

Our Whole Foods Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: A selection of wholemeal toast, oats or weetbix					
Morning Tea	Fresh Fruit & Vegetable Platter Served with milk	Fresh Fruit & Vegetable Platter Served with milk	Fresh Fruit & Vegetable Platter Served with milk	Fresh Fruit & Vegetable Platter Served with milk	Fresh Fruit & Vegetable Platter Served with milk
Lunch	Vegan Mac & Cheese Onion, Broccoli, GF Macaroni, GF flour, Dijon mustard, Rice milk & Nutritional yeast	Chicken Meatballs Chicken mince, garlic carrot zucchini, tomato Passata spaghetti Parmesan	Tuna Sweetcorn and Spinach Pie Tuna, sweetcorn Spinach Potato, Rice Milk, Pumpkin	Pumpkin Soup Roasted Pumpkin Potato, onion, herbs Veg Stock. Served with Garlic Bread	Meat loaf, Mash Gravy Beef Mince, Garlic Italian herbs, Carrot Zucchini, Parsnip, Potato Pumpkin, Gravy
Afternoon Tea	Ploughman's platter Crackers, turkey, carrot sticks, celery sticks, cucumber, hummus, cheese, grapes	Summer Berry Surprise Berries topped with Muesli and Yoghurt	Bread & Butter Pudding Bread, Butter, sultanas Egg, Milk	Savory Platter Cheese, carrot, Pear and Crackers	Assorted Wraps Assorted Meat, salad & veg wraps
Late Snack	A Selection of Wholemeal Sandwiches, Cheese or Vegemite on Crackers				

Our Whole Foods Menu

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: A selection of wholemeal toast, oats or weetbix					
Morning Tea	Fresh Fruit & Vegetable Platter Served with milk	Fresh Fruit & Vegetable Platter Served with milk	Fresh Fruit & Vegetable Platter Served with milk	Fresh Fruit & Vegetable Platter Served with milk	Fresh Fruit & Vegetable Platter Served with milk
Lunch	<p style="text-align: center;">Chicken Mushroom and Pea Pasta</p> <p>Chicken Thigh, Peas, Mushroom and Penne Pasta in Tomato Sauce</p>	<p style="text-align: center;">White Fish, Pumpkin, Spinach Risotto</p> <p>White Fish Fillets, Pumpkin, Spinach Arborio Rice, Parmesan, Milk, Stock</p>	<p style="text-align: center;">Cauliflower, Broccoli & Cheese Pasta Bake</p> <p>Cauliflower, Broccoli, Cheese, Milk, Penne Pasta, Breadcrumbs</p>	<p style="text-align: center;">Chicken & Tomato Casserole</p> <p>Served with Cous Cous</p> <p>Chicken, Tomato, Veg Potato, Cous Cous</p>	<p style="text-align: center;">Cottage Pie</p> <p>Beef Mince, Onion, Garlic ,Italian, Herbs, Tomato, Potato, Sweet Potato, Carrot, Zucchini</p>
Afternoon Tea	<p style="text-align: center;">Summer Berry Surprise</p> <p>Berries topped with Muesli and Yoghurt</p>	<p style="text-align: center;">Super food Muesli Slice</p> <p>Flour, sugar, muesli, Coconut, Pumpkin seed Chia seeds Honey</p>	<p style="text-align: center;">Health Platter</p> <p>Crackers, Capsicum Carrot, Avocado & Cottage Cheese</p>	<p style="text-align: center;">Assorted Sandwiches</p> <p>Salad & cheese</p> <p>Chicken & salad</p> <p>Egg salad</p>	<p style="text-align: center;">Ploughman's platter</p> <p>Crackers, turkey, carrot , celery, cucumber, hummus, cheese, Homemade Pickles</p>
Late Snack	A Selection of Wholemeal Sandwiches, Cheese or Vegemite on Crackers				

Our Whole Foods Menu

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: A selection of wholemeal toast, oats or weetbix					
Morning Tea	Fresh Fruit & Vegetable Platter Served with milk	Fresh Fruit & Vegetable Platter Served with milk	Fresh Fruit & Vegetable Platter Served with milk	Fresh Fruit & Vegetable Platter Served with milk	Fresh Fruit & Vegetable Platter Served with milk
Lunch	<p>Chilli Con Carne</p> <p>Beef, Sweetcorn, Red Kidney beans, Garlic Chilli, Corn Chips and Garlic Bread</p>	<p>Rustic Veg Lasagna</p> <p>Carrot, Celery, Zucchini Mushroom Egg Plant Tomato, Cheese, Lasagna sheets</p>	<p>Chicken and Sweet corn , Chowder</p> <p>Served with Garlic Bread</p> <p>Chicken, Corn Wombok, Spring Onion, Stock</p>	<p>Braised Beef & Carrot</p> <p>Beef, Carrot, Butter Beans, Mashed Potato Gravy.</p>	<p>Veggie Shepherds Pie</p> <p>Carrot, Egg plant, Lentils Corn and Peas, Sweet Potato, Spinach, Potato Cheese</p>
Afternoon Tea	<p>Summer Berry Surprise</p> <p>Berries topped with Muesli and Yoghurt</p>	<p>Apple Crumble</p> <p>Apple, Oats, Flour, Sugar, Butter. Natural Yoghurt</p>	<p>Cinnamon & Banana Muffin</p> <p>Flour, Egg Sugar Milk Banana, Cinnamon</p>	<p>Savoury Platter & Hummus</p> <p>Carrot, Cucumber, Cheese, Cauliflower Chick Pea, Tahini Garlic, Olive Oil</p>	<p>Ploughman's platter</p> <p>Crackers, turkey, carrot sticks, celery sticks, cucumber, hummus, cheese, grapes</p>
Late Snack	A Selection of Wholemeal Sandwiches or Cheese/Vegemite on Crackers				

Our Whole Food Menu

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: A selection of wholemeal toast, oats or weetbix					
Morning Tea	Fresh Fruit & Vegetable Platter Served with milk	Fresh Fruit & Vegetable Platter Served with milk	Fresh Fruit & Vegetable Platter Served with milk	Fresh Fruit & Vegetable Platter Served with milk	Fresh Fruit & Vegetable Platter Served with milk
Lunch	6 Veg Pasta Carrot, Zucchini, Lentils, beans, Pumpkin, Spinach, Onion, Garlic. Penne Pasta	Chicken Curry with garlic naan Chicken sweet potato Carrot, potato, Spinach. Coconut Milk Long Grain Rice. Naan Bread	Fish Cakes served with Slaw Salad Salmon, Tuna, Potato Corn, Red Cabbage Carrot, Onion. Lettuce Cucumber Tomato	Leek & Potato Soup Homemade Bread Leek, Potato, Stock, Milk, Flour, Water, Butter.	'Friday' Roast Roast of the month Potato, Selection of Veg, Gravy
Afternoon Tea	Pikelets Served with fruit compote Flour, Egg Milk Fresh Fruit compote	Ploughman's platter Crackers, turkey, carrot, celery, cucumber, hummus, cheese, Homemade Pickles	Savoury Platter & Tzatziki Cheese, cucumber Capsicum, crackers Natural Yoghurt, Mint Garlic, Lemon	Banana & chai seed loaf Bread Banana, Chai seeds, butter, sugar Egg, Vanilla, Flour	Pinwheels Cheese & Vegemite Cheese & Tomato Puff pastry
Late Snack	A Selection of Wholemeal Sandwiches or Cheese/Vegemite on Crackers				