



WINTER 2022 MENU – WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A choice of 3 cereals and/or toast	A choice of 3 cereals and/or toast	A choice of 3 cereals and/or toast	A choice of 3 cereals and/or toast	A choice of 3 cereals and/or toast
Morning Tea	Homemade baked beans with toast	Baked berry pancake with a seasonal fruit platter	Homemade baked beans with toast	Baked berry pancake with a seasonal fruit platter	Toasted muesli with fruity yogurt
Lunch	Minced beef shepherd's pie with baked potato top	Soup of the day with homemade bread	Butter chicken with rice and steamed seasonal vegetables	Creamy tuna pasta bake with grilled cheese	Vegetarian chilli con carne with rice and seasonal vegetables
Vegetarian option	Lentil shepherd's pie with baked potato top	Soup of the day with homemade bread	Tomato and chickpeas steamed seasonal vegetables	Creamy tofu pasta bake with grilled cheese	Vegetarian chilli con carne with rice and seasonal vegetables
Afternoon Tea	Apple and berry crumble with seasonal fruit and yogurt	Pear, coconut and raspberry muffins with seasonal fruit platter	Homemade tomato and cheese pizza slice with seasonal fruit platter	Banana and choc chip loaf with a seasonal fruit platter	Hummingbird cake with a seasonal fruit platter



WINTER 2022 MENU – WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A choice of 3 cereals and/or toast	A choice of 3 cereals and/or toast	A choice of 3 cereals and/or toast	A choice of 3 cereals and/or toast	A choice of 3 cereals and/or toast
Morning Tea	Toasted muesli with fruity yogurt	Homemade baked beans with toast	Baked berry pancake with a seasonal fruit platter	Homemade baked beans with toast	Baked berry pancake with a seasonal fruit platter
Lunch	Organic green pea risotto with roast pumpkin pesto	Italian beef and mushroom ragu	Soup of the day with homemade bread	Chicken fried rice with hidden vegetables	Tuna, onion and pea grilled potato topped pie
Vegetarian option	Organic green pea risotto with roast pumpkin pesto	Italian butterbean and mushroom ragu	Soup of the day with homemade bread	Tofu fried rice with hidden vegetables	Tofu, onion and pea grilled potato topped pie
Afternoon Tea	Baked pear and ricotta cake with a seasonal fruit platter	Orange and poppyseed loaf with a seasonal fruit platter	Homemade tomato and cheese pizza slice with seasonal fruit platter	Savory cheese and vegetable muffins with a seasonal fruit platter	Strawberry and coconut slice with a seasonal fruit platter



WINTER 2022 MENU – WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A choice of 3 cereals and/or toast	A choice of 3 cereals and/or toast	A choice of 3 cereals and/or toast	A choice of 3 cereals and/or toast	A choice of 3 cereals and/or toast
Morning Tea	Homemade baked beans with toast	Baked berry pancake with a seasonal fruit platter	Toasted muesli with fruity yogurt	Homemade baked beans with toast	Baked berry pancake with a seasonal fruit platter
Lunch	Tuna, cheese & vegetable pasta bake	Roast pumpkin macaroni and cheese	Beef casserole with potato top pie and grilled cheese	Homemade spaghetti beef bolognaise with noodles	Mango chicken with hidden vegetables and rice
Vegetarian option	Cheese & vegetable pasta bake	Roast pumpkin macaroni and cheese	Lentil casserole with potato top pie and grilled cheese	Homemade spaghetti bolognaise with noodles	Mango chickpeas with hidden vegetables and rice
Afternoon Tea	Apple & strawberry crumble with berry yogurt and a seasonal fruit platter	Baked berry muffins and a seasonal fruit platter	Passionfruit teacake with a seasonal fruit platter	Beetroot and chocolate brownies with a seasonal fruit platter	Savory cheesy muffins with a seasonal fruit platter



WINTER 2022 MENU – WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A choice of 3 cereals and/or toast	A choice of 3 cereals and/or toast	A choice of 3 cereals and/or toast	A choice of 3 cereals and/or toast	A choice of 3 cereals and/or toast
Morning Tea	Baked berry pancake with a seasonal fruit platter	Homemade baked beans with toast	Baked berry pancake with a seasonal fruit platter	Toasted muesli with fruity yogurt	Homemade baked beans with toast
Lunch	Creamy chicken potato bake	Tuna pasta with hidden vegetables	Beef cottage pie with a cheesy potato top	Beef stroganoff with rice	Vegetable friend rice
Vegetarian option	Cheese & vegetable potato bake	Cheesy pasta with hidden vegetables	Lentil cottage pie with a cheesy potato top	Butterbean stroganoff with rice	Vegetable friend rice
Afternoon Tea	Apple and raspberry loaf with a seasonal fruit platter	Banana & choc chip loaf with a seasonal fruit platter	Weetbix cookies with a seasonal fruit platter	Spiced pumpkin muffins with a seasonal fruit platter	Pear and cinnamon scones with a seasonal fruit platter