

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereal or/and Toast with vegemite/jam	Cereal or/and Toast with vegemite/jam	Cereal or/and Toast with vegemite/jam	Cereal or/and Toast with vegemite/jam	Cereal or/and Toast with vegemite/jam
Morning Tea	Variety Of Cereal with Milk (Cheerio, Weetabix, cornflakes or rice bubbles)	Fruit Salad Served with Side of Greek Yogurt	Bagels With Variety of Toppings (butter, jam, vegemite, cream cheese)	Seasonal Fruit and Rice Cakes with Condiments (butter, jam, vegemite)	Wholemeal Toast with Baked Beans
Drink	Milk / water	Milk / water	Milk / water	Milk / water	Milk / water
Lunch	Tuna & Veggie Comfort Bake (A creamy pasta bake with tuna, carrot and peas in a smooth white sauce, topped with grated cheese and baked until golden)	Hearty Beef & Veggie Pie Bowl with Golden Potato Gems (A hearty beef and vegetable filling in a rich gravy, served with crispy golden potato gems on top)	Chicken Curry & Rice (Tender chicken and vegetables cooked in a mild, creamy curry sauce, served with steamed white rice)	Lentil & Vegetable Bolognaise <i>An All-Time Favourite!</i> (A hearty tomato-based sauce with lentils and a variety of vegetables, served with pasta)	Fiesta Friday! (A mild Mexican-inspired beef and vegetable bake with beans, tomato and melted cheese, served with rice)
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	Seasonal Fruit & Crunchy Pop-Corners	Rainbow Cheese & Veggie Platter with Corn Cobs (A colourful selection of cheese and fresh vegetable sticks, served with freshly cooked sweet corn on the cob.)	Seasonal Fruit & House-Baked Tea Cake	Variety Sandwiches on Wholemeal Bread (toppings – cheese, ham, chicken, jam, vegemite, cream cheese)	Mix Of Fresh Fruit Served with Side of Greek Yogurt
Drink	Milk / water	Milk / water	Milk / water	Milk / water	Milk / water
Late snack	Variety of crackers or/and biscuits				

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereal or/and Toast with vegemite/jam	Cereal or/and Toast with vegemite/jam	Cereal or/and Toast with vegemite/jam	Cereal or/and Toast with vegemite/jam	Cereal or/and Toast with vegemite/jam
Morning Tea	Café-Style Raisin Toast with Spreads (butter, jam, vegemite)	Seasonal Fruit and Cruskits with Condiments (butter, jam, vegemite)	Wholemeal Toast with Condiments (butter, jam, vegemite)	Variety Of Cereal with Milk (Cheerio, Weetabix, cornflakes or rice bubbles)	Fresh Fruit Served with Greek Yogurt
Drink	Milk / water	Milk / water	Milk / water	Milk / water	Milk / water
Lunch	Cheesy Beef & Rice Comfort Casserole (A hearty casserole with seasoned beef, rice and vegetables, topped with melted golden cheese)	Creamy Chicken & Noddles <i>New on the Menu!</i> (Tender chicken and vegetables tossed through soft noodles in a creamy sauce)	Spinach And Ricotta Pasta (Soft pasta tossed through a creamy ricotta and spinach sauce, finished with a sprinkle of cheese)	B-B-B! Beef & Bean Burritos (Soft tortillas filled with seasoned beef, beans and vegetables, topped with melted cheese and baked until warm and golden)	Dutch Delight – Tuna Curry Pasta Bake <i>New on the Menu!</i> (A creamy pasta bake with tuna and vegetables in a mild Dutch curry sauce, topped with melted cheese and baked until golden)
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	Mix Of Fresh Seasonal Fruit Served with Greek Yogurt	Variety Sandwiches on Wholemeal Bread (toppings – cheese, ham, chicken, jam, vegemite, cream cheese)	Seasonal Fruit & Golden Oven-Baked Chicken Popcorn	Seasonal Fruit & Rice Cakes with Condiments (butter, jam, vegemite)	Variety Sandwiches on Wholemeal Bread (toppings – cheese, ham, chicken, jam, vegemite, cream cheese)
Drink	Milk / water	Milk / water	Milk / water	Milk / water	Milk / water
Late snack	Variety of crackers or/and biscuits				

