

WEEK 1



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BREAKFAST	Variety of cereals and wholemeal toast	Variety of cereals and wholemeal toast	Variety of cereals and wholemeal toast	Variety of cereals and wholemeal toast	Variety of cereals and wholemeal toast
	MORNING SNACK	Fruit salad and yoghurt	Corn thins with cheese and a fruit and vegetable platter	Spinach and sweetcorn pancakes with fruit coulis and cream cheese	Wholemeal muffins with hommus, cream cheese and fresh fruit	Berry and coconut chia pudding with fruit
	LUNCH	Teriyaki chicken stir fry with rice and vegetables	Chicken and hidden vegetable sausage rolls	Hidden vegetable beef bolognese with pasta and garlic bread	Hidden vegetable mac and cheese with toasted flatbread, peas and corn	Tuna, cauliflower and cheese pie with broccoli and carrot
	LUNCH ALTERNATIVE	Teriyaki vegetarian chicken with rice and vegetables	Vegetarian hidden vegetable sausage rolls	Vegetarian bolognese with garlic bread	Hidden vegetable mac and cheese with toasted flatbread, peas and corn	Cauliflower and cheese pie with broccoli and carrot
	AFTERNOON TEA	Chocolate and raspberry muffin with seasonal fruit	Apple and cinnamon loaf with fresh fruit	Spinach and ricotta rolls with fresh fruit	Ham and vegetable frittata with fresh fruit	Orange and poppyseed loaf, fresh fruit

WEEK 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Variety of cereals and wholemeal toast	Variety of cereals and wholemeal toast	Variety of cereals and wholemeal toast	Variety of cereals and wholemeal toast	Variety of cereals and wholemeal toast
MORNING SNACK	Cheese and ham toasties with fruit	Turkish toast with cheese and fresh fruit vegetables	Wholemeal crumpets with spreads with fruit	Chocolate overnight oats with berry puree	Baked beans with wholemeal toast
LUNCH	Cauliflower and white bean soup with garlic bread	Beef stroganoff with vegetables and pasta	Chicken schnitzel salad wraps	Tuna pasta bake with mixed vegetables	Lamb roast with tzatziki, pita and salad
LUNCH ALTERNATIVE	Cauliflower and white bean soup with garlic bread	Meat free beef mushroom stroganoff with vegetables and pasta	Meat free chicken schnitzel salad wraps	White bean pasta bake with mixed vegetables	Vegetarian mince koftas with tzatziki, pita bread and salad
AFTERNOON TEA	Hummingbird loaf with fruit	Fruit platter with cottage cheese and crackers	Zucchini slice with fruit	Margharita pizza sticks with fresh fruit and vegetables	Spelt and oat ANZAC biscuits with fruit

WEEK 4



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Variety of cereals and wholemeal toast	Variety of cereals and wholemeal toast	Variety of cereals and wholemeal toast	Variety of cereals and wholemeal toast	Variety of cereals and wholemeal toast
MORNING SNACK	Wholemeal English muffins with cream cheese and vegemite and fruit	Cruskits with spreads and fresh fruit and vegetables	Fruit and yoghurt	French toast with berry coulis	Chickpea and beetroot dip with flatbread and fruit and vegetables
LUNCH	Chilli con carne with brown rice and mixed vegetables	Cheesy chicken and broccoli lasagne with mixed vegetables	Salmon patties with salad	Egg fried rice	Mixed sandwiches
LUNCH ALTERNATIVE	Vegetarian chilli with brown rice and mixed vegetables	Vegetarian chicken and broccoli lasagne with mixed vegetables	Vegetarian patties with salad	Egg fried rice	Mixed sandwiches
AFTERNOON TEA	Apple and wattleseed pastizzi and fresh fruit and vegetables	Fruit crumble with vanilla yoghurt	Banana, oat and cinnamon biscuits	Ham and cheese muffin loaf	Pizza pinwheels with native bush spices

WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Variety of cereals and wholemeal toast	Variety of cereals and wholemeal toast	Variety of cereals and wholemeal toast	Variety of cereals and wholemeal toast	Variety of cereals and wholemeal toast
MORNING SNACK	Wholemeal vegemite and cream cheese sandwiches with fresh fruit	Porridge with berry coulis	Scrambled eggs on toast	Sheet pan oven oat pancakes with banana	Fruit with cheese and crackers
LUNCH	Turkey meatballs with brown rice and mixed vegetables	Crumbed whiting fillets with sweet potato, broccoli and cauliflower	White bean cheesy pasta with mixed vegetables	Chicken, spinach and pesto pasta with toasted cheese wraps	Mini burgers with salad
LUNCH ALTERNATIVE	Vegetarian meatballs with brown rice and mixed vegetables	Crumbed vegetarian fillets with sweet potato, broccoli and cauliflower	White bean cheesy pasta with mixed vegetables	Chicken alternative spinach and pesto pasta with toasted cheese wraps	Mini vegetarian burgers with salad
AFTERNOON TEA	Fruit and yoghurt	Fruit with crackers and hummus	Pumpkin scones	Fruit with crackers and avocado	Sultana rock cakes

WEEKLY MENU

WEEK OF _____



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Oatmeal with fresh berries and milk	Scrambled eggs, whole wheat toast & orange juice	Whole grain cereal with milk Sliced strawberries	Pancakes with maple syrup Blueberries	Smoothie (banana, Greek yogurt, and almond milk) Whole grain muffin
MORNING SNACK	Apple slices String cheese	Grapes (halved) Baby carrots	Pear slices Cheese cubes	Apple slices String cheese	Orange wedges Rice cakes
LUNCH	Grilled chicken strips, steamed carrots and rice	Turkey and cheese sandwich on whole grain bread Cucumber slices	Beef and vegetable stir-fry Brown rice Pineapple chunks	Chicken soup Whole grain roll Sliced peaches	Cheese and vegetable quesadilla Black beans Mango slices
AFTERNOON SNACK	Yogurt with honey and banana slices	Whole grain crackers Hummus	Celery sticks with peanut butter Raisins	Whole grain granola bar Yogurt	Yogurt with honey and banana slices



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SeaStars Harmony week cooking experiences	Vegetarian Japanese Sushi Kappa Maki- Cucumber Rolls Avocado Nigiri Nasu nigiri- Eggplant Nigiri	Sri Lankan Kimbula Buns	French Crepes with Raspberries and Cream with French Mantecados De Aceite- short breads	Chinese Pumpkin Sweet Rice Pancakes	Australian Native Spiced; Wattleseed and Saltbush Scones