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Autumn menu commencing 6th March 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Breakfast	 Weet-bix / toast	 Weet-bix / toast	 Weet-bix / toast	 Weet-bix / toast	 Weet-bix / toast
 Morning Tea	 Fresh seasonal fruit platter Water	 Fresh seasonal fruit platter Water	 Fresh seasonal fruit platter Water	 Fresh seasonal fruit platter Water	 Fresh seasonal fruit platter Water
 Lunch	 Fried Rice Milk	 Sausages, Vegetables, Pasta Gravy Milk	 Variety of sandwiches Milk	 Curry coconut chicken & rice Milk	 Variety of sandwiches Milk
 Afternoon Tea	 Sandwich Water	 Sandwich Water	 Cake Slice Water	 Sandwich Water	 Pumpkin scones Water
 Late Afternoon Tea	Rice cakes with Spreads Water 	Rice cakes with Spreads Water 	Rice cakes with Spreads Water 	Rice cakes with Spreads Water 	Rice cakes with Spreads Water 

Last Revised: 24th February 2017

May Contain Allergens

LEGEND

-  = Dairy Foods for example milk, yoghurt and cheese.
-  = Fresh Fruit better than juice for example apple, banana and orange.
-  = Breads, cereals, rice, pasta and noodles are examples in this category.
-  = Vegetables legumes for example lettuce, zucchini, bakes beans peas and lentils.
-  = Meat and Meat Alternatives for example chicken, fish, legumes and bake beans.