

# Winter Weekly Menu

Sample menu.  
Check with your  
centre for what's  
on this week.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Oat clusters with yoghurt, sultanas, grapes, mandarin, banana and pear.	Baked beans and cheese toasties with pear, oranges and rockmelon.	Raison toast with apple slices, pear, cucumber and a cup of milk.	Oat clusters with yoghurt, banana, pear, rockmelon and a cup of milk.	Hummus sandwiches, pear, mandarin, carrot sticks and a cup of milk.
Lunch	Sicilian savoury rice with chicken and with apple slices.	Minestrone soup with cheesy garlic bread slices and apple slices.	Spaghetti bolognese with grated tasty cheese and apple slices.	Beef echidnas in tomato sauce and apple slices.	Italian style shepherd's pie and apple slices.
Afternoon Tea	Cheese and spinach quesadillas with appele, pear, oranges and a cup of milk.	Salmon frittata slice with watermelon, banana, apple slices, carrot sticks and a cup of milk.	Banana bread and mixed fruits with Veggie sticks.	Apple flaxseed slice, honeydew melon, pineapple, oranges, carrot sticks and a cup of milk.	Margherita pizza slab, oranges, candy melon, apple slices and a cup of milk.
Menu features	<div><div>Fresh Puree Options (most centres)</div><div>Breakfast Available (most centres)</div><div>Late Snack Menu Available (most centres)</div><div>Halal Approved Service (some centres)</div></div>				