

WEEKLY MENU

TERM FOUR: WEEK ONE

15TH – 19TH 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 Jelly ,Fruit and Custard</p>

WEEKLY MENU

TERM FOUR: WEEK TWO
22ND TO 26TH 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 VEGETABLE SPRING ROLLS, RICE 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 LEMON, ORANGE AND BANANA CAKE, POPCORN AND FRUIT</p>

WEEKLY MENU

TERM FOUR: WEEK THREE
29TH October – 2ND NOVEMBER

<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 NAPOLITANA PENNE 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 Sushi 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 Potato gems and fruit</p>

WEEKLY MENU

TERM FOUR: WEEK FOUR

5TH TO 9TH 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 CABANOSI, CUCUMBER, PRETZELS, CARROTS, CORN CHIPS, AND MIXED CRACKERS 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 ICE-CREAM 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 JELLY, FRUIT AND CUSTARD</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 ICE BISCUITS AND POPCORN</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 HOTDOGS, BREAD AND FRUIT</p>

WEEKLY MENU

TERM FOUR: WEEK FIVE

12TH – 16TH 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 MIXED HOME MADE PIZZA 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 BANANA, ORANGE, LEMON CAKE</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 BACK TO FRONT DAY (MIXED CEREALS) 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 SIX
19TH – 23RD 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 MIXED CRACKERS - RICE CAKES, SAO'S, FAIRY BREAD 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 ICE CREAM 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>

WEEKLY MENU

TERM FOUR: WEEK SEVEN
26TH – 30TH 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 MILK, COOKIES, 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

3rd -7th 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 BLOCKS 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 LEMON, 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, 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
10TH – 14TH December

<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 ICE-CREAM 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 MILO, COOKIES AND POPCORN AND 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 BACK TO FRONT DAY 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 YOGHURT 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 WRAPS - LETTUCE, TOMATO, CHEESE, HAM, SALAMI AND FRUIT

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 Party pies, sausage rolls and cheese rings</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 ICED BISCUITS, CHEESE RINGS, AND POPCORN</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 SUSHI AND FRUIT</p>

