

Weeks 1, 5 & 9	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	<p><u>Cereals & Toast</u></p> <ul style="list-style-type: none"> - Assorted cereals - Wholemeal toast <p>DF, LF = Soy milk GF = Rice bubbles / Gluten-free bread</p>	<p><u>Bacon & scrambled Eggs on Toast</u></p> <p>As suggested by the children!</p> <p>GF = Gluten-free bread</p>	<p><u>Cereals & Toast</u></p> <p>Assorted cereals Wholemeal toast</p> <p>DF, LF = Soy milk GF = Rice bubbles / Gluten-free bread</p>	<p><u>Cereals & Toast</u></p> <ul style="list-style-type: none"> - Assorted cereals - Wholemeal toast <p>DF, LF = Soy milk GF = Rice bubbles / Gluten-free bread</p>	<p><u>Oats</u></p> <ul style="list-style-type: none"> - With assorted cereals and fruit <p>DF, LF = No Milk</p>
Afternoon Tea	<p><u>Crackers with Ham/Cheese/spreads</u></p>  <ul style="list-style-type: none"> - Sao Crackers - Ham - Cheese - Tomato - Variety of spreads eg: butter, vegemite, honey, jam <p>GF = Gluten-Free crackers</p>	<p><u>Assorted Cereals & Milk</u></p>  <ul style="list-style-type: none"> - Cheerios - Weetbix - Cornflakes - Rice Bubbles - Sultana Bran - 3 x 1 ltr milk <p>GF = Gluten-Free Cereals DF, LF = Soy milk/lactose-free milk</p>	<p><u>Macaroni Cheese Pasta Bake</u></p>  <ul style="list-style-type: none"> - Macaroni Pasta (4 packets) - Cheesy cream sauce (4 jars) - Shredded cheese (1 pack) - Broccoli (1) <p>GF = Gluten-Free pasta DF, LF = Tomato-based</p>	<p><u>Chicken Salad</u></p>  <ul style="list-style-type: none"> - 1 x BBQ Chicken - shredded - 2 x packs Mixed Lettuce Leaves - 2 x punnets cherry tomatoes - 3 x packs Dried noodles <p>GF = Gluten-Free noodles V/H + No chicken (use cheese/mushrooms or other option)</p>	<p><u>Tomato Meatballs & Pasta</u></p>  <ul style="list-style-type: none"> - Tomato passata sauce (4 jars) - Herbs - Beef meatballs (6 packs) - Spiral Pasta (4 packs) <p>GF = Gluten-free pasta V/H = Plant-based meatballs</p>
Late Snack	<p>Popcorn and apple wedges</p>	<p>Dried Fruits & Corn chips</p>	<p>Vegetable sticks & dip</p>	<p>Sultanas and pretzels</p>	<p>Pikelets with spreads</p>
Codes	GF = Gluten-Free	DF = Dairy Free	LF = Lactose-Free	H = Halal	NRM = No Red Meat
			NP = No Pork	V = Vegetarian	

NOOSH Weekly Menu

Spring/summer

Term 4 Weeks 2,6 & 10

Weeks	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2,6 & 10					
Breakfast	<p><u>Cereals / Porridge</u></p> <ul style="list-style-type: none"> - Assorted cereals - Oats - Honey/brown sugar/cinnamon <p>GF = Gluten-free cereals</p>	<p><u>Wholemeal Toast w/assorted spreads</u></p> <ul style="list-style-type: none"> - Wholemeal bread - Butter, jam, vegemite, honey <p>GF = Gluten-free bread</p>	<p><u>Muesli, Fresh fruits & Yoghurt</u></p> <ul style="list-style-type: none"> - Muesli - Fresh fruit (strawberries) - Greek yoghurt <p>GF = Gluten-Free Muesli DF, LF = Coconut yoghurt cheese</p>	<p><u>Fruit Toast</u></p> <ul style="list-style-type: none"> - Fruit toast or Hot cross buns <p>GF = Gluten-free fruit bread</p>	<p><u>Cereals & Toast w/assorted spreads</u></p> <ul style="list-style-type: none"> - Cereals- e.g: Weetbix, cornflakes - Wholemeal bread - Jam, vegemite, honey <p>GF = Gluten-free cereals DF/LF = Lactose-free milk, soy milk</p>
Afternoon Tea	<p><u>Spaghetti Bolognese</u></p>  <ul style="list-style-type: none"> - Minced beef = 2kgs -4 x spaghetti pasta -4 jars of spaghetti sauce -1 jar of napolitana sauce <p>GF = Gluten-Free pasta V = Napolitana sauce only</p>	<p><u>Sao / Cruskits with toppings</u></p>  <ul style="list-style-type: none"> - Sao crackers or Cruskits (6 packets) - Sliced ham (large packet) - 2 x Avocados - Butter, Vegemite <p>GF = Corn Cruskits V/H = No ham</p>	<p><u>Banana Trail Mix</u></p>  <ul style="list-style-type: none"> - Popcorn (large 10 pack) - Pretzels (3 packets) - Dried fruits (500gm) - Dried bananas (500gm) <p>GF = Gluten-free popcorn</p>	<p><u>Antipasto Platter</u></p>  <ul style="list-style-type: none"> - 3 x cabanossi sticks/salami - 2 x capsicums - 2 x cucumber - Cheese cubes (2pcks) - Water crackers (6) <p>GF = Gluten-free crackers V = No Cabanossi DF/LF = No cheese</p>	<p><u>Spinach & Ricotta Puff Triangles & Veggie sticks</u></p>  <ul style="list-style-type: none"> - Puff pastry-based triangles (6 packs) - 3 x carrots - 2 x cucumbers - 1 x celery <p>GF = Gluten-free puff pastry DF, LF = Lactose-free cheese (sundried tomato in puff pastry)</p>
Late Snack	<p>Apple slices & Rice crackers</p>	<p>Pikelets with spreads</p>	<p>Celery sticks, crackers & Hommus dip</p>	<p>Blueberry muffins</p>	<p>Popcorn & sultanas</p>
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					NRM = No Red Meat