













Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Ricebubbles, Cornflakes, Weetbix, wholemeal toast and Nuttelex with salt reduced Vegemite and cream cheese	Ricebubbles, Cornflakes, Weetbix, wholemeal toast and Nuttelex with salt reduced Vegemite and cream cheese	Ricebubbles, Cornflakes, Weetbix, wholemeal toast and Nuttelex with salt reduced Vegemite and cream cheese	Ricebubbles, Cornflakes, Weetbix, wholemeal toast and Nuttelex with salt reduced Vegemite and cream cheese	Ricebubbles, Cornflakes, Weetbix, wholemeal toast and Nuttelex with salt reduced Vegemite and cream cheese
Morning Tea	Fresh fruit salad with Greek yoghurt	Toasted wholemeal bread with cream cheese or Vegemite	Fresh seasonal fruit and vegetable platter	Apple puree with Weetbix bircher	Muffin pizzas
Lunch	Beef and vegetable stir fry with rice noodles	Baked fish tacos with fresh tomato, cucumber, lettuce with tzatziki sauce	Vegan nasi goreng with tofu	Baked panko chicken nuggets served with rainbow salad and brown rice	Bolognese with vegetables and wholemeal spaghetti with parmesan cheese, <b>Indigenous bush tomato &amp; salt bush</b>
Alternative Meal	 Vegetable stir fry with rice noodles	 Baked tofu tacos with fresh tomato, cucumber, lettuce with tzatziki sauce	 As above	 Baked tofu nuggets served with rainbow salad and brown rice	 Vegetable bolognese and wholemeal spaghetti
Afternoon Tea	Blueberry, apple and granola muffins with <b>Indigenous wattle seed</b>	Fresh fruit and vegetable platter with rice cakes and cheese slices	Beetroot and white bean dip with vegetable sticks and pita bread	Wholemeal sandwiches with cheese, tomato, cucumber or Vegemite	Frozen yoghurt, coconut and raspberry bark
Late Snack	Rice cakes with fresh seasonal fruits and vegetables	Rice cakes with fresh seasonal fruits and vegetables	Rice cakes with fresh seasonal fruits and vegetables	Rice cakes with fresh seasonal fruits and vegetables	Rice cakes with fresh seasonal fruits and vegetables
Drinks	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)

Children with food allergies, intolerances, food preferences and cultural needs are catered for their individual health needs.







This menu has been assessed by the Healthy Eating Advisory Service and meets the menu planning guidelines for healthy eating from Nutrition Australia.






-  Fresh garden herbs
-  Meat
-  Vegan
-  Chicken
-  Fish
-  Indigenous bush tucker plants

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Ricebubbles, Cornflakes, Weetbix, wholemeal toast and Nuttelex with salt reduced Vegemite and cream cheese	Ricebubbles, Cornflakes, Weetbix, wholemeal toast and Nuttelex with salt reduced Vegemite and cream cheese	Ricebubbles, Cornflakes, Weetbix, wholemeal toast and Nuttelex with salt reduced Vegemite and cream cheese	Ricebubbles, Cornflakes, Weetbix, wholemeal toast and Nuttelex with salt reduced Vegemite and cream cheese	Ricebubbles, Cornflakes, Weetbix, wholemeal toast and Nuttelex with salt reduced Vegemite and cream cheese
Morning Tea	Fresh seasonal fruit, cheese slices and rice crackers	Crumpets with assorted spreads	Fresh seasonal fruit and vegetable platter	Bananas with Greek yoghurt	Homemade fruit muesli with Greek yoghurt
Lunch	Tofu and vegetable cous cous served with pita bread	Chicken and vegetable risotto	Lamb souvlaki served with tomato, lettuce, tzatziki and wholemeal wraps with <b>Indigenous salt bush</b>	Tomato fish curry served with basmati rice and roti bread	Beef and vegetable stir fry Hokkien noodles
Alternative Meal	 As above	 Vegetable risotto	  Tofu souvlaki served with tomato, lettuce, tzatziki and wholemeal wraps	 Tomato curry served with basmati rice and roti bread	 Vegetable stir fry Hokkien noodles
Afternoon Tea	Zucchini, spinach and apple loaf	Seasonal fruit platter	Date, oatmeal and quinoa cake with <b>Indigenous wattle seed</b>	Homemade margherita pita pizzas	Fresh seasonal fruit and vegetables, cheese slices and rice crackers
Late Snack	Rice cakes with fresh seasonal fruits and vegetables	Rice cakes with fresh seasonal fruits and vegetables	Rice cakes with fresh seasonal fruits and vegetables	Rice cakes with fresh seasonal fruits and vegetables	Rice cakes with fresh seasonal fruits and vegetables
Drinks	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)

