

# WINTER

## Menu-week 1

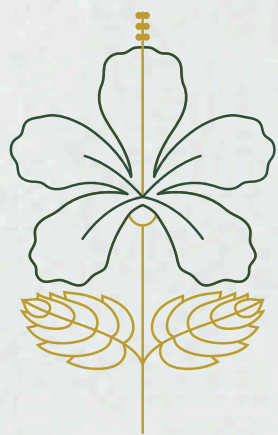


### MONDAY

Morning tea -Seasonal fruit and bread

Lunch .-Creamy tuna baked pasta

Afternoon tea-Apple cinnamon muffin

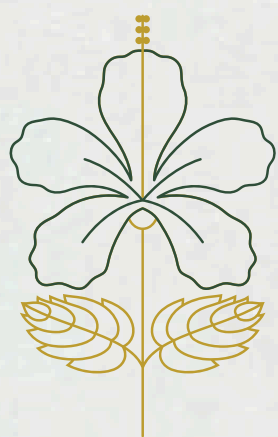


### TUESDAY

Morning tea -Seasonal fresh fruit and bread

Lunch -Chicken noodle soup

Afternoon tea-Banana oat pikelet



### WEDNESDAY

Morning tea -Seasonal fresh fruit and bread

Lunch -Macaroni bolognese with vegetables

Afternoon tea-Dates scones

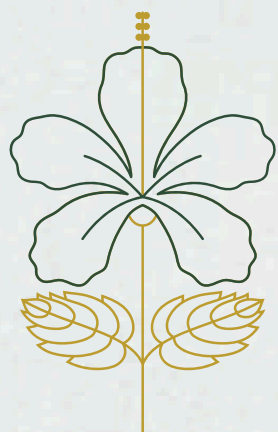


### THURSDAY

Morning tea-Seasonal fresh fruit and bread

Lunch -Chicken casserole with rice

Afternoon tea- Honey lemon loaf

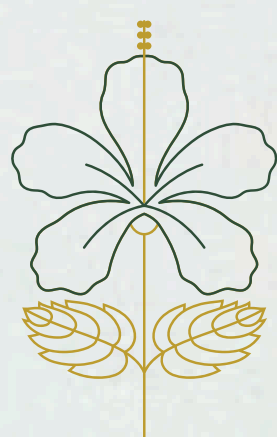


### FRIDAY

Morning tea -Seasonal fresh fruit and bread

Lunch -Pumpkin cottage pie

Afternoon tea-sweet corn fritters



# WINTER

## Menu-week 2

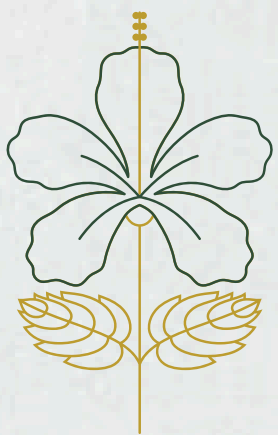


### MONDAY

Morning tea -Seasonal fruit and bread

Lunch .-Chicken and vegetable rice cake

Afternoon tea-Chickpea craker

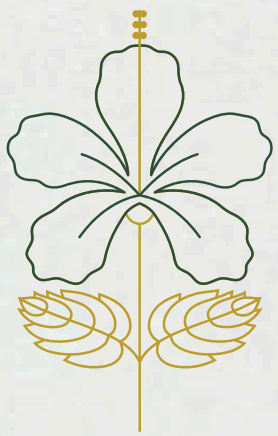


### TUESDAY

Morning tea -Seasonal fresh fruit and bread

Lunch -Pumpkin lentil soup with wholemeal wrap

Afternoon tea-Cheese & Onion scone

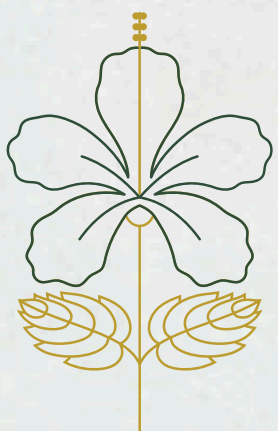


### WEDNESDAY

Morning tea -Seasonal fresh fruit and bread

Lunch -Chickpea potato curry with rice

Afternoon tea-Kids bliss ball

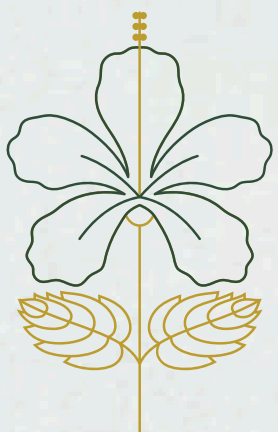


### THURSDAY

Morning tea-Seasonal fresh fruit and bread

Lunch -Mac & Cheese

Afternoon tea- Carrot cake



### FRIDAY

Morning tea -Seasonal fresh fruit and bread

Lunch -Home make pizza

Afternoon tea-coconut loaf

