternative protein for vegetarians)	Vegetable pasta bake. 	Home made chicken pizza 	Lamb and vegetable fried rice 	Beef Lasagna 	Thai beef salad with vermicelli rice noodles 
AFTERNOON TEA	Yogurt with muesli and fruits	Cheesy-mite English muffins	Homemade peach slab	Homemade mixed fruit muffins	Rice crackers served with fresh vegetable platter
LATE AFTERNOON TEA	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese & vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite

Spring menu- Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereals, Cornflakes, Milk, Wholemeal toast with Cheese, Vegemite, Jam diary free options	Cereals, Cornflakes, Wheatbix, Milk & Wholemeal toast with Cheese, Vegemite, Jam, diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options
MORNING TEA	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter
LUNCH Babies – Pureed seasonal vegetables (Alternative protein for vegetarians)	Ceylonese style fish and mixed vegetable curry served with steamed rice 	Pasta Bolognese 	Lentil and vegetable noodle soup 	Thai chicken and vegetable stir fry with steamed rice 	Beef Lasagna 
AFTERNOON TEA	Mini cheese and veg muffins	Berry pan cakes	Homemade Date and fruit loaf	Dip with pita crisps	Home made cookies
LATE AFTERNOON TEA	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese & vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite

Spring menu- Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereals, Cornflakes, Milk, Wholemeal toast with Cheese, Vegemite, Jam diary free options	Cereals, Cornflakes, Wheatbix, Milk & Wholemeal toast with Cheese, Vegemite, Jam, diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options
MORNING TEA	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter
LUNCH Babies – Pureed seasonal vegetables (Alternative protein for vegetarians)	Butter chicken curry with rice 	Roast potatoes and mixed vegetables 	Thai beef salad with vermicelli rice noodles 	Tuna Pasta bake 	Japanese style teriyaki fish and vegetable stir fry served with sushi rice 
AFTERNOON TEA	Home made banana bread	Cheesymite English muffins	Yogurt served with muesli and fresh fruits	Assorted sandwiched with seasonal vegetable platter	Home made mixed fruit torte
LATE AFTERNOON TEA	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese & vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite