

| WEEK 3        | MONDAY                                                                                                                                                                                                                                  | TUESDAY                                                                                                                                      | WEDNESDAY                                                                                                                                                                     | THURSDAY                                                                                                                                      | FRIDAY                                                                                                                                                                |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Breakfast     | Cereal or/and<br>Toast with vegemite/jam                                                                                                                                                                                                | Cereal or/and<br>Toast with vegemite/jam                                                                                                     | Cereal or/and<br>Toast with vegemite/jam                                                                                                                                      | Cereal or/and<br>Toast with vegemite/jam                                                                                                      | Cereal or/and<br>Toast with vegemite/jam                                                                                                                              |
| Morning Tea   | Fresh Fruit and Rice Cakes with Condiments<br>(butter, jam, vegemite)                                                                                                                                                                   | Baked Beans on Toast                                                                                                                         | Seasonal Fruit and Cruskits with Condiments<br>(butter, jam, vegemite)                                                                                                        | English Muffins with Toppings<br>(butter, jam, vegemite, cream cheese)                                                                        | Variety Of Cereal with Milk<br>(Cheerio, Weetabix, cornflakes or rice bubbles)                                                                                        |
| Drink         | Milk / water                                                                                                                                                                                                                            | Milk / water                                                                                                                                 | Milk / water                                                                                                                                                                  | Milk / water                                                                                                                                  | Milk / water                                                                                                                                                          |
| Lunch         | Classic Beef Bolognaise<br><i>An All-Time Favourite!</i><br><br>(A hearty tomato-based sauce with minced beef, herbs and vegetables, served with pasta.)                                                                                | Tuna Veggie Deconstructed Delight Pie<br><br>(A creamy tuna and vegetable filling topped with golden pastry and baked until warm and crisp.) | Golden Beef & Chickpea Curry with Creamy Mash<br><br>(Tender beef and chickpeas cooked with vegetables in a mild, flavoursome curry sauce, served with creamy mashed potato.) | Chicken Chow Mein with Rice Noodles<br><br>(Chicken breast and variety of vegetables tossed with soft rice noodles in a mild, savoury sauce.) | Loaded Veggie Fried Rice with Bacon<br><i>An All-Time Favourite!</i><br><br>(Fluffy rice tossed with bacon and a colourful mix of vegetables in a savoury soy sauce.) |
| Drink         | Water                                                                                                                                                                                                                                   | Water                                                                                                                                        | Water                                                                                                                                                                         | Water                                                                                                                                         | Water                                                                                                                                                                 |
| Veg           | For any dietary requirements, including vegetarian or vegan preferences, the centre strives to offer the same meal where possible, using plant-based alternatives, or to provide a suitable separate option with any allergens removed. |                                                                                                                                              |                                                                                                                                                                               |                                                                                                                                               |                                                                                                                                                                       |
| Afternoon Tea | Variety sandwiches on wholemeal bread<br>(toppings – cheese, ham, chicken, jam, vegemite, cream cheese)                                                                                                                                 | Mix of Seasonal Fruit with Date & Honey Loaf                                                                                                 | Cheesy Veggie & Hummus Platter<br>(A selection of fresh vegetables, dry fruit and cheese, served with creamy hummus and soft plain tortillas)                                 | Fresh Fruit and Rice Cakes with Condiments<br>(butter, jam, vegemite)                                                                         | Golden Corn Jacks & Seasonal Fruit<br><i>New on the Menu!</i>                                                                                                         |
| Drink         | Milk / water                                                                                                                                                                                                                            | Milk / water                                                                                                                                 | Milk / water                                                                                                                                                                  | Milk / water                                                                                                                                  | Milk / water                                                                                                                                                          |
| Late snack    | Variety of crackers or/and biscuits                                                                                                                                                                                                     |                                                                                                                                              |                                                                                                                                                                               |                                                                                                                                               |                                                                                                                                                                       |

