

Centre Menu for the seasons of Spring/Summer week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.
Morning Tea -Wholemeal Pikelet with baked beans. - Seasonal fresh fruit.	Morning Tea - Wholemeal Bread with margarine/vegemite spread. - Fresh fruit.	Morning Tea - Wholemeal raisin Toast. - Fresh fruit.	Morning Tea - Wholemeal Bread with baked beans. - Fresh fruit.	Morning Tea - Wholemeal Lebanese Bread. - Fresh Fruit.
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Lunch - Grilled chicken. - Couscous. - Seasonal Veggies (green beans, carrots, cucumber, celery, etc.)	Lunch - Beef Stroganoff. - steamed Rice. - Seasonal Garden Salad with peas.	Lunch - Cheesy chicken Pasta. - Seasonal Garden Salad with Baked Kale Chips.	Lunch - Yummy stir fry Hokkin Noodles with vegetable and tofu in light soy sauce. - Tomato Salad.	Lunch - Beef meatball with pasta - Fresh Salad.
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Afternoon Tea - Homemade wholemeal carrots loaf (with no added sugar) - Veggies platter.	Afternoon Tea - Crisp bread with cheese and tomato. - Veggies platter.	Afternoon Tea - Wholemeal Lebanese Bread. - Veggies platter.	Afternoon Tea - Rice cake. - Yoghurt. - Veggies platter.	Afternoon Tea - Ribbon sandwich (cheese spread, cucumber, and tomato slices). - Fruit with Carrot stick.
Beverage Water	Beverage Water	Beverage Water	Beverage Water	Beverage Water
Late Snack - Fruit. - Rice Crackers.	Late Snack - Fruit. - Corn thins multigrain	Late Snack - Rice Crackers. - Fruit.	Late Snack - Veggie sticks - Vita Wheat	Late Snack - Cheese cube. - Rice cake.

Note: We are using a mixed of beans or tofu as a replacement of meat.

Centre Menu for the seasons of Spring/Summer Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.
Morning Tea - Wholemeal Bread. - Fresh Fruit.	Morning Tea - Wholemeal toast with margarine Spread. - Fresh Fruit.	Morning Tea - Wholemeal English muffin with cheese and vegemite spread. - Fresh Fruit.	Morning Tea - Wholemeal Toast with margarine spreads. - Fresh Fruit.	Morning Tea - Wholemeal raisin Toast. - Fresh Fruit.
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Lunch - Vietnamese rice paper roll with vimccilli, seasonal veggies and iron beef mince.	Lunch - Assorted sandwiches (wholemeal bread, beef mince, veggies). - Garden salad.	Lunch - Lamb with peas and vegetables. - Steam rice. - Fresh vegetable platter.	Lunch - Stir fry chicken Hokkin noodles with peas and veggies. - Garden Salad. - Baked Kale chips.	Lunch - Spaghetti Bolognese. - Seasonal Veggie platter.
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Afternoon tea - Homemade Blueberry wholemeal Muffin (No added sugar). - Veggies platter.	Afternoon Tea - Rice cake - Vegetable platters.	Afternoon tea - Yoghurt. - Vita wheats. - Veggies platter.	Afternoon Tea - Homemade wholemeal Crisp Bread with cheese and tomato.	Afternoon Tea - Homemade wholemeal pumpkin scone. - Vegetable sticks with Dips.
Beverage Water	Beverage Water	Beverage Water	Beverage Water	Beverage Water
Late Snack - Fresh fruit with Crackers.	Late Snack - fresh fruit with Vita Wheat.	Late Snack - Cheese and fresh fruit with Corn thin.	Late Snack - Seasonal veggie sticks with crackers.	Late Snack - Fresh fruit with Crackers.

Note: We are using a mixed of beans or tofu as a replacement of meat.

Centre Menu for the seasons of Spring/Summer Week3

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.
Morning Tea - Wholemeal toast and margarine spread. - Fresh Fruit.	Morning Tea - Wholemeal english muffin with vegemite. - Fresh Fruit.	Morning Tea - Wholemeal raisin Toast. - Fresh Fruit.	Morning Tea - Wholemeal Lebanese Bread with cheese spread. - Fresh Fruit.	Morning Tea - Wholemeal toast and margarine spread. - Fresh Fruit.
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Lunch - Tradition Korean dish - Iron beef Bibimbap with veggies	Lunch - Bean salad with broccoli and veggies. - Steamed rice - Tomato wedges.	Lunch - Cheesy tomato tuna bake with wholemeal pasta. - Garden salad. - Baked kale chips.	Lunch - Assorted sandwiches (beef and veggies). - Garden salad.	Lunch - Chicken pasta salad with green peas. - Fresh Garden salad.
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Afternoon Tea - Wholemeal crisp bread with cheese. - Veggies platter.	Afternoon Tea - Yoghurt. - Veggies platter. - Wholemeal Lebanese bread.	Afternoon Tea - Veggie sticks. - Cheese cubes. - Wholemeal crackers.	Afternoon Tea - Veggies platter. - Rice cakes.	Afternoon Tea - Corn thin multigrain. - Veggies platter.
Beverage Water	Beverage Water	Beverage Water	Beverage Water	Beverage Water
Late snack - Homemade banana bread (no added sugar). - Fresh fruit.	Late snack - Fresh fruit with Crackers.	Late snack - Rice crackers with fruit.	Late snack - Fruits with cracker.	Late snack - Cheese with crackers.

