

Centre Menu for the seasons of Spring/Summer Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - Wheat biscuits - Rice bubbles - Corn Flakes	Breakfast - Wheat biscuits - Rice bubbles - Corn Flakes	Breakfast - Wheat biscuits - Rice bubbles - Corn Flakes	Breakfast - Wheat biscuits - Rice bubbles - Corn Flakes	Breakfast - Wheat biscuits - Rice bubbles - Corn Flakes
Morning Tea - Wholegrain toast with vegemite spread - Mixed fruit platter	Morning Tea - Grilled cheese on wholemeal English muffin - Mixed fruit platter	Morning Tea - Pikelets - Mixed fruit platter	Morning Tea - Wholemeal toast with cheese spread - Watermelon slices	Morning Tea - Cheese toasties - Mixed fruit platter
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Lunch - Italian beef and noodles - Salad platter	Lunch - Teriyaki chicken with grilled cherry tomatoes and rice	Lunch - Lebanese bread pizza (meat & vegetables topping)	Lunch - Spaghetti Napolitana - Garlic bread fingers	Lunch - Premium beef sausage and gravy - Steamed veggies - Mash potato - Corn cobs
Beverage Water	Beverage Water	Beverage Water	Beverage Water	Beverage Water
Afternoon Tea - Cocoa and Zucchini muffins	Afternoon Tea - Crunch oregano bread with avocado and cheese dip	Afternoon Tea - Hummus with brown rice crackers and cheese cubes	Afternoon Tea - Cheese and vegetable platter	Afternoon Tea - Fruit smoothies
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water
Late Afternoon Tea - Greek yoghurt/Cheese - Veggie platter	Late Afternoon Tea - Rice cakes and Veggie platter	Late Afternoon Tea - Fresh fruit platter	Late Afternoon Tea - Fruit smoothies	Late Afternoon Tea - Greek Yoghurt with mixed fruit
Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water	Beverage Milk/Water

