

WEEK 3	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	Seasonal fruit or/and berries with yoghurt and granola	Wholemeal toast with baked beans	Bagels with variety of toppings (butter, jam, vegemite, cream cheese)	Seasonal fruit and rice cakes with condiments (butter, jam, vegemite)	Variety of cereal with milk (Cheerio, Weetabix, cornflakes or rice bubbles)
Drink	<i>Milk / water</i>	<i>Milk / water</i>	<i>Milk / water</i>	<i>Milk / water</i>	<i>Milk / water</i>
Lunch	Parmesan Chicken Casserole (A one-pot baked dish with fettuccine, tender chicken breast, a chopped veggie mix, and a cheesy blend of mozzarella and parmesan)	Tuna, Rice & Veggies Bake (A comforting bake made with tuna, carrot, peas and corn in a creamy homemade sauce, served on rice)	Cheesy Beef Bolognaise Bake (A classic beef Bolognaise with hidden veggies, finished with a mozzarella topping for a warm, cheesy bake)	Pumpkin Mac 'n' Cheese (Classic mac 'n' cheese made extra creamy with a homemade roasted pumpkin sauce)	Curry Sausages with Rice & Steamed Veggies (<i>Favourite!</i>) (A comforting mild curry with sliced sausages in a savoury sauce, served with fluffy rice and a side of steamed vegetables)
Drink	<i>Water</i>	<i>Water</i>	<i>Water</i>	<i>Water</i>	<i>Water</i>
Veg	<i>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.</i>				
Afternoon Tea	Variety sandwiches on wholemeal bread (toppings – cheese, ham, chicken, jam, vegemite, cream cheese)	Seasonal fruit & oven baked hashbrowns	Seasonal fruit & rice cakes with condiments (butter, jam, vegemite)	Veggie sticks, cheese cubs, hummus & oven baked garlic bread	Seasonal fruit & house baked low-sugar ABC muffins
Drink	<i>Milk / water</i>	<i>Milk / water</i>	<i>Milk / water</i>	<i>Milk / water</i>	<i>Milk / water</i>
Late snack	<i>Variety of crackers or/and biscuits</i>				

WEEK 4	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)	Seasonal fruit & rice cakes with condiments (butter, jam, vegemite)	Variety of cereal with milk (Cheerio, Weetabix, cornflakes or rice bubbles)	Wholemeal toast with condiments (butter, jam, vegemite, cream cheese)	English muffins with toppings (butter, jam, vegemite, cream cheese)
Drink	<i>Milk / water</i>	<i>Milk / water</i>	<i>Milk / water</i>	<i>Milk / water</i>	<i>Milk / water</i>
Lunch	Dhal with Rice (<i>Favourite!</i>) (A mild dhal made with red lentils simmered with peas, corn and capsicum in a gently spiced tomato curry sauce, served with rice)	Beef Chow Mein (A tasty stir-fry style dish with minced beef, carrot and shredded cabbage, served with rice noodles)	Hidden Cauliflower, Ham & Pasta Bake (A creamy one-pot pasta bake with hidden cauliflower, ham, and a golden mozzarella topping)	Chicken, Corn & Noodle Soup (A nourishing broth with shredded chicken breast, sweet corn kernels and bean sprouts, served with rice noodles)	Cheesy Tuna & Pasta Bake (with hidden veggies) (A creamy pasta bake made with tuna and mixed veggies (tiny chopped) in a homemade sauce, finished with a cheesy topping)
Drink	<i>Water</i>	<i>Water</i>	<i>Water</i>	<i>Water</i>	<i>Water</i>
Veg	<i>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.</i>				
Afternoon Tea	Seasonal fruit & baked potato wedges	Variety sandwiches (toppings – cheese, ham, chicken, jam, vegemite, cream cheese)	Seasonal fruit & cruskits with condiments (butter, jam, vegemite)	Seasonal fruit & sausage rolls with hidden veggies	Mix cheese & veggie platter with hummus and plain tortillas
Drink	<i>Milk / water</i>	<i>Milk / water</i>	<i>Milk / water</i>	<i>Milk / water</i>	<i>Milk / water</i>
Late snack	<i>Variety of crackers or/and biscuits</i>				

