

WINTER MENU 2019

WEEK 1

	MORNING TEA	LUNCH	AFTERNOON TEA	LATE SNACK
MONDAY	Fresh Fruit Platter with Wholemeal Crackers and Cheese	Homemade Chicken Nuggets with Potato Wedges and Salad	Wholemeal savoury muffins with assorted toppings	Vegie Sticks and / or Fruit Slices
TUESDAY	Pita Bread with Cucumber batons, Dips, cheese cubes and Fresh Fruit	Homemade beef and vegetable sausage rolls with salad and cheese cubes	Oat, sultana, muesli slice	Vegie Sticks and / or Fruit Slices
WEDNESDAY	Dried and Fresh Fruit Platter	Indian Vegetable Dahl with Rice, natural yoghurt and naan bread	Vegemite and Cheese pinwheels	Vegie Sticks and / or Fruit Slices
THURSDAY	Fresh Fruit Platter	Baked potatoes with assorted fillings (eg. baked beans, salads, sour cream, ham, pineapple, cheese)	Yoghurt and raisin toast	Vegie Sticks and / or Fruit Slices
FRIDAY	Fresh Fruit Platter with dried fruit and cheese cubes	Moroccan meatballs with vegetables and couscous	Mixed Sandwiches with cheese, cucumber, tomato and vegemite	Vegie Sticks and / or Fruit Slices

WEEK 2				
	MORNING TEA	LUNCH	AFTERNOON TEA	LATE SNACK
MONDAY	Fresh Fruit Platter with cheese cubes	Wholemeal pizzas with assorted toppings	Low Sugar Banana, and Apple Muffins	Fruit and / or Vegie Sticks
TUESDAY	Fresh Fruit Platter with Wholemeal Crackers and Cheese	Chicken and Pumpkin Risotto	Mixed wholemeal sandwiches with vegemite, cheese and cucumber	Fruit and / or Vegie Sticks
WEDNESDAY	Fruit Platter with Small Bowl of Yoghurt	English Shepherd's Pie with beef and Vegetables and mash	Zucchini, Carrot banana and sultana cake	Fruit and / or Vegie Sticks
THURSDAY	Fresh Fruit Platter	Tomato and Lentil Pasta with cheese	Toasted Turkish bread with cucumber sticks, cheese cubes and dips	Fruit and / or Vegie Sticks
FRIDAY	Dried Fruit with Cucumber Sticks, Cherry Tomatoes and Cheese Cubes	Mexican beef and vegetable soft wholemeal tacos with cheese, lettuce and sour cream	Pull-apart Garlic Herb and cheese loaf	Fruit and / or Vegie Sticks

WEEK 3

	MORNING TEA	LUNCH	AFTERNOON TEA	LATE SNACK
MONDAY	Fresh and Dried Fruit Platter with cheese cubes	Chicken, cheese and salad wholemeal wraps (older children can make themselves)	Apple and Apricot crumble	Fruit and/ or Vegie Sticks
TUESDAY	Fresh Fruit Platter with Yoghurt	Chinese beef, cabbage and vegetable chop suey with rice	Carrot Cake	Fruit and/ or Vegie Sticks
WEDNESDAY	Fresh and Dried Fruit Platter	Italian Pastina (chicken Noodle soup) with baguettes	Grilled cheese, ham, vegemite and tomato on wholemeal muffins	Fruit and/ or Vegie Sticks
THURSDAY	Fresh Fruit Platter	Mexican beef "no chilli" con carne with rice, steamed broccoli and carrots, cheese and sour cream	Yoghurt with Granola Topping and tinned fruit	Fruit /and or Vegie Sticks
FRIDAY	Fresh fruit Platter with raisin toast	Baked white fish with Mash potato and Veg	Homemade Wholemeal Fruit Scones	Fruit and / or Vegie Sticks

WEEK 4

	MORNING TEA	LUNCH	AFTERNOON TEA	LATE SNACK
MONDAY	Fresh and Dried Fruit Platter with cheese cubes	Italian Beef Bolognaise with Wholemeal Pasta, cheese, Salad and garlic bread	Spinach and Cheese muffins	Fruit and/ or Vegie Sticks
TUESDAY	Fruit Platter with Yoghurt	Singapore beef and vegetable noodles	Wholemeal vegemite and cheese sandwiches	Fruit and/ or Vegie Sticks
WEDNESDAY	Fresh Fruit Platter with wholemeal Crackers and Cheese	Zucchini, cheese, corn and bacon frittatas with mashed potato and sweet potato on side	Homemade wholemeal banana bread	Fruit and/ or Vegie Sticks
THURSDAY	Fresh Fruit Platter with raisin toast	Indian butter chicken and vegetable curry with rice and natural yoghurt	Pita bread with dried fruit, dip and cheese cubes	Fruit /and or Vegie Sticks
FRIDAY	Fruit Platter with wholemeal toast and vegemite	Lentil Soup and baguettes	Mini ham, cheese and tomato muffins	Fruit and / or Vegie Sticks