

Weekly Winter Menu 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix with milk	Weetbix with milk	Weetbix with milk	Weetbix with milk	Weetbix with milk
Morning Tea	Custard Fresh fruit salad Milo/Water	Yoghurt & porridge Fresh fruit Milo/water	Cheese & tomato on toast Fresh fruit Milo/Water	Marmite/jam sandwiches Fresh fruit/cucumber Milo/Water	Rice crackers with hummus Fresh fruit/carrot Milo/Water
Lunch	Nachos with chickpeas Wrap bites Tomato/avocado Water	Cottage pie carrot Water	Vegetable lasagne with butternut Water	Butter chicken Wrap bites Broccoli Water	Homemade Pizza (cheese/BBQ chicken) Yellow capsicum Water
Infants Lunch	As above Mashed Veggies	As above Mashed Veggies	As above Mashed Veggies	As above Mashed Veggies	As above Mashed Veggies
Afternoon Tea	Banana bread Fresh fruit Water	Pikelets Fresh fruit/celery Water	Fruit toast Fresh fruit Water	Cheese straws Fresh fruit Water	Blueberry muffins Fresh fruit Water
Late Snack	Left overs/Fruit	Left overs/Fruit	Left overs/Fruit	Left overs/Fruit	Left overs/Fruit

Weekly Winter Menu 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice bubbles with milk	Rice bubbles with milk	Rice bubbles with milk	Rice bubbles with milk	Rice bubbles with milk
Morning Tea	Custard Fresh fruit salad Milo/Water	Scrambled eggs & baked beans Tomato Fresh fruit Milo/Water	Yoghurt & porridge Fresh fruit Milo/Water	Cheese & marmite toasties Fresh fruit/tomatoes Milo/Water	Rice crackers with hummus Fresh fruit/carrot Milo/Water
Lunch	Macaroni cheese Peas & corn Carrot sticks Water	Spaghetti bolognese broccoli Water	Vegetable lasagne with butternut Water	Fish pie spinach Water	Homemade Pizza (cheese/BBQ chicken) Yellow capsicum Water
Infants Lunch	As above Mashed Veggies	As above Mashed Veggies	As above Mashed Veggies	As above Mashed Veggies	As above Mashed Veggies
Afternoon Tea	Carrot cake Fresh fruit Water	Sausage rolls Fresh fruit Water	Pizza scrolls Fresh fruit/celery Water	Zucchini chocolate cake Fresh fruit Water	Crumpets Fresh fruit Water
Late Snack	Left overs/fruit	Left overs/fruit	Left overs/fruit	Left overs/fruit	Left overs/fruit