

# WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## BREAKFAST

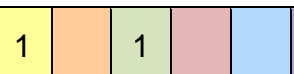
SERVED BEFORE 8.00AM

A mixture of cereals with milk and toast with vegemite, jam and honey

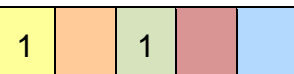
## MORNING TEA

Served with Milk, Soy Milk or Water

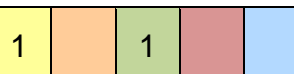
Seasonal Fruit Platter and cheese



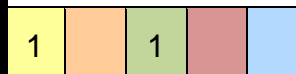
Seasonal Fruit Platter and Custard



Seasonal Fruit Platter and Yoghurt



Seasonal Fruit Platter and cheese



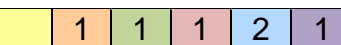
Seasonal Fruit Platter and custard



## LUNCH

Served with water

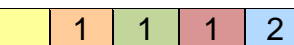
**Cheese Macaroni**  
(Gluten free: gluten free pasta)  
(Vegetarian friendly)  
(Dairy: soy cheese)



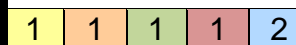
**Butter chicken with Rice and mint, cucumber yoghurt**  
(Gluten Free version)  
(Dairy Free)  
(Vegetarian: Quorn fillets)



**Lamb Spaghetti with garlic bread**  
(Dairy Free)  
(Gluten free: gluten free pasta)  
(Vegetarian: lentil)



**Chickpea korma curry with Rice**  
(Gluten Free, Dairy Free & Vegetarian)



**Split pea & chicken soup with pasta**  
(Dairy Free)  
(Vegetarian: Quorn fillets)  
(gluten: gluten free pasta)



## AFTERNOON TEA

Served with Milk, Soy Milk or Water

**Blueberry Muffin**  
(Vegetarian friendly)  
(gluten free: Rice flour version)  
(Dairy free: soy milk)



**Cheese Twist**  
(Vegetarian friendly)  
(Dairy Free: Soy cheese)  
(gluten free: Rice flour version)



**Banana Bread**  
(Dairy free) (vegetarian friendly)  
(Gluten Free: gluten free version)



**Nibble platter: -Dry fruit cucumber, carrot sticks and rice crackers with dip**  
(Vegetarian)  
(dairy free- soy yogurt)  
(Gluten free)



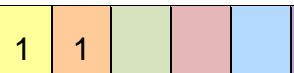
**Sandwich: - Vegemite, Cheese, Jam**  
(Vegetarian friendly)  
(gluten free bread)  
(Dairy Free: Soy cheese)



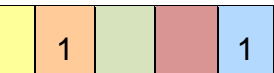
## LATE SNACK

Served with water

**Selection of crackers and vegetables**  
(Gluten Free: Rice Cakes)



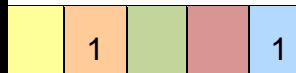
**Cheese and vegemite sandwich**  
(Gluten Free: Rice Cakes)



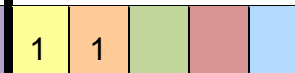
**Selection of crackers and vegetables**  
(Gluten Free: Rice Cakes)



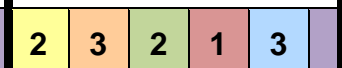
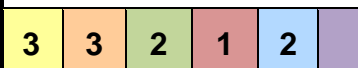
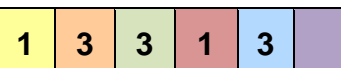
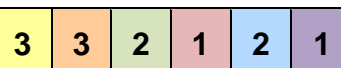
**Cheese and vegemite sandwich**  
(Gluten Free: Rice Cakes)



