

## Monday

Morning Tea

**Crumpets with Apricot Jam**

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

*Thai*

Lunch

**Thai Yellow Curry with Chicken Red Lentils & White Rice**

Carrot & Corn

NO KNOWN ALLERGENS



Afternoon Tea

**Margherita Pizza Sticks**

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

## Tuesday

**Banana Apple Pineapple Muffins**

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

*Spanish*

**Chicken & Sausage Paella with Yellow Rice**

Carrot & Peas

NO KNOWN ALLERGENS



## Wednesday

**Vegemite & Cream Cheese Wholemeal Sandwiches**

CONTAINS: WHEAT, GLUTEN, SOY, MILK, BARLEY

Fresh Fruit & Raw Vegetables

*Italian*

**Beef & Tomato Lasagne with Cheese Bechamel Sauce**

Peas, Corn & Green Beans

CONTAINS: WHEAT, GLUTEN, MILK



## Thursday

**Raisin Bread**

CONTAINS: WHEAT, GLUTEN, SOY

Fresh Fruit & Raw Vegetables

*Indian*

**Vegetarian Paneer & Chickpea Curry with White Rice**

Carrot & Broccoli

CONTAINS: MILK



## Friday

**Cheddar Cheese & Water Crackers**

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

*Australian*

**Mini Chicken Spinach Burgers with Tomato Relish**

Lettuce & Cucumber

CONTAINS: WHEAT, GLUTEN, BARLEY



## Monday

### Honey & Oat Muesli Rounds

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

*Indian*

### Beef Korma with White Rice

Carrot & Peas

NO KNOWN ALLERGENS



## Tuesday

### Cheddar Cheese & Corn Thins

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

*Italian*

### Chicken & Zucchini Meatballs with Tomato Sauce & Pasta

Peas, Corn & Green Beans

CONTAINS: WHEAT, GLUTEN



## Wednesday

### Cornflake Coconut & Sunflower Muesli Rounds

CONTAINS: WHEAT, GLUTEN, BARLEY, OATS, SULPHITES

Fresh Fruit & Raw Vegetables

*Mexican*

### Vegetarian Mexican Bean Stew with White Rice

Corn Chips

NO KNOWN ALLERGENS



## Thursday

### Full Cream Fruit Yoghurt

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

*Italian*

### Chicken & Cheesy Spinach Sauce with Pasta

Carrot & Broccoli

CONTAINS: MILK, WHEAT, GLUTEN



## Friday

### Cheese Pastizzis

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

*American*

### Sloppy Joe Beef Pizza with Sweet Potato Capsicum & Corn

Lettuce, Cucumber & Tomato

CONTAINS: WHEAT, GLUTEN, MILK



### Carrot Hummus & Pita Bread

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

### Three Seed Weetbix Crumble Loaf

CONTAINS: WHEAT, GLUTEN, MILK, OATS, BARLEY, SOY

Fresh Fruit & Raw Vegetables

### Herb & Garlic Baguette

CONTAINS: WHEAT, GLUTEN, BARLEY

Fresh Fruit & Raw Vegetables

### Hummingbird Loaf

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

### Apricot Coconut & Buckwheat Muffins

CONTAINS: WHEAT, GLUTEN, MILK, SULPHITES

Fresh Fruit & Raw Vegetables

The menu is subject to change without notice due to availability of food supply or other unforeseen stock supply shortages. Changes may affect contained allergens so please ensure you cross check your daily packsheets for the most up to date information.

All photos are serving suggestions only.

