



****Early Breakfast**** - Wholemeal Toast with mixed spreads **OR** Wholegrain Weet Bix & Milk - Served till 8am.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Wholemeal Corn Thins with Cottage Cheese and Tomato Mixed Fruit & Vegetable Platter	Wholemeal Rice Crackers with Cheese Mixed Fruit & Vegetable Platter	Wholemeal Turkish Breads with Roasted Sweet Potato Hummus Mixed Fruit & Vegetable Platter	Pineapple & Coconut Bliss Balls Mixed Fruit & Vegetable Platter	Toasted Wholemeal English Muffins with Spreads Mixed Fruit & Vegetable Platter
Lunch	Pumpkin & Lentil Soup with Wholemeal Croutons Sliced Oranges & Water	Moroccan Chicken with Capsicum, Carrot & Pumpkin Cous Cous Water	Beef Tacos with Lettuce, Carrots, Cheese, Tomato & Soft Wholemeal Tortilla Wraps Water	Chow Mein with Cabbage, Carrots, Water Chestnuts & Rice Water	Salmon Fish Cakes with Tomato & Cucumber side Salad Water
Afternoon Tea	Cheesy Herb, Homemade Rolls Mixed Fruit, Sultanas, & Vegetable Platter Milk or Water	Vanilla Yogurt with Banana & Muesli Mixed Fruit & Vegetable Platter Milk or Water	Baked Apple & Cinnamon Pockets Mixed Fruit & Vegetable Platter Milk or Water	Wholemeal Mixed Sandwiches Mixed Fruit & Vegetable Platter Milk or Water	Vegemite & Cheese Scrolls Mixed Fruit, Sultanas & Vegetable Platter Milk or Water
Late snack	Vegetable Platter, Rice crackers & Cheese	Vegetable Platter, Rice Crackers & Cheese	Vegetable Platter, Rice Crackers & Cheese	Vegetable Platter, Rice Crackers & Cheese	Vegetable Platter, Rice Crackers & Cheese

*** Water is freely available throughout the day

*** Please see the notice board in reception for any daily menu changes