

		Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Morning Tea	Fresh Fruit including Apples, Pears, Oranges, Bananas, Watermelon and Seasonal Fruit. Vegetables including Tomatoes, Cucumber and Carrot (3yrs up only)				
	Lunch	Vegetable Quiche <i>GF - Rice Flour</i> <i>DF - Rice Milk & DF Cheese</i> <i>EF - Egg substitute</i>	Assorted Sandwiches <i>DF GF</i>	Vegetable Macaroni & Cheese <i>GF - Gluten Free Pasta & Flour</i> <i>Rice milk & DF Cheese</i> <i>DF -</i>	Crumbed Fish & Fresh Potato/Sweet Potato Fries <i>GF - Gluten Free Bread Crumbs & Flour</i>	Cypriot Beef Pasta Bake <i>GF - Gluten free Pasta & Flour</i> <i>DF - Rice Milk & Nuttelex</i>
	Afternoon Tea	Rice Cakes with Cheese, Tomato & Assorted Spreads <i>DF -DF Cheese</i>	Pumpkin Scones <i>GF -GF Flour EF -Egg Substitute</i> <i>- Rice Milk</i> <i>DF</i>	Blueberry Yoghurt Loaf <i>GF - GF Flour DF - Coconut Yoghurt</i>	Vanilla Yoghurt, Berries & Untoasted Muesli <i>DF - Coconut/Oat Yoghurt</i>	Banana Chia Pudding <i>DF - Rice Milk</i>
Week Two	Morning Tea	Fresh Fruit including Apples, Pears, Oranges, Bananas, Watermelon and Seasonal Fruit. Vegetables including Tomatoes, Cucumber and Carrot (3yrs up only)				
	Lunch	Mild Chilli Con Carne with Rice	Oodles of Noodles with Ham & Vegies <i>GF - Gluten Free Noodles</i>	Assorted Sandwiches <i>DF GF</i>	Beef & Salad Tacos <i>GF - Gluten Free Wraps</i> <i>DF - Dairy Free Cheese</i>	Chicken Chow Mein & Vegies <i>GF - Gluten Free Noodles</i>
	Afternoon Tea	Crackers, Cheese, Pretzels & Apple Slices <i>GF - GF Crackers DF- DF Cheese</i>	Banana Bread <i>GF - GF Flour DF - Rice Milk</i> <i>EF - Eggs Substitute</i>	Cheese & Vegemite Scrolls with Greek Yoghurt Dough <i>GF -GF Flour DF - Coconut Yoghurt</i>	Sandwich Squares with Fruit <i>GF DF</i>	Sweet Potato and Chocolate Muffins <i>DF - Rice Milk</i> <i>EF - Egg Substitute</i>
Week Three	Morning Tea	Fresh Fruit including Apples, Pears, Oranges, Bananas, Watermelon and Seasonal Fruit. Vegetables including Tomatoes, Cucumber and Carrot (3yrs up only)				
	Lunch	Ham & Cheese Pizza <i>GF - Gluten Free Base</i> <i>DF - Dairy Free Cheese</i>	Beef Lasagne & Vegetables <i>GF - Gluten Free Lasagne & Flour</i> <i>DF - Rice Milk and DF Cheese</i>	Vegetable Quiche <i>GF - Rice Flour</i> <i>DF - Rice Milk & DF Cheese</i> <i>EF - Egg substitute</i>	Assorted sandwiches <i>DF GF</i>	Beef & Vegetable Bolognaise <i>GF - Gluten Free Pasta</i>
	Afternoon Tea	Vegetable Sticks & Crackers with Chick Pea & Beetroot Dip <i>GF -GF Crackers</i>	Crumpets & Assorted Spreads <i>GF - GF Crumpets</i>	Pikelets <i>GF - GF Pikelets DF - Rice Milk</i> <i>EF - Egg Substitute</i>	Zuchinni, Ham and Cheese Muffins <i>GF -GF Flour DF - DF Cheese & Rice Milk</i>	Pear and Banana Muffins <i>GF - GF Flour</i> <i>DF - Rice Milk, Oat Yoghurt</i>
Week Four	Morning Tea	Fresh Fruit including Apples, Pears, Oranges, Bananas, Watermelon and Seasonal Fruit. Vegetables including Tomatoes, Cucumber and Carrot (3yrs up only)				
	Lunch	Chicken Curry & Rice	Pork & Vegetable Sausage Rolls <i>GF - Gluten Free Wraps</i>	Beef Lasagne & Vegetables <i>GF - Gluten Free Lasagne & Flour</i> <i>DF - Rice Milk and DF Cheese</i>	Chicken Meatballs with Thai Flavours with Chat Potatoes <i>GF- Gluten Free breadcrumbs</i>	Assorted Sandwiches <i>DF GF</i>
	Afternoon Tea	Sandwich Squares with Fruit <i>GF DF</i>	Saos with Cheese, Tomato & Assorted Spreads <i>GF - GF Crackers DF - DF Cheese</i>	Vanilla Yoghurt with Fruit <i>DF - Coconut or Oat Yoghurt</i>	Weetbix Slice <i>GF - GF Weetbix & Flour</i> <i>DF - Rice Milk</i>	Allergy Friendly Carrot Muffins <i>GF - Gluten Free Flour</i> <i>DF - Rice milk EF - Egg Replacer</i>
Week Five	Morning Tea	Fresh Fruit including Apples, Pears, Oranges, Bananas, Watermelon and Seasonal Fruit. Vegetables including Tomatoes, Cucumber and Carrot (3yrs up only)				
	Lunch	Assorted Sandwiches <i>DF GF</i>	Shepards Pie with Vegies <i>GF - Gluten Free Flour</i> <i>DF - Rice Milk& DF Cheese</i>	Leg Ham, Chicken, Cheese & Tomato Open Toasties <i>GF - Gluten Free Bread</i> <i>DF - DF Cheese</i>	Chicken & Salad Wraps <i>GF - Gluten Free Wrap</i> <i>DF - DF Cheese</i>	Sausages, Mashed Potato, Vegies & Gravy
	Afternoon Tea	Allergy Friendly Carrot Muffins <i>GF - Gluten Free Flour</i> <i>DF - Rice milk EF - Egg Replacer</i>	Pineapple Yoghurt Dip & Fruit <i>DF - Coconut/Oat Yoghurt</i>	Cruskits & Assorted Spreads <i>GF - Gluten Free Crispbread</i>	Vegetable Sticks & Crackers with Chick Pea & Beetroot Dip <i>GF -GF Crackers</i>	Raisin Toast <i>GF- GF Raisin Toast</i>