

Summer Menu

Week 1	Breakfast	Mid morning snack	Lunch
Monday	Cinnamon Infused Oats	Full Cream Yoghurt and Fruit	Three Veg Macaroni Cheese
Tuesday	Scrambled Egg on Toast	Cheese and Veggie Sticks	Chicken Casserole with 3 Veggies and Rice
Wednesday	Weetbix and Milk	Full Cream Yoghurt and fruit	Beef and Vegetable Lasagne
Thursday	Banana and Blueberry Baked Oats	Cheese and Veggie Sticks	Chicken Broccoli Cheese Pasta Bake
Cheat Friday	Smooth cottage cheese on Toast with Banana slices	Banana Loaf	Homemade Ham and Pineapple Pizza
Beverage	Water	Water	Water
Week 2	Breakfast	Mid morning snack	Lunch
Monday	Cheese Omelette and Toast	Full Cream Yoghurt and Fruit	Veggie Stew on a Bed of Rice
Tuesday	Weetbix Banana and Milk	Cheese and Veggie Sticks	Beef Stroganoff with Creamy Mashed Potato
Wednesday	Cinnamon Infused Oats	Full Cream Yoghurt and Fruit	Chicken ala King on a Bed of Rice
Thursday	Melted Cheese Toast Fingers	Cheese and Veggie Sticks	Spaghetti Bolognese with 4 Hidden Veggies
Friday	Fruit Smoothie with Coconut Cream	Popcorn	Basil Chicken Pasta
Beverage	Water	Water	Water

Summer Menu - Vegetarian

Week 1	Breakfast	Mid morning snack	Lunch
Monday	Cinnamon infused Oats	Full Cream Yogurt and fruit	Three Veg Macaroni Cheese
Tuesday	Scrambled Egg on Toast	Cheese and Veggie Sticks	Vegetable casserole on a bed of rice
Wednesday	Weetbix and Milk	Full Cream Yogurt and fruit	Vegetable lasagne
Thursday	Banana and blueberry Baked Oats	Cheese and Veggie Sticks	Broccoli cheesy pasta bake
Friday	Smooth cottage cheese on Toast with Banana slices	Banana loaf	Vegetarian Home Made Pizza
Beverage	Water	Water	Water
Week 2	Breakfast	Mid morning snack	Lunch
Monday	Cheese Omelette and toast	Full Cream Yogurt and fruit	Vegetable Stew on a bed of rice
Tuesday	Weetbix Banana and Milk	Cheese and Veggie Sticks	Veggie Sausages and creamy Mashed potato, topped with a Veggie Sauce
Wednesday	Cinnamon infused Oats	Full Cream Yogurt and fruit	creamy veggie bake
Thursday	Melted Cheese Toast Fingers	Cheese and Veggie Sticks	Three Veg Macaroni Cheese
Friday	Fruit Smoothie with Coconut Cream	Popcorn	Basil Pasta with 2 different cheeses
Beverage	Water	Water	Water