

<b>Weeks 1, 5 &amp; 9</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	
<b>Breakfast</b>	<u>Cereals &amp; Toast</u> - Assorted cereals - Wholemeal toast  DF, LF = Soy milk GF = Rice bubbles / Gluten-free bread	<u>Bacon &amp; scrambled Eggs on Toast</u> - As suggested by the children!  GF = Gluten-free bread	<u>Cereals &amp; Toast</u> - Assorted cereals - Wholemeal toast  DF, LF = Soy milk GF = Rice bubbles / Gluten-free bread	<u>Cereals &amp; Toast</u> - Assorted cereals - Wholemeal toast  DF, LF = Soy milk GF = Rice bubbles / Gluten-free bread	<u>Cheese, Ham and Tomato toasties</u> - With assorted cereals and fruit  DF, LF = No cheese GF = gluten free bread V/H = No Ham	
<b>Afternoon Tea</b>	<u>Cracker Platter</u> - Sao Crackers - Ham - Cheese - Tomato - Variety of spreads eg: butter, vegemite, honey, jam  GF = Gluten-Free crackers	<u>Assorted Cereals &amp; Milk</u> - Cheerios - Weetbix - Cornflakes - Rice Bubbles - Sultana Bran - 3 x 1 ltr milk  GF = Gluten-Free Cereals DF, LF = Soy milk/lactose-free milk	<u>Macaroni Cheese Pasta Bake</u> - Macaroni Pasta ( 4 packets) - Cheesy cream sauce (4 jars) - Shredded cheese (1 pack) - Broccoli (1)  GF = Gluten-Free pasta DF, LF = Tomato-based	<u>Chicken Finger Sandwiches</u> - 4 x loaves wholemeal bread - 3 x packs quality Sliced chicken breast - 1 lettuce - Small container of mayonnaise  GF = Gluten-Free bread V /H + No chicken (use cheese or other option)	<u>Tomato Meatballs &amp; Pasta</u> - Tomato passata sauce (4 jars) - Herbs - Beef meatballs (6 packs) - Spiral Pasta (4 packs)  GF = Gluten-free pasta V/H = No Beef	
<b>Late Snack</b>	Popcorn and apple wedges	Dried Fruits & Corn chips	Vegetable sticks & dip	Sultanas and pretzels	Pikelets with spreads	
<b>Codes</b>	GF = Gluten-Free	DF = Dairy Free	LF = Lactose-Free	H = Halal	V = Vegetarian	NRM = No Red Meat
			NP = No Pork			

<b>Weeks 2,6 &amp; 10</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	
<b>Breakfast</b>	<u>Cereals / Porridge</u> - Assorted cereals - Oats - Honey/brown sugar/cinnamon	<u>Wholemeal Toast w/assorted spreads</u> - Wholemeal bread - Butter, jam, vegemite, honey  GF = Gluten-free bread	<u>Muesli, Fresh fruits &amp; yoghurt</u> - Muesli - Fresh fruit (strawberries) - Greek yoghurt  GF = Gluten-Free Muesli DF, LF = Coconut yoghurt cheese	<u>Fruit Toast</u> - Fruit toast or Hot cross buns  GF = Gluten-free fruit bread	<u>Cereals &amp; Toast w/assorted spreads</u> - Cereals- e.g: Weetbix, cornflakes - Wholemeal bread - Butter, jam, vegemite, honey  GF = Gluten-free cereals DF/LF = Lactose-free milk, soy milk	
<b>Afternoon Tea</b>	<u>Spaghetti Bolognise</u> - Minced beef = 2kgs - 4 x packs of spaghetti pasta - 4 a jars of spaghetti sauce - 1 jar of napolitana sauce  GF = Gluten-Free pasta V = Napolitana sauce only	<u>Sao / Cruskits with toppings</u> - Sao crackers or Cruskits (6 packets) - Sliced ham (large packet) - 2 x Avocados - Butter - Vegemite  GF = Corn Cruskits V/H = No ham	<u>Banana Trail Mix</u> - Popcorn (large 10 pack) - Pretzels (3 packets) - Dried fruits (500gm) - Dried bananas (500gm)  GF = Gluten-free popcorn	<u>Antipasto Platter</u> - 3 x cabanossi sticks/salami - 2 x capsicums - 2 x cucumber - 2 x packs of cubed cheese - 6 x packs water crackers  GF = Gluten-free crackers V = No Cabanossi DF/LF = No cheese	<u>Spinach &amp; Ricotta Puff Triangles &amp; Vege sticks</u> - Puff pastry-based triangles (6 packets) - 3 x carrots - 2 x cucumbers - 1 x celery  GF = Gluten-free puff pastry DF, LF = Lactose-free cheese (sundried tomato in puff pastry)	
<b>Late Snack</b>	Apple slices & Rice crackers	Pikelets with spreads	Celery sticks, crackers & Hommus dip	Blueberry muffins	Popcorn & sultanas	
<b>Codes</b>	GF = Gluten-Free	DF = Dairy Free	LF = Lactose-Free	H = Halal	V = Vegetarian	NRM = No Red Meat
			NP = No Pork			

