



AUTUMN WEEK 1

<i>Monday</i>	MORNING TEA	Lunch	AFTERNOON TEA	
	YOGURT, BANANA & OATS	BEEF CHOW MEIN & RICE	DIP WITH VEGE STICKS	

<i>Tuesday</i>	MORNING TEA	Lunch	AFTERNOON TEA	
	MUNCH PLATTER CHEESE & CRACKERS	CREAMY CHICKEN & SPINACH PASTA	PINEAPPLE & COCONUT CAKE F&V	

<i>Wednesday</i>	MORNING TEA	Lunch	AFTERNOON TEA	
	COCONUT & FRUIT SMOOTHIE RICE CAKES	VEGETARIAN CHILLI CON CARNE CHEESE & SOURCREAM	CRUNCH PLATTER CHEESE & CRACKERS	

<i>Thursday</i>	MORNING TEA	Lunch	AFTERNOON TEA	
	PANCAKE SLICE FRUIT & MILK	SANDWICHES	FRUIT SALAD & GREEK YOGURT	

<i>Friday</i>	MORNING TEA	Lunch	AFTERNOON TEA	
	WEETBIX	ASIAN STYLE FISH & NOODLES	CRUNCH PLATTER CHEESE & CRACKERS	



AUTUMN WEEK 2

<i>Monday</i>	MORNING TEA	Lunch	AFTERNOON TEA
	WEETBIX	NASI GOREG	CRUNCH PLATTER CHEESE & CRACKERS

<i>Tuesday</i>	MORNING TEA	Lunch	AFTERNOON TEA
	OAT SLICE, TIN APPLE & MILK	SANDWICHES	DIP WITH VEGE STICKS

<i>Wednesday</i>	MORNING TEA	Lunch	AFTERNOON TEA
	BEANS ON TOAST	BEEF STROGANOFF PASTA	PEACHY BUTTER CAKE F&V

<i>Thursday</i>	MORNING TEA	Lunch	AFTERNOON TEA
	MUNCHY PLATTER CHEESE & CRACKERS	PENANG CHICKEN CURRY RICE	CHEESE SCROLLS F&V

<i>Friday</i>	MORNING TEA	Lunch	AFTERNOON TEA
	MIXED BERRIES CUSTARD	MEXICAN CHICKEN WRAPS LETTUCE CHEESE SOURCREAM	PANCAKE SLICE F&V



AUTUMN WEEK 3

<i>Monday</i>	MORNING TEA	Lunch	AFTERNOON TEA
	COCONUT SMOOTHIE RICE CAKES	BEEF BOLOGNAISE PASTA	EGG FREE CHOC CAKE F&V

<i>Tuesday</i>	MORNING TEA	Lunch	AFTERNOON TEA
	YOGURT BERRIES GRONOLA	COCONUT FISH CURRY RICE	CRUNCH PLATTER CHEESE & CRACKERS

<i>Wednesday</i>	MORNING TEA	Lunch	AFTERNOON TEA
	WEETBIX & CARROT SLICE MILK	BUTTER CHICKEN BASMATI RICE	HUMMUS F&V NAAN BREAD

<i>Thursday</i>	MORNING TEA	Lunch	AFTERNOON TEA
	CUSTARD TIN APPLE & OATS	HIDDEN VEGE MACARONI & CHEESE	CRUNCH PLATTER CHEESE & CRACKERS

<i>Friday</i>	MORNING TEA	Lunch	AFTERNOON TEA
	CRUNCH PLATTER CHEESE & CRACKERS	SANDWICHES	PINEAPPLE & COCONUT CAKE SULTANA & FRUIT



AUTUMN WEEK 4

<i>Monday</i>	MORNING TEA	Lunch	AFTERNOON TEA	
	BEANS ON TOAST	CHICKEN THAI GREEN CURRY RICE	CRUNCH PLATTER CHEESE & CRACKERS	

<i>Tuesday</i>	MORNING TEA	Lunch	AFTERNOON TEA	
	CUSTARD & BERRIES	RED LENTIL BOLOGNAISE CHEESE	BANANA BREAD F&V	

<i>Wednesday</i>	MORNING TEA	Lunch	AFTERNOON TEA	
	YOGURT WITH FRUITS	SANDWICHES	CRUNCH PLATTER CHEESE & CRACKERS	

<i>Thursday</i>	MORNING TEA	Lunch	AFTERNOON TEA	
	WEETBIX	BEEF RAGU PASTA	SULTANA BUTTER CAKE F&V	

<i>Friday</i>	MORNING TEA	Lunch	AFTERNOON TEA	
	CARROT & APPLE SLICE MILK	MONGOLIAN BEEF RICE	DIP VEGE STICKS CRACKERS	