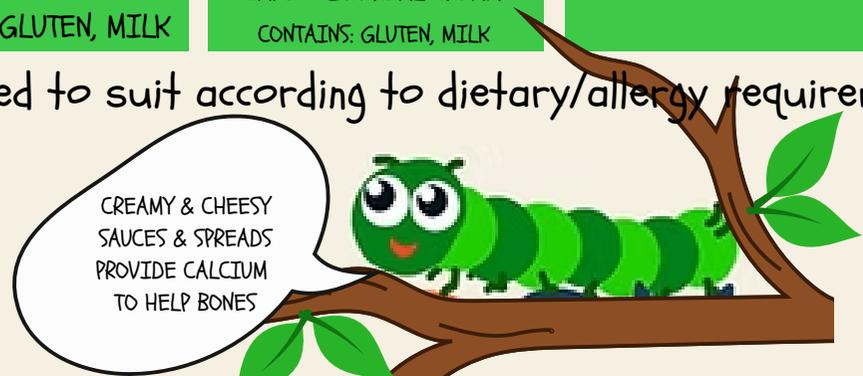


# AUTUMN/WINTER WEEK 1 MEAL PLAN

	BREAKFAST	SNACK	Lunch	SNACK	TEA	
MONDAY	SELECTION OF CEREALS OR TOAST WITH SPREAD	GARLIC BREAD WITH PEPPER SLICES + MILK OR WATER  CONTAINS: GLUTEN, MILK	CHICKEN MILANESE & SPAGHETTI POMODORO WITH VEGGIES PUDDING: HOMEMADE FRUIT CRUMBLE WITH CUSTARD CONTAINS: GLUTEN, MILK	FRESH FRUITS OR VEGGIES + MILK OR WATER	HOMEMADE VEGGIE CRUMPET PIZZAS WITH CUCUMBER BATONS  CONTAINS: GLUTEN & MILK	NOTE: FRESH DRINKING WATER WILL BE AVAILABLE AND ACCESSIBLE AT ALL TIMES PLUS ALLERGY FREE ALTERNATIVES ARE AVAILABLE.
TUESDAY	SELECTION OF CEREALS OR TOAST WITH SPREAD	BAGELS WITH CREAM CHEESE & CUCUMBER + MILK OR WATER  CONTAINS: GLUTEN & MILK	HOMEMADE CHICKEN & LENTIL, SWEET POTATO TOPPED, SHEPHERD'S PIE WITH VEGGIES PUDDING: HOMEMADE BLUEBERRY MUFFINS CONTAINS: GLUTEN, EGGS	FRESH FRUITS OR VEGGIES + MILK OR WATER	HAND CUT SALMON & CREAM CHEESE TRIANGLES WITH PEPPER SLICES  CONTAINS: FISH, MILK & GLUTEN	NOTE: FRESH DRINKING WATER WILL BE AVAILABLE AND ACCESSIBLE AT ALL TIMES PLUS ALLERGY FREE ALTERNATIVES ARE AVAILABLE.
WEDNESDAY	SELECTION OF CEREALS OR TOAST WITH SPREAD	CREAMY RICECAKES WITH SLICED BANANA + MILK OR WATER  CONTAINS: GLUTEN & MILK	FISH CAKES WITH BASMATI & QUINOA RICE, VEGGIES & HOMEMADE CHEESE SAUCE PUDDING: HOMEMADE BERRYLICIOUS SPONGE WITH CUSTARD CONTAINS: FISH, MILK	FRESH FRUITS OR VEGGIES + MILK OR WATER	CHEESE & BEANS FILLED BAKED POTATOES WITH COLESLAW  CONTAINS: MILK	NOTE: FRESH DRINKING WATER WILL BE AVAILABLE AND ACCESSIBLE AT ALL TIMES PLUS ALLERGY FREE ALTERNATIVES ARE AVAILABLE.
THURSDAY	SELECTION OF CEREALS OR TOAST WITH SPREAD	TZATZIKI, CUCUMBER & PITTA SLICES with MILK OR WATER  CONTAINS: GLUTEN, MILK	HOMEMADE CHICKEN BURGERS WITH WEDGES AND VEGGIES PUDDING: HOMEMADE PINEAPPLE UPSIDE DOWN CAKE WITH REAL CREAM CONTAINS: GLUTEN, MILK	FRESH FRUITS OR VEGGIES + MILK OR WATER	FISH FINGERS WITH HOMEMADE CREAMED CORN  CONTAINS: GLUTEN, MILK	NOTE: FRESH DRINKING WATER WILL BE AVAILABLE AND ACCESSIBLE AT ALL TIMES PLUS ALLERGY FREE ALTERNATIVES ARE AVAILABLE.

