



Week 1

Monday – Cottage Pie

- Savoury Mince topped with Creamy Mashed Potato
- Vege Sticks with Homemade Dip
- Grapes

Tuesday – BLT Pasta Salad

- Bacon, Spinach, Tomato & Pasta bound with a Low Fat Honey Mustard Dressing
- Fresh Fruit Segments
- Rice Crackers & Cheese

Wednesday – Vegetable Fritata

- Homemade Fritata Packed with Fresh Vegetables
- Fresh Side Salad
- Oat & Blueberry Muffin

Thursday – Sandwich

- Wholemeal Sandwich with Roast Chicken, Slaw, Low Fat Mayo & Lettuce
- Homemade Yoghurt topped with Berries

Friday – Roast

- Roast Beef with Vegetables & Gravy
- Fresh Fruit Segments



Week 2

Monday – Tacos

- Pulled Pork Tacos with Pineapple Salsa
- Rice Crackers & Cheese
- Grapes

Tuesday – Stir Fry

- Brown Rice & Vege Stir Fry with Beef Strips
- Homemade Yoghurt with Granola

Wednesday – Vege Patties

- Chickpea & Vege Patties with Homemade Tomato Chutney
- Fresh Fruit Segments
- Homemade Bliss Ball

Thursday – Sandwich

- Wholemeal Sandwich with Champagne Ham, Slaw, Low Fat Mayo & Lettuce
- Fresh Popcorn
- Vege Sticks with Homemade Dip

Friday – Chicken Lasagne

- Fresh Homemade Chicken Lasagne
- Fresh Fruit Segments



Week 3

Monday – Spaghetti Bolognaise

- Spaghetti Bolognaise with Low Fat Cheese
- Homemade Yoghurt
- Rice Crackers & Cheese
- Grapes

Tuesday – Chicken Drums

- Honey Soy Teriyaki Chicken Drums
- Potato Salad
- Tropical Fruit Segments

Wednesday – Nachos

- Tomato Salsa & Bean Nachos with Low Fat Sour Cream
- Oat & Banana Loaf

Thursday – Sandwich

- Wholemeal Sandwich with Roast Beef, Slaw, Low Fat Mayo & Lettuce
- Fresh Popcorn
- Vege Sticks with Homemade Dip

Friday – Butter Chicken

- Homemade Mild Butter Chicken with Brown Rice
- Mango Smoothie
- Fresh Fruit Segments