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	Fresh garden herbs		Chicken
	Meat		Fish
	Vegan		Indigenous bush tucker plants

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Ricebubbles, Cornflakes, Weetbix, wholemeal toast and Nuttelex with salt reduced Vegemite and cream cheese	Ricebubbles, Cornflakes, Weetbix, wholemeal toast and Nuttelex with salt reduced Vegemite and cream cheese	Ricebubbles, Cornflakes, Weetbix, wholemeal toast and Nuttelex with salt reduced Vegemite and cream cheese	Ricebubbles, Cornflakes, Weetbix, wholemeal toast and Nuttelex with salt reduced Vegemite and cream cheese	Ricebubbles, Cornflakes, Weetbix, wholemeal toast and Nuttelex with salt reduced Vegemite and cream cheese
Morning Tea	Seasonal fruit platter	Cheese toasties	Frozen raspberries with Greek yoghurt	Toasted crumpets with cream cheese or Vegemite	Fresh watermelon slices with cheese slices and rice crackers
Lunch	Chicken and vegetable bolognese with wholemeal spaghetti and <b>Indigenous salt bush</b>	Falafel poke bowl with hummus, tomato, carrot, cucumber, edamame beans, corn with wholemeal rice	Tuna cheery tomato and spinach bake	Beef Choy Bow with carrots, cucumbers and lettuce and <b>Indigenous salt bush</b>	Chicken curry fried rice
Alternative Meal	 Vegetable bolognese with wholemeal spaghetti	 As above	 Tomato and spinach pasta bake	 Plant based San Choy Bow with carrots, cucumbers and lettuce	 Vegetarian curry fried rice
Afternoon Tea	Wholemeal sandwiches with cheese, tomato, cucumber or Vegemite	Seasonal fruit platter	Homemade pumpkin and sweet potato dip served with rice crackers and vegetable sticks	Fresh seasonal fruit and vegetables, cheese slices and rice crackers	Blueberry and chai scones with <b>Indigenous lemon myrtle</b>
Late Snack	Rice cakes with fresh seasonal fruits and vegetables	Rice cakes with fresh seasonal fruits and vegetables	Rice cakes with fresh seasonal fruits and vegetables	Rice cakes with fresh seasonal fruits and vegetables	Rice cakes with fresh seasonal fruits and vegetables
Drinks	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)

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Fresh garden herbs



Meat



Vegan



Chicken



Fish













Indigenous bush tucker plants

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Ricebubbles, Cornflakes, Weetbix, wholemeal toast and Nuttelex with salt reduced Vegemite and cream cheese	Ricebubbles, Cornflakes, Weetbix, wholemeal toast and Nuttelex with salt reduced Vegemite and cream cheese	Ricebubbles, Cornflakes, Weetbix, wholemeal toast and Nuttelex with salt reduced Vegemite and cream cheese	Ricebubbles, Cornflakes, Weetbix, wholemeal toast and Nuttelex with salt reduced Vegemite and cream cheese	Ricebubbles, Cornflakes, Weetbix, wholemeal toast and Nuttelex with salt reduced Vegemite and cream cheese
Morning Tea	Seasonal fruit platter and rice cakes	Frozen blueberries with Greek yoghurt and granola sprinkles	Fresh seasonal fruit and vegetable platter	Fresh seasonal fruit, cheese slices and rice crackers	Bircher muesli with bananas
Lunch	Build your own sandwiches and wraps	Lamb tacos served with lettuce, tomato, carrot and soft tortillas with <b>Indigenous salt bush</b>	Butter chicken and vegetables served with basmati rice	Summer tofu curry with roti bread	Creamy tuna and vegetable wholemeal pasta
Alternative Meal	As above	As above	Vegetable curry served with basmati rice	As above	Penne salad with cherry tomatoes, potatoes, olives and beans
Afternoon Tea	Carrot and corn dip with flat bread and vegetable sticks	Fruity oat slice	Smashed avocado and ricotta open sandwiches on wholemeal bread	Beetroot, cocoa and coconut cake with <b>Indigenous wattle seed</b>	Fresh seasonal fruit and vegetables, cheese slices and rice crackers
Late Snack	Rice cakes with fresh seasonal fruits and vegetables	Rice cakes with fresh seasonal fruits and vegetables	Rice cakes with fresh seasonal fruits and vegetables	Rice cakes with fresh seasonal fruits and vegetables	Rice cakes with fresh seasonal fruits and vegetables
Drinks	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)

