



## SAMPLE MENU

### Breakfast - 7- 8:15 am

**Cereals:** Sultana Bran, Weetbix, Rice Bubbles, Cheerios, Weetbix Bites and Fruity Bites  
**GF options:** Rice Bubbles, Weetbix, Corn Flakes and Maple Crunch  
**Milks:** Full Cream Cows Milk, Soy Milk and Oat Milk,  
**Breads:** Wholemeal Bread, Crumpets, English Muffins - all options available in GF  
**Spreads:** Butter, Vegemite, Nuttalex, Jam and Honey  
**Other:** Cheese and avocado

### Afternoon Tea - 3:20pm approx

**An assortment of fruit and vegetables served with the menu item below.**

The fruit and vegetable assortment includes;  
 Red apples, green apples, pear, rock melon, oranges, pineapple, mandarins, mangoes,  
 carrot, cucumber, capsicum, green beans, snow peas and celery  
*\*based on season and availability\**

| Monday                                                                                                                                                | Tuesday                                                                                                                                                            | Wednesday                                                                                                                                                         | Thursday                                                                                                                                              | Friday                                                                                                                                                                    |
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| <b>Spiral Bolognese</b><br>(Pasta w/ tomato and beef bolognese sauce)<br><b>Educator + Child Favourite!</b>                                           | <b>Stir Fry Rice</b><br>(Mixed Vegetables, Rice, Bacon and Tamari)                                                                                                 | <b>Tofu Vermicelli Bowls</b><br>(Vermicelli noodles with tofu, vegetables and Tamari sauce)<br><b>Cultural Exploration- Southern China</b>                        | <b>Turkish Chicken Loaf</b><br>(Turkish bread with chicken and cheese)                                                                                | <b>Bakery Selection</b><br>(Croissants, cheese scrolls, cheese and bacon rolls and pizza scrolls)                                                                         |
| GF Alternative: GF Pasta<br>DF Alternative: DF Cheese<br>Other Alternative: (e.g. allergy, intolerance or medical need): provide specific 'safe' food | GF Alternative: Menu item is GF<br>DF Alternative: Menu item is DF<br>Other Alternative: (e.g. allergy, intolerance or medical need): provide specific 'safe' food | GF Alternative: Menu item is GF<br>DF Alternative: Menu item is DF<br>Other Alternative (e.g. allergy, intolerance or medical need): provide specific 'safe' food | GF Alternative: GF Bread<br>DF Alternative: DF Cheese<br>Other Alternative: (e.g. allergy, intolerance or medical need): provide specific 'safe' food | GF Alternative: GF Bakery selection<br>DF Alternative: DF Bakery selection<br>Other Alternative (e.g. allergy, intolerance or medical need): provide specific 'safe' food |

### Late Snack - 5:20pm

Red and/or green apples with plain rice crackers or left overs from daily afternoon tea item