






# Winter Menu 2023 – 5-week rotations. This is subject to change depending on supply of groceries. Please comment or add suggestion at the bottom of the menu.

WEEK A				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 🍏 Multigrain toast Cereal Rice bubbles Weetabix Cornflakes Fruit bowl	Breakfast 🍏 Pancakes Cereal Rice bubbles Weetabix Cornflakes Fruit bowl	Breakfast 🍏 English muffins Cereal Rice bubbles Weetabix Cornflakes Fruit bowl	Breakfast 🍏 Raisin toast Cereal Rice bubbles Weetabix Cornflakes Fruit bowl	Breakfast 🍏 French toast Cereal Rice bubbles Weetabix Cornflakes Fruit bowl
Fruit and vegetables Seasonal fruit and vegetables	Fruit and vegetables Seasonal fruit and vegetables	Fruit and vegetables Seasonal fruit and vegetables	Fruit and vegetables Seasonal fruit and vegetables	Fruit and vegetables Seasonal fruit and vegetables
Afternoon tea Sandwiches; wholemeal and multigrain bread Salad Honey Vegemite  plant based 🌿  SDS: Rice cakes 	Afternoon tea Rice cakes Flavoured and plain Vegemite, cheese ham, chicken  	Afternoon tea Mini pizzas Tomato paste Ham and pineapple Cheese  SDS: rice cake with cheese and tomato paste  	Afternoon tea Wholemeal chicken/ plain noodles  SDS: Gluten free noodles  	Afternoon tea Sao's Vegemite Cheese Butter Honey Ham and tomato SDS: Rice cracker with children's choice of topping  
5pm snack Pretzels and fruit	5pm snack Oreo and fruit	5pm snack Rice cakes and fruit	5pm snack Milk arrowroot biscuits and fruit	5pm snack Popcorn and fruit
Beverages Water or low-fat milk	Beverages Water or low-fat milk	Beverages Water or low-fat milk	Beverages Water or low-fat milk	Beverages Water or low-fat milk
Children's choice CC – Family choice FC - Special Event SE – Cultural item – CI - special dietary selection – SDS  <b>Reflection:</b>				

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WEEK B				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 🍌 Oats and yogurt Cereal Rice Bubbles Weetabix Cornflakes Fruit bowl	Breakfast 🍌 Spaghetti toasties Cereal Rice bubbles Weetabix Cornflakes Fruit bowl	Breakfast 🍌 Raisin toast Cereal Rice bubbles Weetabix Cornflakes Fruit bowl	Breakfast 🍌 Multigrain toast Cereal Rice bubbles Weetabix Cornflakes Fruit bowl	Breakfast 🍌 English muffins Cereal Rice bubbles Weetabix Cornflakes Fruit bowl
Fruit and vegetables Seasonal fruit and vegetables	Fruit and vegetables Seasonal fruit and vegetables	Fruit and vegetables Seasonal fruit and vegetables	Fruit and vegetables Seasonal fruit and vegetables	Fruit and vegetables Seasonal fruit and vegetables
Afternoon tea Mini pizzas 🍕 Tomato paste. Ham and pineapple Cheese  SDS: Sunrice rice cakes	Afternoon tea Sandwiches 🍎 wholemeal and multigrain bread Ham and cheese Chicken Tuna and mayo Vegemite Honey SDS: Sunrice rice cakes	Afternoon tea Nachoes 🌽 Cheese Passata Corn chips  plant based 🌿 SDS: no meat, rice crackers	Afternoon tea Rice cakes 🍰 flavoured and plain. Vegetables Chicken Ham Cheese Honey  SDS: Sunrice rice cakes	Afternoon tea Sandwiches; 🍎 wholemeal and multigrain bread Ham and cheese Chicken Tuna and mayo Vegemite Honey SDS: Sunrice rice cakes
5pm snack Popcorn and fruit	5pm snack Milk arrowroot and fruit	5pm snack Oreo and fruit	5pm snack Rice crackers and fruit	5pm snack Rice cakes and fruit
Beverages Water or low-fat milk	Beverages Water or low-fat milk	Beverages Water or low-fat milk	Beverages Water or low-fat milk	Beverages Water or low-fat milk
Children's choice CC – Family choice FC - Special Event SE – Cultural item – CI - special dietary selection – SDS				
Reflection:				

