



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Cheese Cubes Crackers and Fresh Fruit	Greek yogurt with Seasonal Fruit	Healthy Oat Cookies with Fresh Fruits	Country Cheese Crackers with fruit & Vegie Sticks	Vanilla Cupcakes with Fresh Fruit
Drink	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
Lunch	Spinach and Feta cheese Ravioli Chicken, spinach, Mushroom and Creamy sauce	Vegetarian Slider Burgers Vegetable Patties, and tossed Garden salad on the side	Mexican Beef Burrito Bowl Tomato, corn, cucumber, avocado, and sour cream served with rice and corn chips	Tossed Pasta Salad Chicken, Tomato, Peas, Corn & Capsicum	Beef stir-fry noodles Premium Beef strips, snow peas, capsicum, and broccoli tossed with rice noodles
Drink	Water	Water	Water	Water	Water
Afternoon Tea	Banana Bread, custard with Fresh Fruit	Rice Cakes with Spread selection and Fresh Fruit	BBQ crackers with Fresh Fruit	Shapes Crackers with Fresh Fruit	Grain wave Crackers with Fresh Fruit
Drink	Water	Water	Water	Water	Water
Late Afternoon Tea	Fruit and Crackers	Fruit and Crackers	Fruit and Crackers	Fruit and Crackers	Fruit and Crackers
Servings Per Day Based on Nutrition Australia Guidelines					
Fruit	2	2	2	2	2
Vegetables	2	1	2	2	2
Protein	2	1	1	0	2
Carbs	3	1	2	3	3
Dairy	3	3	1	1	2

A vegetarian alternative is available every day to meet individual dietary requirements