**Selection of crackers and vegetables**  
(Gluten Free: Rice Cakes)



TOTAL SERVES OFFERED



DAIRY

PASTAS, RICE, BREADS

FRUIT

MEAT OR MEAT ALTERNATIVE

VEGETABLES

FATS OILS

# WEEK 2

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### BREAKFAST

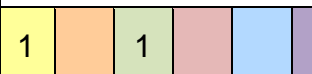
SERVED BEFORE 8.00AM

A mixture of cereals with milk and toast with vegemite, jam and honey

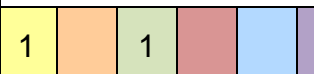
### MORNING TEA

Served with Milk, Soy Milk or Water

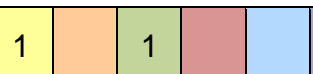
Seasonal Fruit Platter and cheese



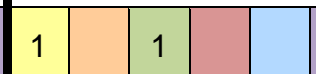
Seasonal Fruit Platter and Custard



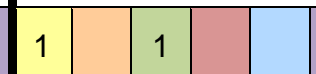
Seasonal Fruit Platter and Yoghurt



Seasonal Fruit Platter and cheese



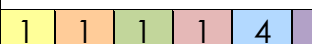
Seasonal Fruit Platter and custard



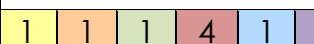
### LUNCH

Served with water

**White fish red curry with rice**  
(gluten free) (Vegetarian: chickpeas) (dairy free)



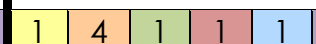
**Chicken Carbonara**  
(Dairy free: Soy cheese) (Vegetarian: lentil) (gluten free: gluten free pasta)



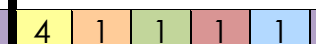
**Cheesy pizza**  
(Gluten Free: gluten free version) (Dairy Free: soy cheese) (Vegetarian friendly)



**Pumpkin and lentil soup with homemade focaccia bread**  
(Dairy Free) (Vegetarian: friendly) (Gluten free: gluten free version)



**Lamb Goulash with rice**  
(Dairy Free) (Vegetarian: chickpeas) (Gluten free)



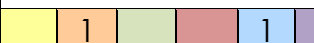
### AFTERNOON TEA

Served with Milk, Soy Milk or Water

**Apple and cinnamon muffin**  
(Vegetarian friendly) (dairy free version) (gluten free version)



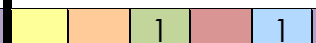
**Scone with jam**  
(Vegetarian friendly) (dairy free version) (gluten free: gluten free version)



**Raisin toast**  
(Vegetarian friendly & dairy free) (gluten free toast)



**Pin wheels with cheese and tomato**  
Vegetarian friendly (gluten free: gluten free version) (Dairy Free: Soy milk)



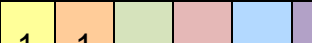
**Orange and poppy seeds slice**  
(vegetarian friendly & gluten free version) (Dairy free)



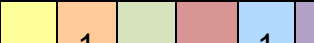
### LATE SNACK

Served with water

**Cheese and vegemite sandwich**  
(Gluten Free: Rice Cakes)



**Selection of crackers and vegetables**  
(Gluten Free: Rice Cakes)



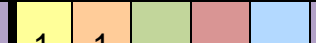
**Cheese and vegemite sandwich**  
(Gluten Free: Rice Cakes)



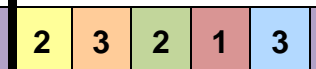
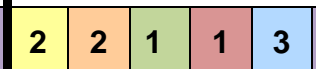
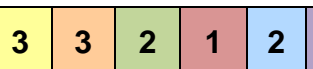
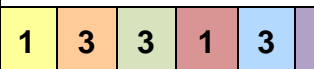
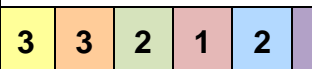
**Selection of crackers and vegetables**  
(Gluten Free: Rice Cakes)



