

# WEEKLY MENU

## TERM THREE: WEEK ONE

17<sup>TH</sup> – 21<sup>ST</sup> JULY

<p><u>MONDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u> <u>Vegetarian Opt</u></p>	<p>Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite PUPIL FREE DAY</p>
<p><u>TUESDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u>  <u>Vegetarian Opt</u></p>	<p>Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite WRAPS - PITA BREAD, TOMATO, HAM, CHEESE, LETTUCE</p>
<p><u>WEDNESDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u> <u>Vegetarian Opt</u></p>	<p>Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite ORANGE AND BANANA CAKE, POPCORN AND FRUIT</p>
<p><u>THURSDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u> <u>Vegetarian Opt</u></p>	<p>Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite YOGHURT AND FRUIT SALAD</p>
<p><u>FRIDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u> <u>Vegetarian Opt</u></p>	<p>Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite SAUSAGE ROLLS, MEAT PIES AND MASH POTATO</p>

# WEEKLY MENU

TERM THREE: WEEK TWO  
24<sup>TH</sup> – 28<sup>TH</sup> JULY

<p><u>MONDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u> <u>Vegetarian Opt</u></p>	<p>Weetbix, Cornflakes, Rice bubbles, Toast &amp; Fruit Yoghurt NUGGETS AND MASH POTATO WITH FRUIT</p>
<p><u>TUESDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u> <u>Vegetarian Opt</u></p>	<p>Weetbix, Cornflakes, Rice bubbles, Toast &amp; Fruit Yoghurt MIXED CRACKERS, RICE CAKES, SAOS AND FAIRY BREAD</p>
<p><u>WEDNESDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u> <u>Vegetarian Opt</u></p>	<p>Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite CABANOSI, CUCUMBER, SALSA, DIP, CARROTS, PLAIN CORN CHIPS, RICE CRACKERS AND JATZ CRACKERS FRUIT</p>
<p><u>THURSDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u> <u>Vegetarian Opt</u></p>	<p>Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite PENNE NAPOLITANA</p>
<p><u>FRIDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u> <u>Vegetarian Opt</u></p>	<p>Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite VEGETABLE SPRING ROLLS, RICE AND FRUIT</p>

# WEEKLY MENU

**TERM THREE: WEEK THREE**  
**31<sup>ST</sup> JULY – 4<sup>TH</sup> AUGUST**

<p><b><u>MONDAY</u></b> <b><u>Breakfast</u></b> <b><u>Afternoon Tea</u></b> <b><u>Vegetarian Opt</u></b></p>	<p>Weetbix, Cornflakes, Rice bubbles, Toast &amp; Fruit Yoghurt <b>NAPOLITANA RAVIOLI</b> <b>FRUIT</b></p>
<p><b><u>TUESDAY</u></b> <b><u>Breakfast</u></b> <b><u>Afternoon Tea</u></b>  <b><u>Vegetarian Opt</u></b></p>	<p>Weetbix, Cornflakes, Rice bubbles, Toast &amp; Fruit Yoghurt <b>NACHOS</b> <b>CHICKEN NUGGETS AND</b> <b>MASH POTATO</b></p>
<p><b><u>WEDNESDAY</u></b> <b><u>Breakfast</u></b> <b><u>Afternoon Tea</u></b> <b><u>Vegetarian Opt</u></b></p>	<p>Weetbix, Cornflakes, Rice bubbles, Toast &amp; Fruit Yoghurt <b>SUSHI &amp; FRUIT</b></p>
<p><b><u>THURSDAY</u></b> <b><u>Breakfast</u></b> <b><u>Afternoon Tea</u></b> <b><u>Vegetarian Opt</u></b></p>	<p>Weetbix, Cornflakes, Rice bubbles, Toast &amp; Fruit Yoghurt <b>WRAPS - PITA BREAD,</b> <b>TOMATO, HAM,</b> <b>CHEESE, SALAMI, LETTUCE</b></p>
<p><b><u>FRIDAY</u></b> <b><u>Breakfast</u></b> <b><u>Afternoon Tea</u></b> <b><u>Vegetarian Opt</u></b></p>	<p>Weetbix, Cornflakes, Rice bubbles, Toast &amp; Fruit Yoghurt <b>WEDGES AND HOT CHIPS</b></p>

