



NOOSH

WEEKLY

MENU



WEEK 1, 4, 7 & 10

EACH SERVED WITH A SELECTION OF FRUITS

MON

Breakfast: Cereals & toast

Arvo tea: muesli and yoghurt bowls

- Yoghurt
- Muesli
- Canned fruit

LF = coconut yoghurt



Late snack: sultanas/pretzels

TUES

Breakfast: Porridge

Arvo tea: cruskits with spreads

- Cruskits
- Sliced ham
- Cheese slices
- Vegemite, butter and avocado

GF = GF cruskits



Late snack: corn chips & salsa

WED

Breakfast: Eggs and bacon

Arvo tea: DIY soft tacos

- Minced meat + seasoning
- Soft wraps
- Lettuce
- Tomato
- Cheese

GF = GF wraps, V= no meat,
LF= no cheese



Late snack: rice cakes

THURS

Breakfast: Cereals & toast

Arvo tea: Fruit smoothies

- Frozen banana, mango & berries
- Milk
- Honey

LF= dairy free milk



Late snack: soy crisps and apple slices

FRI

Breakfast: Fruit toast

Arvo tea: mini quiches and vegetable sticks

- Mini quiches
- Carrots
- Cucumber
- Capsicum

GF= GF spring rolls



Late snack: popcorn & dried fruit

WEEK 3, 6 & 9

EACH SERVED WITH A SELECTION OF FRUITS

MON

Breakfast: Cereals and toast

Arvo tea: Banana trail mix

- Popcorn
- Pretzels
- Sultanas
- Dried banana chips
- Dried fruit



Late snack: Pikelets and spreads

TUES

Breakfast: Cinnamon toast

Arvo tea: Vegetarian nachos

- Four bean mix
- Tortilla chips
- Nachos seasoning
- Grated cheese
- Avocados
- Fresh tomatoes chopped

DF/LF = no cheese



Late snack: cucumber sticks and french onion dip

WED

Breakfast: Fruit toast

Arvo tea: Custard and tin fruits

- Custard
- Tinned fruits



Late snack: corn chips and salsa

THURS

Breakfast: Eggs and bacon

Arvo tea: Sao crackers with various toppings

- Sao crackers
- Sliced ham
- Cheese slices
- Fresh tomatoes sliced
- Spreads: butter, vegemite

GF = gluten-free crackers, DF/LF= no cheese, V= no ham



Late snack: popcorn & dried fruit

FRI

Breakfast: Cereals & toast

Arvo tea: Sausage sizzles

- Wholemeal bread
- Beef sausages/vegan sausages
- Diced brown onion
- Variety of sauces

V/NRM = no beef sausages



Late snack: soy crisps and apple slices

WEEKS 2, 5, & 8

EACH SERVED WITH A SELECTION OF FRUITS

MON

Breakfast: Cereals and toast

Arvo tea: Mini pizzas

- English muffins
- Mozzarella cheese
- Pizza sauce
- Various toppings (ham, capsicum, pineapple slices)



Late snack: Carrot sticks and french onion dip

TUES

Breakfast: Crumpets

Arvo tea: Pancakes

- Pancake mix
 - Tinned fruit
 - Nuttelex
 - GF pancake mix
- GF = GF pancake mix



Late snack: Rice crackers and apple slices

WED

Breakfast: Cheese toasties

Arvo tea: Assorted cereals with milk

- Max Charge
- Rice bubbles
- Corn Flakes
- Sultana bran
- Cheerios

GF = GF cornflakes, LF= LF milk



Late snack: Jatz biscuits and cheese cubes

THURS

Breakfast: Yoghurt and muesli

Arvo tea: Mediterranean platters

- Pita bread
- Variety of dips
- Cubes of cheese
- Cabanossi
- Vegetable sticks

DF= no cheese, V= no cab



Late snack: Popcorn and dried fruits

FRI

Breakfast: Cereals & toast

Arvo tea: Macaroni cheese pasta bake

- Macaroni pasta
- Cheesy cream sauce
- Shredded cheese
- Broccoli or corn

GF= gluten-free pasta

DF= tomato-based



Late snack: rices cakes