



WINTER MENU 2019 - WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Fruit Platter with Milk	Fruit & Veg Platter with Milk	Fruit & Veg Platter with Milk	Fruit Platter with Milk	Fruit Platter with Milk
LUNCH	Chicken Chow Mein INGREDIENTS: Chicken mince, carrot, cabbage, peas, rice, chicken noodle soup mix.	Tuna & Sweetcorn Bake INGREDIENTS: Onion, peas, corn, tasty cheese, milk, rice, flour, tuna, margarine.	Lamb Nasi Goreng INGREDIENTS: Lamb mince, peas, corn, potato, beans, carrot, rice, nasi goreng paste.	Naomi's Baked Bean & Potato Pie with Bread INGREDIENTS: Baked beans, pumpkin, potato, tasty cheese, milk, margarine, bread.	Beef and Vegetable Soup with Bread Roll INGREDIENTS: Beef mince, water, red lentils, peas, corn, carrot, peas, beans, zucchini, beef stock powder, bread, margarine.
Meat alternative	Mixed Beans	Tofu	Lentils		Lentil
AFTERNOON TEA	Cheese & Chive Scones INGREDIENTS: Self raising flour, milk, margarine, tasty cheese, chives.	Mixed Sandwiches INGREDIENTS: Bread, margarine, vegemite, honey.	Rice Cakes with Vegemite & Cheese	Savoury Platter INGREDIENTS: Rice Crackers, tasty cheese, french onion dip.	Vanilla Yoghurt
LATE SNACK	RICE CRACKERS WITH CHEESE <u>OR</u> RICE CAKES WITH VEGEMITE				

All meals are modified to suit dietary requirements as needed.
Menu subject to change without notice.



WINTER MENU 2019 - WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Fruit Platter with Milk	Fruit Platter with Milk	Fruit & Veg Platter with Milk	Fruit & Veg Platter with Milk	Fruit & Veg Platter with Milk
LUNCH	<p style="text-align: center;">Watson Family's Pumpkin Soup & Roll.</p> <p>INGREDIENTS: Pumpkin, potato, red lentils, water, vegetable stock powder, bread roll.</p>	<p style="text-align: center;">Chicken, Spinach and Mushroom Pasta</p> <p>INGREDIENTS: Diced chicken, baby spinach, mushroom, spiral pasta, cream, parmesan cheese.</p>	<p style="text-align: center;">Chilli Con Carne</p> <p>INGREDIENTS: Beef mince, rice, red kidney beans, tomato paste, thyme, passata, garlic, onion, basil.</p>	<p style="text-align: center;">Lamb & Noodle Hot Pot</p> <p>INGREDIENTS: Onion, capsicum, peas, zucchini, carrot, sweet potato, angel hair pasta, lamb mince, tomato soup, beef stock, water.</p>	<p style="text-align: center;">Fish Taco Rice Bowl</p> <p>INGREDIENTS: Corn, garlic, red cabbage, tomato, mixed beans, tasty cheese, rice, basa, lime juice, guacamole, parika.</p>
Meat alternative		Tofu	Kidney Beans	Lentils	Mixed Beans
AFTERNOON TEA	Fruit Salad with Custard	<p style="text-align: center;">Veggie Sticks & Dip</p> <p>INGREDIENTS: Carrot, cucumber, celery, spring onion dip.</p>	<p style="text-align: center;">Cob Loaf with Spinach Dip</p> <p>INGREDIENTS: Spinach, cottage cheese, cob loaf.</p>	<p style="text-align: center;">Tomato & Cheese Scrolls</p> <p>INGREDIENTS: Tomato paste, tast cheese, milk, self raising flour, margarine.</p>	<p style="text-align: center;">Banana Bread</p> <p>INGREDIENTS: Banana, milk, self raising flour, egg, brown sugar, baking powder, golden syrup.</p>
LATE SNACK	RICE CRACKERS WITH CHEESE <u>OR</u> RICE CAKES WITH VEGEMITE				

All meals are modified to suit dietary requirements as needed.
Menu subject to change without notice.



