

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	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
<b>Morning Tea</b>	Wholemeal toast with condiments (butter, jam, vegemite, cream cheese)	Variety of cereal with milk (Cheerio, Weetabix, cornflakes or rice bubbles)	Seasonal fruit and rice cakes with condiments (butter, jam, vegemite)	Bagels with variety of toppings (butter, jam, vegemite, cream cheese)	Seasonal fruit or/and berries with yoghurt and granola
<b>Drink</b>	<i>Milk / water</i>	<i>Milk / water</i>	<i>Milk / water</i>	<i>Milk / water</i>	<i>Milk / water</i>
<b>Lunch</b>	Spaghetti Bolognese <i>(Favourite!)</i>  (A classic Bolognese with peas, corn and capsicum, served with spaghetti)	Macaroni & Cheese with Steamed Veggies  (Creamy, cheesy macaroni, served with a side of steamed vegetables)	Chicken Stroganoff with Potato Mash  (Tender chicken breast cooked with mushrooms and zucchini in a creamy stroganoff sauce, served with smooth potato mash)	Tuna, Veggies & Pasta Bake  (A creamy pasta bake with tuna, carrot and peas in a smooth white sauce)	Chilli con Carne with Rice & Corn on the Cob  (A hearty, mild beef chilli served with fluffy rice and corn on the cob on the side)
<b>Drink</b>	<i>Water</i>	<i>Water</i>	<i>Water</i>	<i>Water</i>	<i>Water</i>
<b>Veg</b>	<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>				
<b>Afternoon Tea</b>	Seasonal fruit & cruskits with condiments (butter, jam, vegemite)	Seasonal fruit & banana bread	Mix cheese & veggie sticks platter with hummus and tortillas	Seasonal fruit & rice cakes with condiments (butter, jam, vegemite)	Variety sandwiches on wholemeal bread (toppings – cheese, ham, chicken, jam, vegemite, cream cheese)
<b>Drink</b>	<i>Milk / water</i>	<i>Milk / water</i>	<i>Milk / water</i>	<i>Milk / water</i>	<i>Milk / water</i>
<b>Late snack</b>	<i>Variety of crackers or/and biscuits</i>				

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	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
<b>Morning Tea</b>	Variety of cereal with milk (Cheerio, Weetabix, cornflakes or rice bubbles)	Seasonal fruit or/and berries with yoghurt and granola	Variety of cereal with milk (Cheerio, Weetabix, cornflakes or rice bubbles)	Wholemeal toast with baked beans	Seasonal fruit and cruskits cakes with condiments (butter, jam, vegemite)
<b>Drink</b>	<i>Milk / water</i>	<i>Milk / water</i>	<i>Milk / water</i>	<i>Milk / water</i>	<i>Milk / water</i>
<b>Lunch</b>	Tuna & Rice Bake <i>(Favourite!)</i>  (A creamy bake with tuna, rice, corn and capsicum in a smooth white sauce, finished with a cheesy topping)	Nachos Tuesday with Side of Rice  (A tasty mix of beef mince, corn and beans served with rice and topped with crunchy corn chips)	Pumpkin & Lentil Soup with Wholemeal Bread <i>(Favourite!)</i>  (A warm, nourishing soup made with pumpkin and lentils, served with wholemeal bread)	“Cheeseburger” Macaroni with Steamed Veggies  (A fun twist on a cheeseburger—macaroni mixed through a beef and cheesy sauce, served with a side of steamed vegetables)	French Onion Chicken & Pasta Bake  (A hearty pasta bake with tender chicken in a rich French onion-style sauce, finished with a warm, comforting baked topping.)
<b>Drink</b>	<i>Water</i>	<i>Water</i>	<i>Water</i>	<i>Water</i>	<i>Water</i>
<b>Veg</b>	<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>				
<b>Afternoon Tea</b>	Seasonal fruit & Mini Pain Au Chocolate	Variety sandwiches on wholemeal bread (toppings – cheese, ham, chicken, jam, vegemite, cream cheese)	Seasonal fruit & Apple Pie bites	Seasonal fruit & rice cakes with condiments (butter, jam, vegemite)	Banana bread
<b>Drink</b>	<i>Milk / water</i>	<i>Milk / water</i>	<i>Milk / water</i>	<i>Milk / water</i>	<i>Milk / water</i>
<b>Late snack</b>	<i>Variety of crackers or/and biscuits</i>				