

Autumn Menu

Week One

<i>Monday</i>	Morning Tea	Lunch	Afternoon Tea	Snack
	Soft Morning Bread with Milk	Vegetarian Fried Rice	Korean Veggie pancake	Seasonal Fruit Rice Cake

<i>Tuesday</i>	Morning Tea	Lunch	Afternoon Tea	Snack
	Seasonal Fruit & Veggie Platter	Bokko (Beef stewed) with rice	Assorted Sandwiches	Seasonal Fruit Rice Cake

<i>Wednesday</i>	Morning Tea	Lunch	Afternoon Tea	Snack
	Congee with chicken mushroom	Tuna and Vegetable Pasta	Burrito with beans	Seasonal Fruit Rice Cake

<i>Thursday</i>	Morning Tea	Lunch	Afternoon Tea	Snack
	French Toast	Purple cabbage rolls with chicken/tofu and rice	Blueberry Muffin	Seasonal Fruit Rice Cake

<i>Friday</i>	Morning Tea	Lunch	Afternoon Tea	Snack
	Seasonal fruits platter	Cambodian stuffed chicken wings	Hawaiian Pizza	Seasonal Fruit Rice Cake

***Children with food allergies, intolerances, food preferences and cultural needs are catered for their individual health needs. This menu meets the menu planning guidelines for healthy eating from Nutrition Australia.**

Autumn Menu

Week two

<i>Monday</i>	Morning Tea	Lunch	Afternoon Tea	Snack
	Bircher with Apple and Peach	Rendang Chicken Curry Veggie Curry with Rice	Assorted Sandwiches	Seasonal Fruit Rice Cake

<i>Tuesday</i>	Morning Tea	Lunch	Afternoon Tea	Snack
	Fasolada (Greek bean soup) with bread	Pasta with mushroom and spinach	Fruit Muffins	Seasonal Fruit Rice Cake

<i>Wednesday</i>	Morning Tea	Lunch	Afternoon Tea	Snack
	Seasonal fruits & veggie platter	Tom yum seafood mushroom with noodles	Chicken Schnitzel Wrap Veggie Wrap	Seasonal Fruit Rice Cake

<i>Thursday</i>	Morning Tea	Lunch	Afternoon Tea	Snack
	Toastie with Milk	Lemongrass Chicken & Veggie	Vegetarian Spring roll	Seasonal Fruit Rice Cake

<i>Friday</i>	Morning Tea	Lunch	Afternoon Tea	Snack
	Seasonal fruits platter	Beef (Veg) ball with tomato sauce	Egg toast and Yoghurt	Seasonal Fruit Rice Cake

***Children with food allergies, intolerances, food preferences and cultural needs are catered for their individual health needs. This menu meets the menu planning guidelines for healthy eating from Nutrition Australia.**