











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






# NOOSH Weekly Menu






# Spring/Summer Term 4 Weeks 2,6 & 10

Weeks 2,6 & 10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	<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 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 Wholemeal bread Butter, jam, vegemite, honey  GF = Gluten-free cereals DF/LF = Lactose-free milk, soy milk
Afternoon Tea	<u>Pancakes &amp; Tinned Fruit</u>   6 x pancake mix 4 x Tinned Peaches 1 x gluten free pancake mix 1 x nuttelex  GF = gluten free pancakes	<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)
Late Snack	Apple slices & Rice crackers	Pikelets with spreads	Celery sticks, crackers & Hommus dip	Blueberry muffins	Popcorn & sultanas
Codes	GF = Gluten-Free DF = Dairy Free LF = Lactose-Free H = Halal V = Vegetarian NRM = No Red Meat NP = No Pork				

# NOOSH Weekly Menu

## Spring/Summer Term 4 Weeks 3 & 7

Weeks 3 & 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	<p><u>Cereals &amp; Toast</u> Assorted cereals Wholemeal toast</p> <p>GF = Rice bubbles / Gluten-free bread DF, LF = Soy milk</p>	<p><u>Fruit Toast</u> Fruit toast or Hot cross buns</p> <p>GF = Gluten-free fruit bread</p>	<p><u>Cheese Toast Melts</u> Wholemeal toast Sliced cheese</p> <p>DF = Lactose-free cheese</p>	<p><u>Cereals &amp; Toast</u> Assorted cereals Wholemeal toast</p> <p>DF, LF = Soy milk GF = Rice bubbles / Gluten-free bread</p>	<p><u>English Muffins with assorted spreads</u> Wholemeal English Muffins</p> <p>GF = Gluten-Free muffins</p>
Afternoon Tea	<p><u>Flavoured Rice Cakes &amp; Dried Fruits</u></p>  <p>Assorted Rice cakes (7 packets) Sultanas (500gm) Dried apples (500gm) Dried apricots (500gm)</p>	<p><u>Fruit Salad &amp; Custard</u></p>  <p>6 x 1ltr Custard 4 x 695g jars fruit salad</p> <p>DF/LF = soy custard/ lactose-free custard</p>	<p><u>Cruskits with assorted toppings</u></p>  <p>5 x packets of Cruskit crackers Margarine Vegemite Sliced Cheese Sliced ham (2 packs)</p> <p>GF = Corn-based Cruskits</p>	<p><u>Pancakes &amp; Tinned Fruit</u></p>  <p>6 x pancake mix 4 x Tinned Peaches 1 x gluten free pancake mix 1 x nuttalex</p> <p>GF = gluten free pancakes</p>	<p><u>Frozen Bananas &amp; Rice Crackers</u></p>  <p>Frozen Bananas 4 x rice crackers Honey</p> <p>GF = Gluten free crackers</p>
Late Snack	Pikelets with spreads	Vegetable sticks & dip	Rice crackers & apple slices	Popcorn & dried apricots	Vegetable straws & cherry tomatoes
Codes	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
Breakfast	<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 and crumpets	<u>Bacon, Eggs &amp; Wholemeal Toast</u> As suggested by the children!  GF = Gluten-free bread
Afternoon Tea	<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>Assorted Cereals &amp; Milk</u>  - Cheerios - Cornflakes - Rice Bubbles - 3 x 1 ltr milk  GF = Gluten-Free Cereals DF, LF = Soy milk/lactose-free milk	<u>Sandwiches</u>  - 6x Bread - Ham - Cheese - 2 x Tomato - Lettuce  GF = Gluten free bread V = No Ham	<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>Fruit Smoothies</u>  - Frozen fruit - 3 x Milk - 1 x coconut yogurt -1 x watermelon  DF = watermelon & Ice Smoothie
Late Snack	Grainwaves crisps	Banana chips & Dried apricots	Corn chips & salsa	Pretzels & Sultanas	Rice crackers & dip
Codes	GF = Gluten-Free DF = Dairy Free LF = Lactose-Free H = Halal V = Vegetarian NRM = No Red Meat NP = No Pork				