

## Week 1 Spring Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholemeal toast Porridge Weetbix Whole wheat Cherrios Cornflakes	Wholemeal toast Porridge Weetbix Whole wheat Cherrios Cornflakes	Wholemeal toast Porridge Weetbix Whole wheat Cherrios Cornflakes	Wholemeal toast Porridge Weetbix Whole wheat Cherrios Cornflakes	Wholemeal toast Porridge Weetbix Whole wheat Cherrios Cornflakes
Morning tea	Fresh Seasonal Fruit Platter	Fresh Seasonal Fruit Platter	Fresh Seasonal Fruit Platter	Fresh Seasonal Fruit Platter	Fresh Seasonal Fruit Platter
Lunch	Chicken and Mushroom Risotto	Spaghetti Bolognaise with Wholegrain Spaghetti	Soup of the day served with wholemeal French stick	Beef and Bean salad Burritos	Tuna and Vegetable Pie with crunchy side greens
Vegetarian Option	Vegetable Risotto	Napolitana with Wholegrain Spaghetti	Soup of the day served with wholemeal French stick	Bean salad Burritos	Vegetable Pie with crunchy side greens
Afternoon tea	Banana Bread	Pita bread, celery and carrot served with dip	Wholemeal cheese scones	Raisin Toast and Cheese	Greek yoghurt served with berries
Late Snack	<i>Alternate between Crackers, Cheese and Assorted fruits</i>				

Water is readily available for children throughout the day

All meals served are supportive of child's needs/ requirements such as; texture, allergies, food intolerance, beliefs and cultural requirements.

## Week 2 Spring Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholemeal toast Porridge Weetbix Whole wheat Cherrios Cornflakes	Wholemeal toast Porridge Weetbix Whole wheat Cherrios Cornflakes	Wholemeal toast Porridge Weetbix Whole wheat Cherrios Cornflakes	Wholemeal toast Porridge Weetbix Whole wheat Cherrios Cornflakes	Wholemeal toast Porridge Weetbix Whole wheat Cherrios Cornflakes
Morning tea	Fresh Seasonal Fruit Platter	Fresh Seasonal Fruit Platter	Fresh Seasonal Fruit Platter	Fresh Seasonal Fruit Platter	Fresh Seasonal Fruit Platter
Lunch	Vegetable Lasagne served with salad	Assorted wholemeal and multigrain sandwiches with chicken, tuna, salad, egg etc	Baked potatoes with assorted toppings such as baked beans, cheese, coleslaw, bacon etc	Chicken Caesar Salad	Beef Chow Mein served with rice
Vegetarian Option	Vegetable Lasagne served with salad	Assorted wholemeal and multigrain sandwiches with tuna, salad etc	Baked potatoes with assorted vegetarian toppings	Vegetarian Caesar Salad	Vegetarian Chow Mein served with rice
Afternoon tea	Rice crackers with cheese	Raisin bread and butter Pudding	Spinach and cheese muffins	Greek Yoghurt with muesli	Dip Platter with vegetable sticks
Late Snack	<i>Alternate between Crackers, Cheese and assorted fruits</i>				

Water is readily available for children throughout the day

All meals served are supportive of child's needs/ requirements such as; texture, allergies, food intolerance, beliefs and cultural requirements.

## Week 3 Spring Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholemeal toast Porridge Weetbix Whole wheat Cherrios Cornflakes	Wholemeal toast Porridge Weetbix Whole wheat Cherrios Cornflakes	Wholemeal toast Porridge Weetbix Whole wheat Cherrios Cornflakes	Wholemeal toast Porridge Weetbix Whole wheat Cherrios Cornflakes	Wholemeal toast Porridge Weetbix Whole wheat Cherrios Cornflakes
Morning tea	Fresh Seasonal Fruit Platter	Fresh Seasonal Fruit Platter	Fresh Seasonal Fruit Platter	Fresh Seasonal Fruit Platter	Fresh Seasonal Fruit Platter
Lunch	Zucchini Slice served with salad	Roast of the day with roasted vegetables	Chicken Parmigiana with green vegetables	Tuna mornay with cauliflower rice	Tortilla Baskets
Vegetarian Option	Zucchini Slice served with salad	Vegetable patties with roasted vegetables	Eggplant Parmigiana with green vegetables	Vegetarian mornay with cauliflower rice	Vegetarian baskets
Afternoon tea	Yoghurt and fruit muesli	Iron rich muffins	Apple Scrolls	Wholemeal crumpets with spreads	Pita chips with homemade dip
Late Snack	<i>Alternate Crackers, Cheese and assorted fruits</i>				
Water is readily available for children throughout the day					
All meals served are supportive of child's needs/ requirements such as; texture, allergies, food intolerance, beliefs and cultural requirements.					

## Week 4 Spring Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholemeal toast Porridge Weetbix Whole wheat Cherrios Cornflakes	Wholemeal toast Porridge Weetbix Whole wheat Cherrios Cornflakes	Wholemeal toast Porridge Weetbix Whole wheat Cherrios Cornflakes	Wholemeal toast Porridge Weetbix Whole wheat Cherrios Cornflakes	Wholemeal toast Porridge Weetbix Whole wheat Cherrios Cornflakes
Morning tea	Fresh Seasonal Fruit Platter	Fresh Seasonal Fruit Platter	Fresh Seasonal Fruit Platter	Fresh Seasonal Fruit Platter	Fresh Seasonal Fruit Platter
Lunch	Fish tacos with salsa	Meat strudel with vegetables	Apricot chicken with veggies	Corn potato fritters with Vegetarian fried rice	Lamb stir fry
Vegetarian Option	Veggie tacos with salsa	Vegetable strudel	Vegetables in apricot sauce	Corn potato fritters with Vegetarian fried rice	Vegetable stir fry
Afternoon tea	Pear and sultana rock cakes	Custard Apple Lava	Corn and cheese and chives muffins	Fruit salad with yoghurt	Ham and cheese cruskits
Late Snack	<i>Alternate Crackers, Cheese and assorted fruits</i>				
Water is readily available for children throughout the day					
All meals served are supportive of child's needs/ requirements such as; texture, allergies, food intolerance, beliefs and cultural requirements.					