WINTER MENU 2019 - WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Fruit & Veg Platter with Milk	Fruit & Veg Platter with Milk	Fruit & Veg Platter with Milk	Fruit & Veg Platter with Milk	Fruit Platter with Milk
LUNCH	<p>Spiral Pasta Bolognese with Hidden Veggies</p> <p>INGREDIENTS: Beef mince, spiral pasta, sweet potato, carrot, zucchini, pasta sauce.</p>	<p>Moroccan Lamb with Rice</p> <p>INGREDIENTS: Onion, celery, capsicum, zucchini, carrot, pumpkin, canned tomato, mixed beans, lamb mince, rice, moroccan spice.</p>	<p>Chicken Burrito Bowl</p> <p>INGREDIENTS: Capsicum, salsa, black beans, tasty cheese, rice, chicken thigh, condensed tomato soup, parika, cumin, guacamole.</p>	<p>Fish & 3 Veg Pasta</p> <p>INGREDIENTS: Onion, garlic, peas, capsicum, corn, tasty cheese, milk, shell pasta, basa.</p>	<p>Minestrone Soup</p> <p>INGREDIENTS: Zucchini, carrot, crushed tomato, kidney beans, risoni pasta, condensed tomato soup.</p>
Meat alternative	Lentils	Chickpeas	Black beans	Tofu	
AFTERNOON TEA	<p>Cheese Quesadilla</p> <p>INGREDIENTS: Tortilla, tasty cheese.</p>	<p>Cheese Roll Ups</p> <p>INGREDIENTS: Bread, cheese.</p>	<p>Sultana Scones</p> <p>INGREDIENTS: Sultana, milk, margarine, self raising flour.</p>	<p>Raisin Bread with Margarine</p>	<p>Tomato, Cheese & Hummus Crostini</p> <p>Ingredients: Bread stick, hummus, cheese, tomato.</p>
LATE SNACK	RICE CRACKERS WITH CHEESE <u>OR</u> RICE CAKES WITH VEGEMITE				

All meals are modified to suit dietary requirements as needed.
Menu subject to change without notice.



WINTER MENU 2019 - WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Fruit & Veg Platter with Milk	Fruit & Veg Platter with Milk	Fruit Platter with Milk	Fruit & Veg Platter with Milk	Fruit & Veg Platter with Milk
LUNCH	Fish Fingers with Veggie Wedges INGREDIENTS: Fish fingers, sweet potato, potato, carrot, greek yoghurt, thyme.	Beef & Veg Casserole INGREDIENTS: Onion, celery, potato, peas, carrot, tomato paste, beef mince, beef stock, risoni pasta.	Vegetable & Pearl Barley Soup INGREDIENTS: Peas, carrot, zucchini, parsnip, pearl barley, green & red lentils, vegetable stock powder.	Apricot Chicken INGREDIENTS: Onion, peas, corn, carrot, potato, beans, penne pasta, chicken, apricot nectar, french onion soup mix, chicken stock powder.	Sweet Lamb Curry with Rice INGREDIENTS: Onion, capsicum, peas, corn, sultana, rice, lamb mince, bbq sauce, curry powder, chicken stock powder, water.
Meat alternative	Tofu	Lentils		Chick Peas	Mixed beans
AFTERNOON TEA	Rice Cake with Cheese & Tomato	Toasted Cheese Sandwich INGREDIENTS: Bread, cheese, margarine.	Cheesy Garlic Bread INGREDIENTS: Bread stick, garlic, margarine, cheese.	Vanilla Yoghurt	Savoury Platter INGREDIENTS: Rice Cracker, cheese, beetroot dip.
LATE SNACK	RICE CRACKERS WITH CHEESE <u>OR</u> RICE CAKES WITH VEGEMITE				

All meals are modified to suit dietary requirements as needed.
Menu subject to change without notice.