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Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Ricebubbles, Cornflakes, Weetbix, wholemeal toast and Nuttelex with salt reduced Vegemite and cream cheese	Ricebubbles, Cornflakes, Weetbix, wholemeal toast and Nuttelex with salt reduced Vegemite and cream cheese	Ricebubbles, Cornflakes, Weetbix, wholemeal toast and Nuttelex with salt reduced Vegemite and cream cheese	Ricebubbles, Cornflakes, Weetbix, wholemeal toast and Nuttelex with salt reduced Vegemite and cream cheese	Ricebubbles, Cornflakes, Weetbix, wholemeal toast and Nuttelex with salt reduced Vegemite and cream cheese
Morning Tea	Fresh fruit salad with Greek yoghurt	Fresh watermelon slices with cheese slices and rice crackers	Banana and coconut smoothie with fresh fruit platter	Toasted wholemeal muffin with cream cheese or Vegemite	Fresh seasonal fruit and vegetable platter
Lunch	Chicken and vegetable paella	Baked fish bites with vegetable cous cous	Lamb and split pea curry served with wholemeal rice <b>Indigenous salt bush</b>	Tofu and vegetable Hokkien noodles	Build your own sandwiches and wraps
Alternative Meal	 Vegetable paella	 Tofu bites with vegetable cous cous	 Vegetable and split pea curry served with wholemeal rice	 As above	As above
Afternoon Tea	Apple and cinnamon loaf	Avocado and cream cheese dip served with pita bread and apple, carrot and zucchini sticks	Wholemeal Vegemite and cream cheese sandwiches	Seasonal fruit platter	Carrot, pumpkin and ricotta loaf
Late Snack	Rice cakes with fresh seasonal fruits and vegetables	Rice cakes with fresh seasonal fruits and vegetables	Rice cakes with fresh seasonal fruits and vegetables	Rice cakes with fresh seasonal fruits and vegetables	Rice cakes with fresh seasonal fruits and vegetables
Drinks	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)

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-  Vegan
-  Chicken
-  Fish
-  Indigenous bush tucker plants

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Ricebubbles, Cornflakes, Weetbix, wholemeal toast and Nuttelex with salt reduced Vegemite and cream cheese	Ricebubbles, Cornflakes, Weetbix, wholemeal toast and Nuttelex with salt reduced Vegemite and cream cheese	Ricebubbles, Cornflakes, Weetbix, wholemeal toast and Nuttelex with salt reduced Vegemite and cream cheese	Ricebubbles, Cornflakes, Weetbix, wholemeal toast and Nuttelex with salt reduced Vegemite and cream cheese	Ricebubbles, Cornflakes, Weetbix, wholemeal toast and Nuttelex with salt reduced Vegemite and cream cheese
Morning Tea	Fresh seasonal fruit and vegetable platter	Homemade fruit muesli with Greek yoghurt	Fresh watermelon slices with cheese slices and rice crackers	Baked beans on toast	Bananas with Greek yoghurt
Lunch	Bolognese with vegetables	Chicken wrap with lettuce, tomato, cucumber, carrot and cheese	Tuna and vegetable penne <b>Indigenous bush tomato</b>	Build your own burrito bowl served with salad, cheese, cous cous and <b>Indigenous salt bush and bush tomato</b>	Vegan dahl with basmati rice and roti bread
Alternative Meal	 As above	 Tofu wraps with lettuce, tomato, cucumber, carrot and vegan cheese	 Penne pasta salad with fresh avocado and Indigenous bush tomato	 Plant based burrito bowl served with salad, cheese and cous cous	 As above
Afternoon Tea	Mixed berry fruit crumble	Fresh seasonal fruit and vegetables, cheese slices and rice crackers	Banana, apple and pineapple cake	Seasonal fruit platter	Muffin pizzas
Late Snack	Rice cakes with fresh seasonal fruits and vegetables	Rice cakes with fresh seasonal fruits and vegetables	Rice cakes with fresh seasonal fruits and vegetables	Rice cakes with fresh seasonal fruits and vegetables	Rice cakes with fresh seasonal fruits and vegetables
Drinks	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)	Water and milk (soy, oat, rice or coconut milk are offered as dairy alternatives)

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