## Monday

**Corn & Cheddar  
Cheese Loaf**

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

*Australian*

**Chicken Apricot &  
Sweet Potato Stew with  
White Rice**

Carrot & Corn

NO KNOWN ALLERGENS



## Tuesday

**Cheese Spinach &  
Pumpkin Pinwheels**

CONTAINS: WHEAT, GLUTEN, SOY, MILK

Fresh Fruit & Raw Vegetables

*American*

**Beef Eggplant  
& Mushroom  
Pasta Bake**

Carrot & Peas

CONTAINS: WHEAT, GLUTEN, MILK



## Wednesday

**Vegemite & Cream Cheese  
Wholemeal Sandwiches**

CONTAINS: WHEAT, GLUTEN, MILK, SOY, BARLEY

Fresh Fruit & Raw Vegetables

*Indian*

**Butter Chicken  
with Natural Yoghurt  
& White Rice**

Carrot & Green Beans

CONTAINS: MILK



## Thursday

**Banana Bran &  
Oat Loaf**

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

*Italian*

**Beef  
Meatballs  
with Pasta**

Vegetable Ratatouille

CONTAINS: WHEAT, GLUTEN, OATS



## Friday

**Orange & Chia  
Wholemeal Squares**

CONTAINS: WHEAT, GLUTEN, SULPHITES

Fresh Fruit & Raw Vegetables

*Chinese*

**Honey Soy  
Chicken Hokkien  
Noodles**

Peas, Corn, Green Beans,  
Broccoli & Edamame

CONTAINS: WHEAT, GLUTEN, SOY



Morning  
Tea

Lunch

Afternoon  
Tea

**Cheddar Cheese Sultanas  
& Gluten Free Crackers**

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

**Smokey Sweet Potato &  
Pumpkin Dip with Flat Bread**

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

**Chewy Oat &  
Wattleseed Biscuits**

CONTAINS: WHEAT, GLUTEN, MILK, OATS

Fresh Fruit & Raw Vegetables

**Cocoa  
Pudding**

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

**Cheddar Cheese &  
Water Crackers**

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

The menu is subject to change without notice due to availability of food supply or other unforeseen stock supply shortages. Changes may affect contained allergens so please ensure you cross check your daily packsheets for the most up to date information.

All photos are serving suggestions only.

## Monday

Morning Tea

Raisin Bread

CONTAINS: WHEAT, GLUTEN, SOY

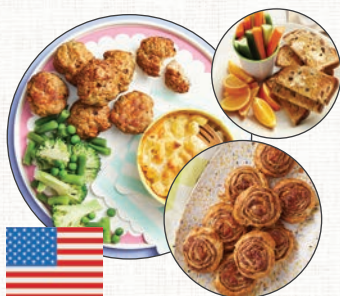
Fresh Fruit & Raw Vegetables

American

Chicken & Corn Rissoles with Macaroni Cheese

Carrot & Corn

CONTAINS: WHEAT, GLUTEN, MILK



Afternoon Tea

Cheese & Vegemite Scrolls

CONTAINS: WHEAT, GLUTEN, MILK, SOY, BARLEY

Fresh Fruit & Raw Vegetables

## Tuesday

Crumpets with Apricot Jam

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

Italian

Chicken & Nut Free Pesto Pasta Bake

Carrot & Zucchini

CONTAINS: WHEAT, GLUTEN, MILK



Margherita Pizza Sticks

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

## Wednesday

Lemon & Poppyseed Cookies

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

Russian

Beef Stroganoff with Mushrooms & White Rice

Carrot & Green Beans

CONTAINS: MILK



Carrot & Orange Wholemeal Muffins

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

## Thursday

Apple Blueberry & Flaxmeal Muffins

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

Greek

Vegetarian Pasta Bake with Sweet Potato Eggplant & White Beans

Peas, Corn & Green Beans

CONTAINS: WHEAT, GLUTEN, MILK



Pineapple & Passionfruit Pudding

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

## Friday

Cheese & Spinach Pastizzis

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

Mexican

Chicken Fajita with White Rice

Flat Bread

CONTAINS: WHEAT, GLUTEN



Wholemeal Cheese Sandwich

CONTAINS: WHEAT, GLUTEN, MILK, SOY

Fresh Fruit & Raw Vegetables

The menu is subject to change without notice due to availability of food supply or other unforeseen stock supply shortages. Changes may affect contained allergens so please ensure you cross check your daily packsheets for the most up to date information.

All photos are serving suggestions only.

## Monday

Morning Tea

Full Cream Fruit Yoghurt

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Italian

Lunch

Italian Beef Meatballs in Creamy Tomato Sauce with Pasta

Carrot & Peas

CONTAINS: WHEAT, GLUTEN, OATS, MILK



Afternoon Tea

Date, Oatmeal & Quinoa Loaf

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

## Tuesday

Turkish Toast with Cheese

CONTAINS: WHEAT, GLUTEN, SOY, MILK

Fresh Fruit & Raw Vegetables

Mexican

Mexican Beef with Bean & Corn Salsa & White Rice

Corn Chips

NO KNOWN ALLERGENS



Spelt & Oat Anzac Biscuits

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

## Wednesday

Sweet Potato Apricot & Ginger Muffin

CONTAINS: WHEAT, GLUTEN, SULPHITES

Fresh Fruit & Raw Vegetables

Chinese

Sweet & Sour Chicken & Vegetable Fried Rice

Peas, Corn, Green Beans, Broccoli & Edamame

CONTAINS: WHEAT, GLUTEN, SOY



Avocado & Cream Cheese Dip with Flat Bread

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

## Thursday

Cheddar Cheese & Corn Thins

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

American

Tuna, Tomato & Spinach Pasta Bake

Carrot & Broccoli

CONTAINS: WHEAT, GLUTEN, MILK, FISH, BARLEY



Apple, Cocoa & Banana Wholemeal Loaf

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

## Friday

Cranberry & Orange Cookies

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

Australian

BBQ Chicken Sweet Potato Pineapple & Cheese Pizza

Lettuce, Cucumber & Tomato

CONTAINS: WHEAT, GLUTEN, BARLEY, MILK



Herb & Garlic Baguette

CONTAINS: WHEAT, GLUTEN, BARLEY

Fresh Fruit & Raw Vegetables

The menu is subject to change without notice due to availability of food supply or other unforeseen stock supply shortages. Changes may affect contained allergens so please ensure you cross check your daily packsheets for the most up to date information.

All photos are serving suggestions only.

**Monday**

**Beetroot Cocoa & Coconut Muffins**

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

*French*

**Cheesy Tomato & White Bean Sauce with Pasta**

Carrot & Zucchini

CONTAINS: WHEAT, GLUTEN, MILK



**Tuesday**

**Fruit & Spice English Muffins**

CONTAINS: WHEAT, GLUTEN, SOY

Fresh Fruit & Raw Vegetables

*Australian*

**Beef & Tomato Meatballs with Creamy Potato Bake**

Peas, Corn & Green Beans

CONTAINS: WHEAT, GLUTEN, MILK, OATS



**Wednesday**

**Wholemeal Cheese Sandwich**

CONTAINS: WHEAT, GLUTEN, SOY, MILK

Fresh Fruit & Raw Vegetables

*Thai*

**Massaman Chicken & Sweet Potato Curry with White Rice**

Carrot & Peas

NO KNOWN ALLERGENS



**Thursday**

**Orange & Coconut Biscuits**

CONTAINS: SULPHITES

Fresh Fruit & Raw Vegetables

*Italian*

**Beef Bolognese with Pasta**

Carrot & Green Beans

CONTAINS: WHEAT, GLUTEN



**Friday**

**Cheese & Vegemite Scrolls**

CONTAINS: WHEAT, GLUTEN, MILK, SOY, BARLEY

Fresh Fruit & Raw Vegetables

*Japanese*

**Japanese Chicken Balls with Brown Rice**

Green Vegetables & Katsu Sauce

CONTAINS: WHEAT, GLUTEN, SOY



Morning Tea

Lunch

Afternoon Tea

**Mango Pudding**

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

**Spiced Pumpkin & Apple Loaf**

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

**Spelt, Cocoa & Cinnamon Cookies**

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

**Cheddar Cheese Sultanas & Gluten Free Crackers**

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

**Carrot & Cinnamon Wholemeal Loaf**

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

The menu is subject to change without notice due to availability of food supply or other unforeseen stock supply shortages. Changes may affect contained allergens so please ensure you cross check your daily packsheets for the most up to date information.

All photos are serving suggestions only.