# WEEKLY MENU

TERM THREE: WEEK FOUR  
7<sup>TH</sup> - 11<sup>TH</sup> AUGUST

<p><u>MONDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u> <u>Vegetarian Opt</u></p>	<p>Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite <b>CHICKEN NOODLE SOUP AND GARLIC BREAD</b></p>
<p><u>TUESDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u>  <u>Vegetarian Opt</u></p>	<p>Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite <b>MIXED HOMEMADE PIZZAS AND FRUIT PLATTER</b></p>
<p><u>WEDNESDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u> <u>Vegetarian Opt</u></p>	<p>Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite <b>ICED BISCUITS, POPCORN AND FRUIT PLATTER</b></p>
<p><u>THURSDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u> <u>Vegetarian Opt</u></p>	<p>Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite <b>HOT DOGS AND BREAD FRUIT</b></p>
<p><u>FRIDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u> <u>Vegetarian Opt</u></p>	<p>Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite <b>CABANOSSI, CUCUMBER, SALSA, CARROTS, CORN CHIPS AND MIXED CRACKERS FRUIT</b></p>

# WEEKLY MENU

**TERM THREE: WEEK FIVE**

**14<sup>TH</sup> – 18<sup>TH</sup> August**

<p><b><u>MONDAY</u></b> <b><u>Breakfast</u></b> <b><u>Afternoon Tea</u></b> <b><u>Vegetarian Opt</u></b></p>	<p>Weetbix, Cornflakes, Rice bubbles, Sultana Bran, Milk, Toast &amp; Fruit Yoghurt <b>TZATIKI, TOMATO, LETTUCE, PITA BREAD, TOMATO, CHEESE, HAM AND SALAMI FRUIT</b></p>
<p><b><u>TUESDAY</u></b> <b><u>Breakfast</u></b> <b><u>Afternoon Tea</u></b>  <b><u>Vegetarian Opt</u></b></p>	<p>Weetbix, Cornflakes, Rice bubbles, Sultana Bran, Milk, Toast &amp; Fruit Yoghurt <b>BEEF AND CHICKEN NOODLES FRUIT</b></p>
<p><b><u>WEDNESDAY</u></b> <b><u>Breakfast</u></b> <b><u>Afternoon Tea</u></b> <b><u>Vegetarian Opt</u></b></p>	<p>Weetbix, Cornflakes, Rice bubbles, Sultana Bran, Milk, Toast &amp; Fruit Yoghurt <b>MACARONI BOLOGNAISE PENNE AND GRATED PARMASEN FRUIT</b></p>
<p><b><u>THURSDAY</u></b> <b><u>Breakfast</u></b> <b><u>Afternoon Tea</u></b> <b><u>Vegetarian Opt</u></b></p>	<p>Weetbix, Cornflakes, Rice bubbles, Sultana Bran, Milk, Toast &amp; Fruit Yoghurt <b>FISH FINGERS, MASH POTATO AND FRUIT</b></p>
<p><b><u>FRIDAY</u></b> <b><u>Breakfast</u></b> <b><u>Afternoon Tea</u></b> <b><u>Vegetarian Opt</u></b></p>	<p>Weetbix, Cornflakes, Rice bubbles, Sultana Bran, Milk, Toast &amp; Fruit Yoghurt <b>BACK TO FRONT DAY FRUIT</b></p>

