

WEEKLY MENU

TERM FOUR: WEEK ONE
9TH – 13TH OCTOBER

<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 Mixed crackers - rice cakes and SAO'S with Jam, Vegemite and Cheese, and fruit</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, SALAMI</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 ICE CREAM CONES 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 MIXED 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 PENNE NAPOLITANA, FRUIT</p>

WEEKLY MENU

TERM FOUR: WEEK TWO

16TH – 20TH October

<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 ORANGE AND BANANA CAKE, POPCORN AND FRUIT</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 SAUSAGE ROLLS MEAT PIES AND FRUIT</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 CABANOSSA, CUCUMBER, PRETZELS, CHERRY TOMATOES, CARROTS, CORN CHIPS AND MIXED 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 JUICE BLOCKS AND FRUIT</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 FOUR: WEEK THREE

23RD – 27TH October

<p><u>MONDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u> <u>Vegetarian Opt</u></p>	<p>Weetbix, Cornflakes, Rice bubbles, Toast & Fruit Yoghurt MILK WITH MILO, ASSORTED COOKIES, POPCORN AND FRUIT</p>
<p><u>TUESDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u> <u>Vegetarian Opt</u></p>	<p>Weetbix, Cornflakes, Rice bubbles, Toast & Fruit Yoghurt NACHOS NAPOLITANA RAVIOLI FRUIT</p>
<p><u>WEDNESDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u> <u>Vegetarian Opt</u></p>	<p>Weetbix, Cornflakes, Rice bubbles, Toast & Fruit Yoghurt POTATO GEMS AND FRUIT</p>
<p><u>THURSDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u> <u>Vegetarian Opt</u></p>	<p>Weetbix, Cornflakes, Rice bubbles, Toast & Fruit Yoghurt WRAPS - PITA BREAD, TOMATO, HAM, SALAMI, CHEESE, LETTUCE 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 & Fruit Yoghurt SUSHI AND FRUIT</p>

WEEKLY MENU

TERM FOUR: WEEK FOUR
October 30TH – 3RD November

<u>MONDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u> <u>Vegetarian Opt</u>	Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite LASAGNA AND FRUIT
<u>TUESDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u> <u>Vegetarian Opt</u>	Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite BEEF AND CHICKEN NOODLES FRUIT
<u>WEDNESDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u> <u>Vegetarian Opt</u>	Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite HOTDOGS, BREAD AND FRUIT
<u>THURSDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u> <u>Vegetarian Opt</u>	Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite ICE-CREAM AND FRUIT
<u>FRIDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u> <u>Vegetarian Opt</u>	Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite CABANOSSI, CUCUMBER, PRETZELS, CARROTS, CORN CHIPS, AND MIXED CRACKERS AND FRUIT

WEEKLY MENU

TERM FOUR: WEEK FIVE

6TH – 10TH November

<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 WRAPS - TOMATO, LETTUCE, PITA BREAD, CHEESE, HAM, SALAMI AND FRUIT</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 BACK TO FRONT DAY (MIXED CEREALS) AND FRUIT</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 MACARONI BOLOGNAISE, GRATED PARMASEN 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 MIXED HOME MADE PIZZA AND FRUIT</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 FISH FINGERS, MASH POTATO AND FRUIT</p>

WEEKLY MENU

TERM FOUR: WEEK SIX
13TH – 17TH November

<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 ICED BISCUITS, POPCORN AND FRUIT</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 CABANOSI, CUCUMBER, CARROTS, CORN CHIPS, PRETZELS AND MIXED CRACKERS FRUIT</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 NACHOS, MEAT, TOMATO, CHEESE, SOUR CREAM, SALSA, CORN CHIPS, AVOCADO 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 TORTELLINI BOSCIOLA AND FRUIT</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 MIXED CRACKERS - RICE CAKES, SAO'S, FAIRY BREAD AND FRUIT</p>

WEEKLY MENU

TERM FOUR: WEEK SEVEN
20TH – 24TH November

<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 CHICKEN AND BEEF NOODLES FRUIT</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 NAPOLITANA SPIRAL PASTA AND FRUIT</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 WRAPS - LETTUCE, TOMATO, CHEESE, HAM, SALAMI 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 ICED BISCUITS, POPCORN AND FRUIT</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 ICE BLOCKS AND FRUIT</p>

WEEKLY MENU

TERM FOUR: WEEK EIGHT
27TH November 1ST December

<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 PENNE BOLOGNAISE AND FRUIT</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 ORANGE, BANANA CAKE, POPCORN AND FRUIT</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 CHICKEN NUGGETS, MASH POTATO 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 CABANOSI, CUCUMBER, CHERRY TOMATOES, CARROTS, CORN CHIPS, CRACKERS AND FRUIT</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 YOGHURT AND FRUIT</p>

WEEKLY MENU

TERM FOUR: WEEK NINE

4TH – 8TH December

<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 ICE-CREAM AND FRUIT</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 MIXED SANDWICHES - HAM, DEVON, CHEESE, VEGEMITE AND FRUIT</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 TORTELLINI BOSCIOLA 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 TACOS - LETTUCE, CHEESE, CORN CHIPS, TOMATOES, SOUR CREAM, SPICY MEAT, SALSA AND FRUIT</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 WRAPS - LETTUCE, TOMATO, CHEESE, HAM, SALAMI AND FRUIT</p>

WEEKLY MENU

TERM FOUR: WEEK TEN
11TH – 15TH December

<p><u>MONDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u></p> <p><u>Vegetarian Opt</u></p>	<p>Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite PARTY FOOD AND FRUIT</p>
<p><u>TUESDAY</u> <u>Breakfast</u> <u>Afternoon Tea</u></p> <p><u>Vegetarian Opt</u></p>	<p>Milk, Weetbix, Cornflakes, Rice, Bubbles, Sultana Bran, Toast with Margarine, Jam, Honey and Vegemite PARTY FOOD AND FRUIT</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 PARTY FOOD 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 PARTY FOOD AND FRUIT</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 SUSHI AND FRUIT</p>