Note: We are using a mixed of beans or tofu as a replacement of meat.

Centre Menu for the seasons of Spring/Summer Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.
Morning Tea - Wholemeal Lebanese bread with cheese spread. - Fresh Fruit.	Morning Tea - Wholemeal bread. - Fresh Fruit.	Morning Tea - Wholemeal toast with margarine Spread. - Fresh Fruit.	Morning Tea - Wholemeal bread with margarine spread. - Fresh Fruit.	Morning Tea - Homemade wholemeal pikelets. - Fresh Fruit.
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Lunch - Lamb and vegetables. - Spaghetti. - Seasonal salad.	Lunch - Juicy cheesy chicken. - Steamed rice. - Veggies Plater.	Lunch - Cheesy Broccoli soup with beef. - Pasta. - Garden salad.	Lunch - Beef Meatball. - Couscous. - Fresh salad.	Lunch - Homemade gourmet beef and veggie pizzas (wholemeal pizza base). - Garden salad.
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Afternoon Tea - Corn thin multigran with margarine and vegemite spread - Veggies platter.	Afternoon Tea - Homemade banana bread/ Carrots / Berry loaf (no added sugar). - Veggies platter.	Afternoon Tea - Homemade ribbon sandwich. - Veggies platter.	Afternoon Tea - Lebanese bread rolls with ricotta spread. - Veggies platter.	Afternoon Tea - Yoghurt. - Rice cakes. - Veggies platter.
Beverage Water	Beverage Water	Beverage Water	Beverage Milk/Water	Beverage Milk/Water
Late Snack - Fruits and crackers.	Late Snack - Fruits with Vita wheat 9 grains.	Late Snack - Fruits with Rice cake	Late Snack - Corn Thin with cheese cube	Late Snack - Fruits with crackers.

Note: We are using a mixed of beans or tofu as a replacement of meat.

Centre Menu for the seasons of Autumn/Winter Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.
Morning Tea -Lovely homemade pikelet served with fresh fruit.	Morning Tea -Wholemeal Lebanese Bread rolls with Cheese - Fruits Platter	Morning Tea - Rainbow platter (banana, mandarins, pear, beans, cucumber/celery, capsicum) -Wholemeal bread with margarine spread	Morning Tea -Wholemeal raisin toast with margarine spread - Fruits Platter	Morning Tea -Wholemeal bread with margarine -Fresh Oranges.
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Lunch - Beef mince and veggies with macaroni pasta -Fresh seasonal salad	Lunch -Butter chicken with rice and veggies -Pumpkin and Potato salad	Lunch - Lamb and veggies with wholemeal spaghetti -garden salad (with peas)	Lunch -Stir fried beef Hokkein Noodles serve with vegetables. -tomato wedges	Lunch -Minestrone Soup (kidney beans) -Rissoni -baked kale chips and tomato wedges
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Afternoon Tea -Vegetable platter. -Cheese on wholemeal toast melted with tomatoes	Afternoon Tea -hummus dip vegetable sticks with whole-meal crackers	Afternoon Tea -Homemade Pumpkin Scones -carrots and cucumber	Afternoon Tea -Brown rice crackers -Yoghurt - Veggies platter	Afternoon Tea - Spinach Ricotta with wholemeal pita bread
Beverage Water	Beverage Water	Beverage Water	Beverage Water	Beverage Water
Late Snack - Wholegrain crackers with fresh fruit	Late Snack - Fruits with Vita Wheat	Late Snack Fresh vegetable with Rice cake	Late Snack Carrots sticks with Corn thin meltigrain	Late Snack Wholegrain crackers with Fresh fruit

Note: We are using a mixed of beans or tofu as a replacement of meat.