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WEEK C				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 🍎 English muffins Cereal Rice bubbles Weetabix Cornflakes Fruit bowl	Breakfast 🍎 Multigrain toast Cereal Rice bubbles Weetabix Cornflakes Fruit bowl	Breakfast 🍎 Cheese toasties Cereal Rice bubbles Weetabix Cornflakes Fruit bowl	Breakfast 🍎 Crumpets Cereal Rice Bubbles Weetabix Cornflakes Fruit bowl	Breakfast 🍎 Spaghetti toasties Cereal Rice bubbles Weetabix Cornflakes Fruit bowl
Fruit and vegetables Seasonal fruit and vegetables	Fruit and vegetables Seasonal fruit and vegetables	Fruit and vegetables Seasonal fruit and vegetables	Fruit and vegetables Seasonal fruit and vegetables	Fruit and vegetables Seasonal fruit and vegetables
Afternoon tea Sao's Vegemite Cheese Butter Honey Ham and tomato  <b>SDS: Sunrice rice cakes</b>	Afternoon tea Nachoes Passata Cheese Avocado  <b>plant based</b> 🌿	Afternoon tea Sandwiches; wholemeal and multigrain bread Ham and cheese Chicken Tuna and mayo Vegemite Honey <b>SDS: Sunrice rice cakes</b>	Afternoon tea Frankfurts and multigrain bread	Afternoon tea Rice crackers flavoured and plain. Vegetables Chicken Ham Cheese Honey <b>SDS: plain rice crackers</b>
5pm snack Rice cakes and fruit	5pm snack Popcorn and fruit	5pm snack Pretzels and fruit	5pm snack Oreos and fruit	5pm snack Popcorn and fruit
Beverages Water or low-fat milk	Beverages Water or low-fat milk	Beverages Water or low-fat milk	Beverages Water or low-fat milk	Beverages Water or low-fat milk

Children's choice CC – Family choice FC - Special Event SE – Cultural item – CI - special dietary selection – SDS plant based 🌿

Reflection:



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WEEK E				
Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 🍎 <b>Cheese toasties</b> <b>Cereal</b> <b>Rice bubbles</b> <b>Weetabix</b> <b>Cornflakes</b> <b>Fruit bowl</b>	Breakfast 🍎 Multigrain bread toast Cereal Rice bubbles Weetabix Cornflakes Fruit bowl	Breakfast 🍎 French toast Cereal Rice bubbles Weetabix Cornflakes Fruit bowl	Breakfast 🍎 Crumpets Cereal Rice bubbles Weetabix Cornflakes Fruit bowl	Breakfast 🍎 English muffins Cereal Rice bubbles Weetabix Cornflakes Fruit bowl
Fruit and vegetables Seasonal fruit and vegetables	Fruit and vegetables Seasonal fruit and vegetables	Fruit and vegetables Seasonal fruit and vegetables	Fruit and vegetables Seasonal fruit and vegetables	Fruit and vegetables Seasonal fruit and vegetables
Afternoon tea Rice crackers flavoured and plain Vegetables Dip Chicken Ham Cheese Honey <b>SDS: plain rice crackers</b> 	Afternoon tea <b>Wholemeal chicken/ plain noodles</b>  <b>SDS: Popcorn</b>	Afternoon tea Sao's Vegemite Cheese Butter Honey Ham and tomato  <b>SDS: plain Rice crackers</b>	Afternoon tea <b>Nachos</b> <b>Cheese</b> <b>Passata</b> <b>Corn chips</b>  <b>SDS: Meatless opinion</b>	Afternoon tea Popcorn and vegetable stick <b>plant based</b>  
5pm snack Oreos and fruit	5pm snack Rice crackers and fruit	5pm snack Saos and fruit	5pm snack Plain biscuit and fruit	5pm snack Pretzels and fruit
Beverages Water or low-fat milk	Beverages Water or low-fat milk	Beverages Water or low-fat milk	Beverages Water or low-fat milk	Beverages Water or low-fat milk

Children's choice CC – Family choice FC - Special Event SE – Cultural item – CI - special dietary selection – SDS

Reflection: