

Monday

Morning Tea

Cheddar Cheese & Water Crackers

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

Thai

Lunch

Thai Yellow Curry with Chicken Red Lentils & White Rice

Carrot & Corn

NO KNOWN ALLERGENS



Margherita Pizza Sticks

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

Afternoon Tea

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



White Bean & Beetroot Dip with Flat Bread

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

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



Apple & Spice Pastizzis

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

Thursday

Raisin Bread

CONTAINS: WHEAT, GLUTEN, SOY

Fresh Fruit & Raw Vegetables

Indian

Vegetarian Paneer & Chickpea Curry with White Rice

Carrot & Broccoli

CONTAINS: MILK



Wholemeal Coconut Shortbread

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

Friday

Crumpets & Apricot Jam

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

Australian

Mini Chicken Spinach Burgers with Tomato Relish

Lettuce & Cucumber

CONTAINS: WHEAT, GLUTEN, BARLEY



Kidney Bean & Cocoa Brownie

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

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All photos are serving suggestions only.

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 Pastizzi

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 & Flat 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

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Monday

Morning Tea

**KINGS BIRTHDAY
PUBLIC HOLIDAY**

Tuesday

**Corn & Cheddar
Cheese Loaf**

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

Wednesday

**Cheese Spinach &
Pumpkin Pinwheels**

CONTAINS: WHEAT, GLUTEN, SOY, MILK

Fresh Fruit & Raw Vegetables

Thursday

**Vegemite & Cream Cheese
Wholemeal Sandwiches**

CONTAINS: WHEAT, GLUTEN, MILK, SOY, BARLEY

Fresh Fruit & Raw Vegetables

Friday

**Orange & Chia
Wholemeal Squares**

CONTAINS: WHEAT, GLUTEN, SULPHITES

Fresh Fruit & Raw Vegetables

Lunch

Australian

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

Carrot & Corn

NO KNOWN ALLERGENS



American

**Beef Eggplant
& Mushroom
Pasta Bake**

Carrot & Peas

CONTAINS: WHEAT, GLUTEN, MILK



Indian

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

Carrot & Green Beans

CONTAINS: MILK



French

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

Peas, Corn & Green Beans

CONTAINS: WHEAT, GLUTEN, MILK



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

**Crumpets with
Apricot Jam**

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

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Monday

Morning Tea

Raisin Bread

CONTAINS: WHEAT, GLUTEN, SOY

Fresh Fruit & Raw Vegetables

Indian

Vegetarian Paneer & Chickpea Curry with White Rice

Carrot & Corn

CONTAINS: MILK



Tuesday

Cheddar Cheese & Water Crackers

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

Italian

Chicken & Nut Free Pesto Pasta Bake

Carrot & Peas

CONTAINS: WHEAT, GLUTEN, MILK



Wednesday

Lemon & Poppyseed Cookies

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

Russian

Beef Stroganoff with Mushrooms & White Rice

Carrot & Green Beans

CONTAINS: MILK



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



Friday

Cheese & Spinach Pastizzi

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

Mexican

Chicken Fajita with White Rice

Flat Bread

CONTAINS: WHEAT, GLUTEN



Afternoon Tea

Cheese & Vegemite Scrolls

CONTAINS: WHEAT, GLUTEN, MILK, SOY, BARLEY

Fresh Fruit & Raw Vegetables

Margherita Pizza Sticks

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

Carrot & Orange Wholemeal Muffins

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

Pineapple & Passionfruit Pudding

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Wholemeal Cheese Sandwich

CONTAINS: WHEAT, GLUTEN, MILK, SOY

Fresh Fruit & Raw Vegetables

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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

Beetroot Cocoa & Coconut Muffins

CONTAINS: WHEAT, GLUTEN

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

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Monday

Morning Tea

Cranberry & Orange Cookies

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

French

Cheesy Tomato & White Bean Sauce with Pasta

Carrot & Zucchini

CONTAINS: WHEAT, GLUTEN, MILK

Lunch



Raisin Bread

CONTAINS: WHEAT, GLUTEN, SOY

Fresh Fruit & Raw Vegetables

Afternoon Tea

Tuesday

Fruit & Spice English Muffins

CONTAINS: WHEAT, GLUTEN, SOY

Fresh Fruit & Raw Vegetables

Australian

Beef & Tomato Meatballs with Creamy Potato Bake

Green Beans, Corn & Peas

CONTAINS: WHEAT, GLUTEN, MILK, OATS



Spiced Pumpkin & Apple Loaf

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

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



Spelt, Cocoa & Cinnamon Cookies

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

Thursday

Orange & Coconut Biscuits

CONTAINS: SULPHITES

Fresh Fruit & Raw Vegetables

Italian

Beef Bolognese with Pasta

Carrot & Green Beans

CONTAINS: WHEAT, GLUTEN



Cheddar Cheese Sultanas & Gluten Free Crackers

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Friday

Cheese & Vegemite Scrolls

CONTAINS: WHEAT, GLUTEN, MILK, SOY, BARLEY

Fresh Fruit & Raw Vegetables

Japanese

Japanese Chicken Balls with White Rice

Green Vegetables & Katsu Sauce

CONTAINS: WHEAT, GLUTEN, SOY



Carrot & Cinnamon Wholemeal Loaf

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

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