

Sample Menu Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Multigrain toast with a variety of spreads and a selection of cereals and homemade muesli Water and milk are offered at mealtimes and water is available throughout the day.				
<b>Morning Tea</b>	Selection of Seasonal Fruits served with Greek Yoghurt				
<b>Lunch</b>	Warm Tuna Pasta Salad with Basil and Bocconcini	Lemony Chicken and Potato Curry with Coconut Rice and Steamed Greens	Share Platter with Chicken Cheese and Vegetables Wholemeal Bread & Wraps	Creamy Pumpkin and Ricotta Pasta & Steamed Greens	Beef and Tomato Macaroni Bake and Steamed Greens
<b>Afternoon Tea</b>	Cream Cheese Carrot & Cucumber Sandwiches	Homemade Tzatziki with Veggie Batons & Pita Bread	Blueberry and Coconut Cake	Fruit and Cheese Share Platter	Berry Smoothies and Oat & Sultana Cookies
<b>Late Snack</b>	A selection of Sandwiches or Cheese & Crackers				

Dairy free and gluten free options available

Sample Menu Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<p>Multigrain toast with a variety of spreads and a selection of cereals and homemade muesli</p> <p>Water and milk are offered at mealtimes and water is available throughout the day</p>				
<b>Morning Tea</b>	<p>Selection of Seasonal Fruits served with Greek Yoghurt</p>				
<b>Lunch</b>	<p>Tomato Orecchiette topped with an Avocado Salsa &amp; Steamed Greens</p>	<p>Middle Eastern Chicken &amp; Capsicum Baked Rice And Steamed Greens</p>	<p>Beef Kofta and Salad Vegetables with Wholemeal Wraps</p>	<p>Marinated Chicken on Potato Salad with Steamed Greens</p>	<p>Asian Chicken Meatball Bites on a Bed of Jasmine Rice and Steamed Greens</p>
<b>Afternoon Tea</b>	<p>Share platter with Cheese and Veggie Sticks</p>	<p>Ham and Cheese Finger Sandwiches</p>	<p>Homemade Avocado Dip Veggies Sticks &amp; Crackers</p>	<p>Apple &amp; Cinnamon Cake</p>	<p>Fruit and Cheese Share Platter</p>
<b>Late Snack</b>	<p>A selection of Sandwiches or Cheese &amp; Crackers</p>				

Dairy free and gluten free options available