**Cheese and vegemite sandwich**  
(Gluten Free: Rice Cakes)



TOTAL SERVES OFFERED



DAIRY

PASTAS, RICE, BREADS

FRUIT

MEAT OR MEAT ALTERNATIVE

VEGETABLES

FATS OILS

# WEEK 3

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### BREAKFAST

SERVED BEFORE 8.00AM

A mixture of cereals with milk and toast with vegemite, jam and honey

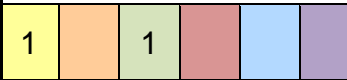
### MORNING TEA

Served with Milk, Soy Milk or Water

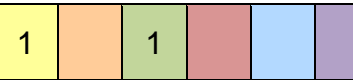
Seasonal Fruit Platter and cheese



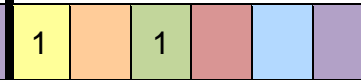
Seasonal Fruit Platter and cheese



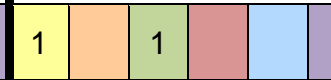
Seasonal Fruit Platter and cheese



Seasonal Fruit Platter and cheese



Seasonal Fruit Platter and cheese



### LUNCH

Served with water

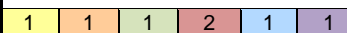
#### Tuna pasta curry

(Dairy free: Soy cheese)  
(Vegetarian: lentil pasta) (gluten free: gluten free pasta)



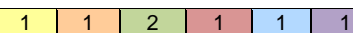
#### Chicken loaf with baked potato

(gluten free version), (dairy free)  
(Vegetarian: chickpeas loaf)



#### Minestrone soup with garlic bread

(Gluten Free: gluten free)  
(Vegetarian friendly))



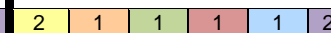
#### Chicken sausage roll with fresh green salad

(Dairy Free)  
(Vegetarian version) (gluten free version)



#### Lamb messman curry with rice

(Dairy Free)  
(Vegetarian version)  
(Gluten free)

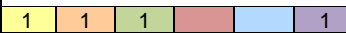


### AFTERNOON TEA

Served with Milk, Soy Milk or Water

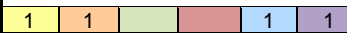
#### Banana choc chip muffin

(Vegetarian friendly) (dairy free: soy milk) (Gluten free version)



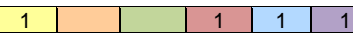
#### Sultana pancake

(Vegetarian friendly) (dairy free: soy milk)  
(gluten free: gluten free version)



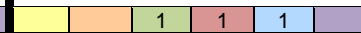
#### Vegemite and cheese scroll

(Vegetarian friendly)  
(gluten free version)  
(Dairy free: soy cheese)



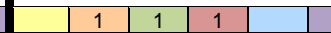
#### Mixed sandwich

Cheese, chicken, vegemite  
(Dairy Free: soy cheese)  
(Vegetarian version) (gluten free bread)



#### Savoury platter:

Sultanas, dry apricot, carrot, cucumber, cheese stick, rice crackers, capsicum dip.  
(vegetarian friendly & gluten free) (Dairy free: soy yoghurt)

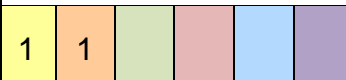


### LATE SNACK

Served with water

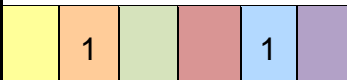
#### Cheese and vegemite sandwich

(Gluten Free: Rice Cakes)



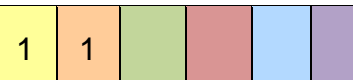
#### Selection of crackers and vegetables

(Gluten Free: Rice Cakes)



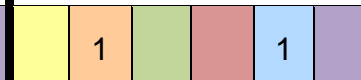
#### Cheese and vegemite sandwich

(Gluten Free: Rice Cakes)



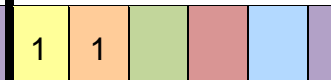
#### Selection of crackers and vegetables

(Gluten Free: Rice Cakes)

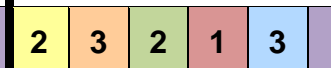
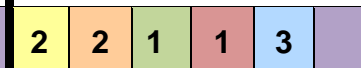
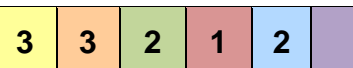
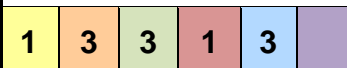
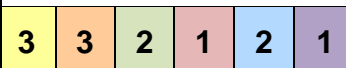


#### Cheese and vegemite sandwich

(Gluten Free: Rice Cakes)