<b>Weeks 3 &amp; 7</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	
<b>Breakfast</b>	<u>Cereals &amp; Toast</u> - Assorted cereals - Wholemeal toast  GF = Rice bubbles / Gluten-free bread DF, LF = Soy milk	<u>Fruit Toast</u> - Fruit toast or Hot cross buns  GF = Gluten-free fruit bread	<u>Cheese Toast Melts</u> - Wholemeal toast - Sliced cheese  DF = Lactose-free cheese	<u>Cereals &amp; Toast</u> - Assorted cereals - Wholemeal toast  DF, LF = Soy milk GF = Rice bubbles / Gluten-free bread	<u>English Muffins with                      assorted spreads</u> - Wholemeal English Muffins  GF = Gluten-Free muffins	
<b>Afternoon Tea</b>	<u>Flavoured Rice                      Cakes &amp; Dried Fruits</u> - Assorted Rice cakes (7 packets) - Sultanas (500gm) - Dried apples (500gm) - Dried apricots (500gm)	<u>Fruit Salad &amp;                      Custard</u> - 6 x 1ltr Custard - 4 x 695g jars fruit salad  DF/LF = soy custard/ lactose-free custard	<u>Cruskits with                      assorted toppings</u> - 5 x packets of Cruskit crackers - Margarine - Vegemite - Sliced Cheese - Sliced ham (2 packs)  GF = Corn- based Cruskits	<u>Chicken Noodle                      Soup &amp; garlic Bread</u> - 9 tins of creamy chicken soup/chicken noodle soup packs - 5 x Maggi Noodle packs - 2 x steamed vege packs - 5 x packets of garlic bread	<u>Vegetarian Spring                      Rolls &amp; Vege Sticks</u> - 4 packs of vegetarian spring rolls - 3 x carrots - 2 x cucumbers - 1 x capsicum  GF= Gluten-free spring rolls (pastry)	
<b>Late Snack</b>	Pikelets with spreads	Vegetable sticks & dip	Rice crackers & apple slices	Popcorn & dried apricots	Vegetable straws & cherry tomatoes	
<b>Codes</b>	GF = Gluten-Free	DF = Dairy Free	LF = Lactose-Free	H = Halal	V = Vegetarian	NRM = No Red Meat
			NP = No Pork			

Weeks 4 & 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>Breakfast</b>	<u>Porridge/cereals</u> - Porridge/Oats & variety of cereals - Milk	<u>Toast / Cereals</u> - Assorted cereals - Wholemeal toast  DF, LF = Soy milk GF = Rice bubbles Gluten-free bread	<u>Pancakes with fresh fruit</u> - Pancake mix - Strawberries - Blueberries -	<u>Cereals &amp; Crumpets</u> - Assorted cereals Crumpets w/spreads	<u>Bacon, Eggs &amp; Wholemeal Toast</u> - As suggested by the children!  GF = Gluten-free bread	
<b>Afternoon Tea</b>	<u>Mini Quiches &amp; Vegetable Sticks</u> - Mini quiches (7 packs) - 3 x Carrots - 4 x Celery sticks - 4 x Cucumbers  GF = Gluten-free quiches DF, LF = No cheese V/H = No Bacon	<u>Sao crackers with toppings</u> - Sao crackers (6 packs) - Sliced ham (2 packs) - 2 x Avocados - Butter - Vegemite  GF = Corn-based Cruskits V/H = No ham	<u>Beef &amp;/or Bean Nachos</u> - Mission tortilla chips (4 packets) - Minced Beef (2kg) - Tin of diced tomatoes (3-4) - Red Kidney Beans (3) - Nacho seasoning (3) - Avocado/guacamole - Salsa (3 jars) - Shredded cheese (2 packs) - Sour Cream  GF = Gluten-free chips DF, LF = Dairy-Free cheese & sour cream	<u>Fruit Salad &amp; Yoghurt Cups</u> - 6 x tubs yoghurt (mixed varieties) - - tub coconut yoghurt - 6 x tins/jars fruit salad mix  DF/LF = Coconut Yoghurt	<u>Assorted Cereals &amp; Milk</u> - Cheerios - Weetbix - Cornflakes - Rice Bubbles - Sultana Bran - 3 x 1 ltr milk  GF = Gluten-Free Cereals DF, LF = Soy milk/lactose-free milk	
<b>Late Snack</b>	Grainwaves crisps	Banana chips & Dried apricots	Corn chips & salsa	Pretzels & Sultanas	Rice crackers & dip	
<b>Codes</b>	GF = Gluten-Free	DF = Dairy Free	LF = Lactose-Free Meat NP = No Pork	H = Halal	V = Vegetarian	NRM = No Red