Menu will be adjusted to suit according to dietary/allergy requirements Milk alternative offered daily



# AUTUMN/WINTER WEEK 2 MEAL PLAN

MONDAY

BREAKFAST

SELECTION OF CEREALS  
OR  
TOAST WITH SPREAD

SNACK

BREADSTICKS &  
CUCUMBER BATONS WITH  
DIP  
+  
MILK OR WATER  
CONTAINS: GLUTEN, MILK.

Lunch

HOMEMADE CHICKEN &  
PEPPER FUSILLI WITH  
CHEESE SAUCE & VEGGIES  
PUDDING:  
HOMEMADE MIXED BERRY  
CRISP & CUSTARD  
CONTAINS: GLUTEN, MILK

SNACK

FRESH FRUITS  
+  
MILK OR WATER

TEA

CAPRESE PANINI MELT  
(CHEESE, TOMATO &  
PESTO)  
WITH APPLE SLICES  
CONTAINS: GLUTEN, MILK

NOTE: FRESH DRINKING WATER  
WILL BE AVAILABLE AND  
ACCESSIBLE AT ALL TIMES  
PLUS  
ALLERGY FREE ALTERNATIVES  
ARE AVAILABLE.

TUESDAY

SELECTION OF CEREALS  
OR  
TOAST WITH SPREAD

CHEESY ENGLISH  
MUFFIN WITH  
CHICKEN SLICES  
& TOMATOES  
+  
MILK OR WATER  
CONTAINS: GLUTEN, MILK

HOMEMADE CHICKEN & LENTIL  
SPAGHETTI BOLOGNAISE  
WITH VEGGIES  
PUDDING: BANANAS & CUSTARD  
CONTAINS: GLUTEN, MILK

FRESH FRUITS  
+  
MILK OR WATER

HOMEMADE SPANOKOPITA  
STYLE SPINACH, HERB &  
CREAM CHEESE SWIRLS  
WITH PEPPER SLICES  
CONTAINS: GLUTEN, MILK

NOTE: FRESH DRINKING WATER  
WILL BE AVAILABLE AND  
ACCESSIBLE AT ALL TIMES  
PLUS  
ALLERGY FREE ALTERNATIVES  
ARE AVAILABLE.

WEDNESDAY

SELECTION OF CEREALS  
OR  
TOAST WITH SPREAD

CREAM CHEESE  
OATCAKES WITH  
BANANA BATONS  
+  
MILK OR WATER  
CONTAINS: OATS, MILK

HOMEMADE CHICKEN KATSU CURRY  
WITH QUINOA, RICE & VEGGIES  
PUDDING:  
HOMEMADE APPLE PIE & REAL  
CREAM  
CONTAINS: GLUTEN, DAIRY

FRESH FRUITS  
+  
MILK OR WATER

UNDER THE SEA COD &  
VEG SHAPES WITH  
BAKED BEANS  
CONTAINS: GLUTEN

NOTE: FRESH DRINKING WATER  
WILL BE AVAILABLE AND  
ACCESSIBLE AT ALL TIMES  
PLUS  
ALLERGY FREE ALTERNATIVES  
ARE AVAILABLE.

THURSDAY

SELECTION OF CEREALS  
OR  
TOAST WITH SPREAD

CREAMY CRUMPETS  
WITH RASPBERRIES  
+  
MILK OR WATER  
CONTAINS: GLUTEN, MILK

HOMEMADE MILD MEXICAN  
CHICKEN CHILLI WITH  
PASTA & VEGGIES  
PUDDING:  
HOMEMADE CHOCOLATE &  
PEAR SPONGE & REAL CREAM  
CONTAINS: GLUTEN, MILK

FRESH FRUITS  
+  
MILK OR WATER

TOMATO & SWEET RED  
PEPPER PASTA WITH  
CUCUMBER BATONS  
CONTAINS: GLUTEN, MILK, NUTS

NOTE: FRESH DRINKING WATER  
WILL BE AVAILABLE AND  
ACCESSIBLE AT ALL TIMES  
PLUS  
ALLERGY FREE ALTERNATIVES  
ARE AVAILABLE.

Menu will be adjusted to suit according to dietary/allergy requirements. Milk alternative offered daily