| WEEK 4        | MONDAY                                                                                                                                                                                                                                  | TUESDAY                                                                                                                                                                                | WEDNESDAY                                                                                                                           | THURSDAY                                                                                                                                            | FRIDAY                                                                                                                                                                        |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Breakfast     | Cereal or/and<br>Toast with vegemite/jam                                                                                                                                                                                                | Cereal or/and<br>Toast with vegemite/jam                                                                                                                                               | Cereal or/and<br>Toast with vegemite/jam                                                                                            | Cereal or/and<br>Toast with vegemite/jam                                                                                                            | Cereal or/and<br>Toast with vegemite/jam                                                                                                                                      |
| Morning Tea   | Wholemeal Toast with Condiments<br>(butter, jam, vegemite, cream cheese)                                                                                                                                                                | Variety Of Cereal with Milk<br>(Cheerio, Weetabix, cornflakes or rice bubbles)                                                                                                         | Seasonal Fruit and Rice Cakes with Condiments<br>(butter, jam, vegemite)                                                            | Fresh Fruit & Banana Bread                                                                                                                          | Crumpets With Butter and Other Condiments<br>(jam, vegemite, cream cheese)                                                                                                    |
| Drink         | Milk / water                                                                                                                                                                                                                            | Milk / water                                                                                                                                                                           | Milk / water                                                                                                                        | Milk / water                                                                                                                                        | Milk / water                                                                                                                                                                  |
| Lunch         | Vegetarian Chilli Con Carne<br><i>New on the Menu!</i><br><br>(A hearty mix of beans, lentils and vegetables simmered in a mild tomato-based sauce with gentle Mexican-inspired spices.)                                                | Italian Meatballs in Napolitana Sauce with Pasta<br><i>An All-Time Favourite!</i><br><br>(Beef meatballs simmered in a rich tomato and herb Napolitana sauce, served with soft pasta.) | Creamy Tuna & Sweetcorn Rice Bowl<br><br>(Tuna and sweetcorn combined in a smooth, creamy sauce and served with fluffy white rice.) | Devil Sausages with Mash Potatoes<br><br>(Sausages cooked in a mild, slightly sweet tomato-based sauce with vegetables, served with mashed potato.) | Little Ramen Bowl with Chicken & Corn<br><i>New on the Menu!</i><br><br>(Mince chicken, sweet corn and vegetables served with soft ramen noodles in a creamy, savoury broth.) |
| Drink         | Water                                                                                                                                                                                                                                   | Water                                                                                                                                                                                  | Water                                                                                                                               | Water                                                                                                                                               | Water                                                                                                                                                                         |
| Veg           | For any dietary requirements, including vegetarian or vegan preferences, the centre strives to offer the same meal where possible, using plant-based alternatives, or to provide a suitable separate option with any allergens removed. |                                                                                                                                                                                        |                                                                                                                                     |                                                                                                                                                     |                                                                                                                                                                               |
| Afternoon Tea | Fresh Fruit Plate with Mac & Cheese Croquettes                                                                                                                                                                                          | Mix of Seasonal Fruit Served with Greek Yoghurt                                                                                                                                        | Variety Sandwiches on Wholemeal Bread<br>(toppings – cheese, ham, chicken, jam, vegemite, cream cheese)                             | Wholemeal Toast with Baked Beans                                                                                                                    | Seasonal Fruit and Cruskits with Condiments<br>(butter, jam, vegemite)                                                                                                        |
| Drink         | Milk / water                                                                                                                                                                                                                            | Milk / water                                                                                                                                                                           | Milk / water                                                                                                                        | Milk / water                                                                                                                                        | Milk / water                                                                                                                                                                  |
| Late snack    | Variety of crackers or/and biscuits                                                                                                                                                                                                     |                                                                                                                                                                                        |                                                                                                                                     |                                                                                                                                                     |                                                                                                                                                                               |