Centre Menu for the seasons of Autumn/Winter Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.
Morning Tea -Wholemeal bread toast with margarine and cinnamon -Fresh rockmelon and oranges.	Morning Tea -Wholemeal Lebanese bread with cheese spread -Fresh Fruit	Morning Tea -Toasted wholemeal english muffin with vegemite spread -Fresh fruit	Morning Tea -Baked beans on toast. -Fresh fruit	Morning Tea -Wholemeal raisin toast with ricotta cheese -Fresh Fruit
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Lunch -Lentil soup with rice, beans, snow peas and veggies -fresh seasonal platter	Lunch -Lamb and vegetable's Hot pot soup -Shell pasta -Veggies platter	Lunch -Beef stroganoff with -Rice and veggies -Veggies platter	Lunch -Cheesy chicken -Wholemeal spiral pasta -Veggies platter	Lunch - Shepherd pie (beef mince, veggies, mashed potatoes). -Veggies platter
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Afternoon Tea -Homemade wholemeal bread (carrots/banana/berry, no added sugar) - Veggies platter	Afternoon Tea -Cheese on toast melted with tomatoes - Veggies platter	Afternoon Tea -Hummus dip vegetable sticks with whole-meal crackers	Afternoon Tea - Veggies platter with Hummus dip. -Brown rice crackers	Afternoon Tea - Yoghurt -Chickpeas Salad -Rice cake
Beverage Water	Beverage Water	Beverage Water	Beverage Water	Beverage Water
Late Snack - Wholegrain crackers with fresh fruit	Late Snack - Fresh fruit with wholegrain crackers	Late Snack Cheese cubes with vita wheat	Late Snack Veggies sticks with Rice cake	Late Snack Wholegrain crackers with Fresh fruit

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Centre Menu for the seasons of Autumn/Winter Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.
Morning Tea -Wholemeal Toast with margarine spreads -Fresh Fruit	Morning Tea - Toasted wholemeal english muffin with vegemite spread. - Fresh rockmelon and oranges	Morning Tea -Wholemeal raisin Toast -Fresh fruit	Morning Tea - Rainbow platter (banana, mandarins, pear, beans, cucumber/celery, capsicum) -Wholemeal toast with margarine spread	Morning Tea -Wholemeal Lebanese bread with cheese and fruit.
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Lunch -Chicken rice noodle soup with peas and silverbeet spinach. -Veggies platter	Lunch -Beef Bolognese with spaghetti and veggies -Carrot rings	Lunch -Creamy Broccoli soup with fish fillets with rissoni -Veggies platter	Lunch -Curried Lamb with vegetables -Rice -Baked kale chips	Lunch -Iron rich day beef Goulash with macaroni pasta - Peas and corn salad.
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Afternoon Tea -Fresh carrot and tomato platter -Vita wheat	Afternoon Tea -Fresh veggies platter (Beans, Carrots, Red capsicum, cucumber etc). -Rice cake	Afternoon Tea -Veggies platter (Beans, Carrots, Red capsicum, cucumber etc) -Corn thin multigrain	Afternoon Tea -Homemade wholemeal broccoli muffins (no added sugar). -yoghurt	Afternoon Tea -Veggies platter (Beans, Carrots, Red capsicum, cucumber etc) -Corn thin multigrain
Beverage Water	Beverage Water	Beverage Water	Beverage Water	Beverage Water
Late Snack - Wholegrain crackers with fresh fruit	Late Snack Cheese cubes with wholegrain vita wheat	Late Snack Veggies stick with wholegrain Rice cake	Late Snack fruits and wholegrains crackers	Late Snack Wholegrain crackers with Fresh fruit

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Centre Menu for the seasons of Autumn/Winter Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.	Breakfast - Weet-Bix. - Vita Weeties. - Cheerios Multigrain cereal. - Milk.
Morning Tea - Wholemeal raisin toast with ricotta cheese spread -Fresh Fruit	Morning Tea -Baked beans on Wholemeal bread. - Fresh oranges and rockmelon.	Morning Tea - Wholemeal Bread with margarine spreads -fresh fruit platter.	Morning Tea - Toast wholemeal English muffin with vegemite and spread -Fresh fruit platter.	Morning Tea -Wholemeal Pikelets with fresh fruits on top
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Lunch Beef San Choy Bau (Beef mince wrapped in lettuce) (Main ingredients: beef mince, rice noodles, cabbage, carrot, peas, green beans, lettuce)	Lunch -Chicken Pasta Bake with mixed seasonal veggies. - Fresh tomato wedges	Lunch -Seafood Marinara -Rice -Green Salad	Lunch -Lamb and Vegetable's Hot Pot Soup -Shell Pasta -Garden Salad	Lunch -Beef with peas and carrot lasagna - Garden Salad
Beverage Milk/Water	Beverage Milk/Wate	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Afternoon Tea - Fresh vegetable platters (Beans, Carrots, broccoli, Red capsicum, cucumber etc). -Rice cake	Afternoon Tea -Homemade wholemeal Banana Bread (no added sugar) -Carrot sticks	Afternoon Tea -Yogurt -veggies platter (Beans, Carrots, broccoli, Red capsicum, cucumber etc). -Rice cake	Afternoon Tea -Hummus dip with Beans, Carrots, broccoli, Red capsicum, cucumber etc. -Vita Wheat	Afternoon Tea -Cheese cubes and wholegrains crackers -Seasonal salad
Beverage Water	Beverage Water	Beverage Water	Beverage Water	Beverage Water
Late Snack - Wholegrain crackers with fresh fruit	Late Snack Cheese cubes with wholegrain crackers	Late Snack Veggies stick with wholegrain crackers	Late Snack Fruits with Rice cake	Late Snack Vita wheat Multigrain with Fresh fruit

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