### TOTAL SERVES OFFERED



DAIRY

PASTAS, RICE, BREADS

FRUIT

MEAT OR MEAT ALTERNATIVE

VEGETABLES

FATS OILS

# WEEK 4

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### BREAKFAST

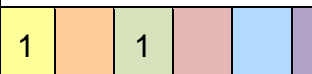
SERVED BEFORE 8.00AM

A mixture of cereals with milk and toast with vegemite, jam and honey

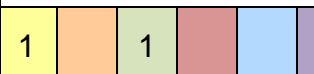
### MORNING TEA

Served with Milk, Soy Milk or Water

Seasonal Fruit Platter and cheese



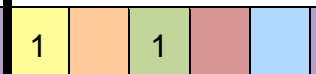
Seasonal Fruit Platter and Custard



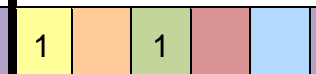
Seasonal Fruit Platter and Yoghurt



Seasonal Fruit Platter and cheese



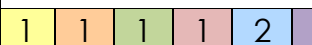
Seasonal Fruit Platter and custard



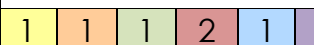
### LUNCH

Served with water

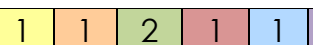
**Napoli pasta**  
(Dairy free: Soy cheese)  
(Vegetarian: Quorn fillets) (gluten free: gluten free version)



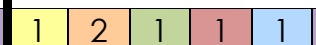
**Lamb winter vegetable casserole with rice**  
(gluten free, dairy free)  
(Vegetarian: chickpeas)



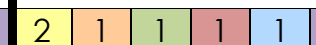
**Tuna mona ray**  
(Gluten Free: gluten free version) (Vegetarian Lentil)  
(Dairy free: soy cheese)



**Winter Vegetable soup with pita bread**  
(Dairy Free)  
(Vegetarian friendly) (gluten free version)



**Chicken mushroom pasta**  
(Dairy Free: soy cheese)  
(Vegetarian: Quorn fillets)  
(Gluten free pasta)



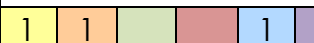
### AFTERNOON TEA

Served with Milk, Soy Milk or Water

**Cinnamon roll**  
(Vegetarian friendly) (Gluten free: gluten free version)  
(dairy free)



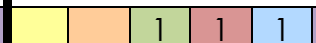
**Mixed dry fruit cake**  
(vegetarian friendly & gluten free)  
(Dairy free: soy milk)



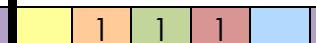
**platter: Sultanas, dry apricot, carrot, cucumber, cheese stick, rice crackers, French onion dips.**  
(vegetarian friendly & gluten free) (Dairy free: soy yoghurt)



**Cheesy pumpkin muffin**  
(Dairy Free: soy cheese)  
(Vegetarian friendly) (gluten free version)



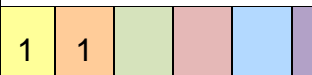
**Raisin toast with orange slice**  
(Vegetarian friendly) (dairy free)  
(gluten free bread)



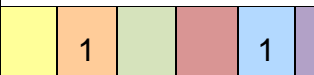
### LATE SNACK

Served with water

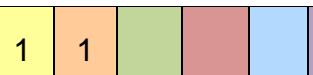
**Cheese and vegemite sandwich**  
(Gluten Free: Rice Cakes)



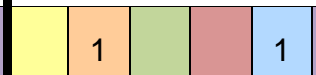
**Selection of crackers and vegetables**  
(Gluten Free: Rice Cakes)



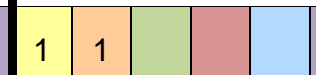
**Cheese and vegemite sandwich**  
(Gluten Free: Rice Cakes)



**Selection of crackers and vegetables**  
(Gluten Free: Rice Cakes)



**Cheese and vegemite sandwich**  
(Gluten Free: Rice Cakes)



### TOTAL SERVES OFFERED



DAIRY

PASTAS, RICE, BREADS

FRUIT

MEAT OR MEAT ALTERNATIVE

VEGETABLES

FATS OILS