

NOOSH WEEKLY MENU

Spring /Summer Menu Term 4 Week 1

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Assorted Cereals with milk <ul style="list-style-type: none"> - Cheerios - Weetbix - Rice pops - Sultana Bran - Corn flakes D/F = Soy milk	Wholemeal Toast with assorted spreads <ul style="list-style-type: none"> - Wholemeal bread - Vegemite - Honey - Raspberry jam G/F = Gluten-Free bread DF/LF = Nuttlex Butter	Assorted Cereals with milk <ul style="list-style-type: none"> - Cheerios - Weetbix - Rice pops - Sultana Bran - Corn flakes D/F = Soy milk	English muffins with assorted spreads <ul style="list-style-type: none"> - English Muffins - Vegemite - Honey - Raspberry Jam G/F = Gluten-free muffins DF/LF = Nuttlex Butter	Hash browns with wholemeal toast <ul style="list-style-type: none"> - Hash browns - Wholemeal bread G/F = Gluten-free bread
Afternoon Tea	Burritos with beans/minced beef, with guacamole <ul style="list-style-type: none"> - 4 x packs Wholemeal flatbread - 3 x 2kg Minced beef - 2 x tins of kidney beans - 2 x Iceberg lettuces - 2 x 700gm shredded light Cheese - 3 x Tomatos - 2 x jars of Salsa dip - 2 x Avocados - 1 x carton of Sour cream G/F= Gluten-free wraps D/F = No cheese V = Beans only	Yoghurt, muesli & fruit salad cups <ul style="list-style-type: none"> - 4 x tubs Probiotic yoghurt (vanilla & berries) - 2 x jars of Fruit Salad mix - 1 x "summer fruits Muesli" (no nuts) D/F = Dairy-free yoghurt/ coconut yoghurt	Sao crackers with cheese/tomato/ham/vegemite <ul style="list-style-type: none"> - 5 x packs of Sao crackers - 1 x container Sliced cheese (24 slices) - 2 x Tomatos - Vegemite - 1 x packet (4) Sliced ham G/F = Rice crackers D/F = No cheese V = No Ham	Zucchini slice Pre-made Zucchini slice OR <ul style="list-style-type: none"> - 3 x Zucchini - 1 x carrot - 1 x brown onion - 1 cup self-raising flour - 200gm bacon - 1 cup shredded cheese V & D/F = Sundried tomato rice cakes	Toasted wholemeal sandwiches with cheese / tomato / spaghetti <ul style="list-style-type: none"> - Wholemeal bread - 1 x packet (24slices) Sliced cheese - 2 x Tomatoes - 3 x Tins of spaghetti G/F = Gluten-free bread D/F = No cheese
Drinks & Late Snack	Water / Milk Rice crackers & sultanas	Water / Milk Carrot Sticks & Grainwaves	Water / Milk Blueberry Muffins	Water / Milk Pretzels & celery sticks	Water / Milk/ Milo Berry Smoothies
Codes	GF = Gluten-Free DF = Dairy Free LF = Lactose-Free H = Halal V = Vegetarian NRM = No Red Meat				

NOOSH WEEKLY MENU Summer Menu Term 4 Week 2

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Yoghurt w/ Frozen fruit <ul style="list-style-type: none"> - 1-2 Tubs of Yoghurt - 1 Bag of Frozen Fruit DF = Dairy Free Yoghurt (Coconut frozen yoghurt)	Wholemeal Toast & Cereal <ul style="list-style-type: none"> - 1-2 Loafs of Bread - Multiple Spreads (Jam, Vegemite, Butter) DF/LF = Nuttlex Butter GF = Gluten Free bread	Bacon & Eggs <ul style="list-style-type: none"> - 1 carton of Eggs - 1 Packet of bacon - Bread and Butter for choice NP = No bacon DF/LF = Nuttlex Butter	Pancakes <ul style="list-style-type: none"> - 1 bottle of pancake batter - Spreads (Butter, Honey Jam) DF/LF = Nuttlex Butter	Wholemeal Toast Cereal <ul style="list-style-type: none"> - 1-2 loafs of bread - Multiple spreads (Jam, Vegemite, Butter) DF/LF = Nuttlex Butter GF = Gluten Free Bread
Afternoon Tea	Sandwich Platter w/ Ham, Cheese, Chicken, Spreads <ul style="list-style-type: none"> - 5-6 Loafs of Bread - 1 packet of D'Orsogna Ham & Chicken - 1 packet of sliced cheese - Multiple spreads (Butter, Vegemite) GF = Gluten Free bread DF/LF = No Cheese & Nuttlex	Vegetable Platter w/ Cheese, Crackers and Salami <ul style="list-style-type: none"> - 2 Cucumbers - 3 Capsicums - 3 Cherry tomato packets - 1 Cubed cheese - 2 Salami - 2 Cabanossi (packets) - 6 Crackers DF = No cheese NP = No Salami/cabanossi	Burritos w/ Chicken <ul style="list-style-type: none"> - 6 packets of wraps - 3 diced chicken - 1 grated cheese - 2 tomatoes - 2 avocados - 3 chicken seasoning - 1 lettuce GF = Gluten Free Wraps DF = No Cheese V = No Chicken	Saos/Cruskits <ul style="list-style-type: none"> - Multiple Spreads (Vegemite, Butter) - 1 D'Orsogna Ham - 1 sliced cheese - 2 tomatoes - 2 avocados - 1 cream cheese. DF = No cheese/Nuttlex NP = No Ham GF = Corn thins	Smoothies <ul style="list-style-type: none"> - 4. Cartons of Milk - 4 frozen fruit (Raspberries, Mango, Blueberries) - Water DF = Water/Soymilk LF = Lactose Free Milk
Late Snack	Soy Crisps <ul style="list-style-type: none"> - 2 packet of soy crisps 	Crumpets w/ Spread <ul style="list-style-type: none"> - 2 crumpets packets - Multiple spreads 	Rice Crackers w/ Dips <ul style="list-style-type: none"> - 2 rice cracker packets - French Onion 	Dried Fruit Platter <ul style="list-style-type: none"> - 1 packet apricots - ½ packet sultanas - 1 packet dried apple 	Popcorn <ul style="list-style-type: none"> - 2 packets of popcorn
Drinks	Water/Milk	Water/Milk	Water /Milk	Water / Milk	Water/Milk
Codes	GF = Gluten-Free DF = Dairy Free LF = Lactose-Free H = Halal V = Vegetarian NRM = No Red Meat NP = No Pig/Pork				