# WEEKLY MENU

TERM THREE: WEEK SIX 21<sup>ST</sup> – 25<sup>TH</sup> AUGUST

<p><u>MONDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u> <u>Vegetarian Opt</u></p>	<p>Weetbix, Cornflakes, Rice bubbles, Toast &amp; Fruit Yoghurt TACOS SPICY MEAT, LETTUCE, TOMATO, CHEESE, SALSA, AVOCADO AND SOUR CREAM FRUIT</p>
<p><u>TUESDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u> <u>Vegetarian Opt</u></p>	<p>Weetbix, Cornflakes, Rice bubbles, Toast &amp; Fruit Yoghurt CABANOSI, CUCUMBER, SALSA, CARROTS, CORN CHIPS, CHERRY TOMATOES &amp; JATZ/RICE CRACKERS FRUIT</p>
<p><u>WEDNESDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u> <u>Vegetarian Opt</u></p>	<p>Weetbix, Cornflakes, Rice bubbles, Toast &amp; Fruit Yoghurt CHICKEN AND BEEF NOODLES</p>
<p><u>THURSDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u> <u>Vegetarian Opt</u></p>	<p>Weetbix, Cornflakes, Rice bubbles, Toast &amp; Fruit Yoghurt MIXED CRACKERS, RICE CRACKERS, SAOS AND FRUIT</p>
<p><u>FRIDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u> <u>Vegetarian Opt</u></p>	<p>Weetbix, Cornflakes, Rice bubbles, Toast &amp; Fruit Yoghurt PENNE NAPOLITANA AND FRUIT</p>

**TERM THREE: WEEK SEVEN**  
**28<sup>TH</sup> AUGUST – 1<sup>ST</sup> SEPTEMBER**

<p style="text-align: center;"><b><u>MONDAY</u></b>  <b><u>Breakfast</u></b>  <b><u>Afternoon Tea</u></b>  <b><u>Vegetarian Opt</u></b></p>	<p style="text-align: center;">Weetbix, Cornflakes, Rice bubbles,          Toast &amp; Fruit Yoghurt  <b>CHICKEN AND BEEF NOODLES</b></p>
<p style="text-align: center;"><b><u>TUESDAY</u></b>  <b><u>Breakfast</u></b>  <b><u>Afternoon Tea</u></b>    <b><u>Vegetarian Opt</u></b></p>	<p style="text-align: center;">Weetbix, Cornflakes, Rice bubbles,          Toast &amp; Fruit Yoghurt  <b>SPRING ROLLS, RICE          AND FRUIT</b></p>
<p style="text-align: center;"><b><u>WEDNESDAY</u></b>  <b><u>Breakfast</u></b>  <b><u>Afternoon Tea</u></b>  <b><u>Vegetarian Opt</u></b></p>	<p style="text-align: center;">Weetbix, Cornflakes, Rice bubbles,          Toast &amp; Fruit Yoghurt  <b>WRAPS, CHEESE, LETTUCE,          TOMATO, SALAMI, HAM, PITA          BREAD AND FRUIT</b></p>
<p style="text-align: center;"><b><u>THURSDAY</u></b>  <b><u>Breakfast</u></b>  <b><u>Afternoon Tea</u></b>  <b><u>Vegetarian Opt</u></b></p>	<p style="text-align: center;">Weetbix, Cornflakes, Rice bubbles,          Toast &amp; Fruit Yoghurt  <b>RAVIOLI NAPOLITANA AND          FRUIT</b></p>
<p style="text-align: center;"><b><u>FRIDAY</u></b>  <b><u>Breakfast</u></b>  <b><u>Afternoon Tea</u></b>  <b><u>Vegetarian Opt</u></b></p>	<p style="text-align: center;">Weetbix, Cornflakes, Rice bubbles,          Toast &amp; Fruit Yoghurt  <b>ICE CREAM CONES &amp; FRUIT</b></p>

**WEEKLY MENU**

**TERM THREE: WEEK EIGHT**

**4<sup>TH</sup> – 8<sup>TH</sup> September**

<p><b><u>MONDAY</u></b> <b><u>Breakfast</u></b> <b><u>Afternoon Tea</u></b> <b><u>Vegetarian Opt</u></b></p>	<p>Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite <b>MIXED TURKISH BREAD, SAOS, SANDWICHES AND FRUIT</b></p>
<p><b><u>TUESDAY</u></b> <b><u>Breakfast</u></b> <b><u>Afternoon Tea</u></b> <b><u>Vegetarian Opt</u></b></p>	<p>Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite <b>CABANOSSI, CUCUMBER, OLIVES, CELERY, DIPS, CARROTS, CORN CHIPS, CRACKERS AND FRUIT</b></p>
<p><b><u>WEDNESDAY</u></b> <b><u>Breakfast</u></b> <b><u>Afternoon Tea</u></b> <b><u>Vegetarian Opt</u></b></p>	<p>Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite <b>MILK, COOKIES, POPCORN AND FRUIT</b></p>
<p><b><u>THURSDAY</u></b> <b><u>Breakfast</u></b> <b><u>Afternoon Tea</u></b> <b><u>Vegetarian Opt</u></b></p>	<p>Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite <b>MACARONI BOLOGNAISE AND FRUIT</b></p>
<p><b><u>FRIDAY</u></b> <b><u>Breakfast</u></b> <b><u>Afternoon Tea</u></b> <b><u>Vegetarian Opt</u></b></p>	<p>Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite <b>TACOS MEAT, CHEESE, TOMATO, SOUR CREAM AND CORN CHIPS</b></p>

**WEEKLY MENU**



**TERM THREE: WEEK NINE**  
**11<sup>TH</sup> TO 15<sup>TH</sup> September**

# **WEEKLY MENU**

<p><b><u>MONDAY</u></b> <b><u>Breakfast</u></b> <b><u>Afternoon Tea</u></b> <b><u>Vegetarian Opt</u></b></p>	<p>Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite <b>ICE CREAM CONES AND FRUIT</b></p>
<p><b><u>TUESDAY</u></b> <b><u>Breakfast</u></b> <b><u>Afternoon Tea</u></b> <b><u>Vegetarian Opt</u></b></p>	<p>Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite <b>TORTELLINI BOSCIOLA AND FRUIT</b></p>
<p><b><u>WEDNESDAY</u></b> <b><u>Breakfast</u></b> <b><u>Afternoon Tea</u></b> <b><u>Vegetarian Opt</u></b></p>	<p>Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite <b>LASAGNE AND FRUIT</b></p>
<p><b><u>THURSDAY</u></b> <b><u>Breakfast</u></b> <b><u>Afternoon Tea</u></b> <b><u>Vegetarian Opt</u></b></p>	<p>Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite <b>CHICKEN BURGERS CHEESE, TOMATO, LETTUCE, BREAD AND SAUCE</b></p>
<p><b><u>FRIDAY</u></b> <b><u>Breakfast</u></b> <b><u>Afternoon Tea</u></b> <b><u>Vegetarian Opt</u></b></p>	<p>Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite <b>SALAD WRAPS AND FRUIT</b></p>

**TERM THREE: WEEK TEN**  
**18<sup>TH</sup> – 22<sup>ND</sup> SEPTEMBER**

# **WEEKLY MENU**

<p style="text-align: center;"><b><u>MONDAY</u></b> <b><u>Breakfast</u></b> <b><u>Afternoon Tea</u></b> <b><u>Vegetarian Opt</u></b></p>	<p style="text-align: center;">Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite <b>CABANOSSI, CELERY, DIPS, CARROTS, CORN CHIPS , CRACKERS &amp; FRUIT</b></p>
<p style="text-align: center;"><b><u>TUESDAY</u></b> <b><u>Breakfast</u></b> <b><u>Afternoon Tea</u></b>  <b><u>Vegetarian Opt</u></b></p>	<p style="text-align: center;">Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite <b>ORANGE &amp; BANANA CAKE, POPCORN &amp; AND FRUIT</b></p>
<p style="text-align: center;"><b><u>WEDNESDAY</u></b> <b><u>Breakfast</u></b> <b><u>Afternoon Tea</u></b> <b><u>Vegetarian Opt</u></b></p>	<p style="text-align: center;">Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite <b>POTATO GEMS AND FRUIT</b></p>
<p style="text-align: center;"><b><u>THURSDAY</u></b> <b><u>Breakfast</u></b> <b><u>Afternoon Tea</u></b> <b><u>Vegetarian Opt</u></b></p>	<p style="text-align: center;">Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite <b>MIXED SANDWICHES AND FRUIT</b></p>
<p style="text-align: center;"><b><u>FRIDAY</u></b> <b><u>Breakfast</u></b> <b><u>Afternoon Tea</u></b> <b><u>Vegetarian Opt</u></b></p>	<p style="text-align: center;">Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite <b>MIXED SUSHI PLATTER AND FRUIT</b></p>

Chilled drinking water is available at all times  
A selection of carrots, celery, cucumber, sultanas,  
olives and fruit are available as a late afternoon snack.