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 🗳	Breakfast 🗳	Breakfast 🗳	Breakfast 🗳	Breakfast 🗳
Multigrain toast	Pancakes	English muffins	Raisin toast	French toast Cereal
Cereal	Cereal	Cereal	Cereal	Rice bubbles
Rice bubbles	Rice bubbles	Rice bubbles	Rice bubbles	Weetabix
Weetabix	Weetabix	Weetabix	Weetabix	Cornflakes
Cornflakes	Cornflakes	Cornflakes	Cornflakes	Fruit bowl
Fruit bowl	Fruit bowl	Fruit bowl	Fruit bowl	
Fruit and vegetables	Fruit and vegetables	Fruit and vegetables	Fruit and vegetables	Fruit and vegetables
Seasonal fruit and	Seasonal fruit and	Seasonal fruit and	Seasonal fruit and	Seasonal fruit and
vegetables	vegetables	vegetables	vegetables	vegetables
Afternoon tea Sandwiches; wholemeal and multigrain bread Salad Honey Vegemite  plant based	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
SDS: Rice cakes				
5pm snack	5pm snack	5pm snack	5pm snack	5pm snack
Pretzels and fruit	Oreo and fruit	Rice cakes and fruit	Milk arrowroot biscuits and fruit	Popcorn and fruit
Beverages	Beverages	Beverages	Beverages	Beverages
Water or low-fat milk	Water or low-fat milk	Water or low-fat milk	Water or low-fat milk	Water or low-fat milk

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.

1onday	Tuesday	Wednesday	Thursday	Friday
reakfast 🥰	Breakfast 🗳	Breakfast 🇳	Breakfast 🗳	Breakfast 🇳
ats and yogurt	Spaghetti toasties	Raisin toast	Multigrain toast	English muffins
:ereal	Cereal	Cereal	Cereal	Cereal
ice Bubbles	Rice bubbles	Rice bubbles	Rice bubbles	Rice bubbles
/eetabix	Weetabix	Weetabix	Weetabix	Weetabix
Cornflakes	Cornflakes	Cornflakes	Cornflakes	Cornflakes
ruit bowl	Fruit bowl	Fruit bowl	Fruit bowl	Fruit bowl
ruit and vegetables	Fruit and vegetables	Fruit and vegetables	Fruit and vegetables	Fruit and vegetables
easonal fruit and	Seasonal fruit and	Seasonal fruit and	Seasonal fruit and	Seasonal fruit and
egetables	vegetables	vegetables	vegetables	vegetables
fternoon tea	Afternoon tea	Afternoon tea	Afternoon tea	Afternoon tea
Nini pizzas	Sandwiches	Nachoes	Rice cakes	Sandwiches;
omato paste.	wholemeal and	Cheese	flavoured and	wholemeal and
am and	multigrain	Passata	plain.	multigrain
ineapple	bread	Corn chips	Vegetables	bread
theese	Ham and cheese	plant based $\varnothing$ SDS: no	Chicken	Ham and cheese
DC: C	Chicken	meat, rice crackers	Ham	Chicken
DS: Sunrice rice cakes	Tuna and mayo		Cheese	Tuna and mayo
	Vegemite		Honey	Vegemite
	Honey SDS: Sunrice rice cakes		SDS: Sunrice rice cakes	Honey SDS: Sunrice rice cakes
om snack	5pm snack	5pm snack	5pm snack	5pm snack
opcorn and fruit	Milk arrowroot and fruit	Oreo and fruit	Rice crackers and fruit	Rice cakes and fruit
everages	Beverages	Beverages	Beverages	Beverages
/ater or low-fat milk	Water or low-fat milk	Water or low-fat milk	Water or low-fat milk	Water or low-fat milk

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

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

## Reflection:

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.

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 🗳	Breakfast 🗳	Breakfast 🗳	Breakfast 🗳	Breakfast 🗳
Cheese togsties	Raisin toast	Multigrain toast	English muffins	Oats and yoghurt
Cereal	Cereal	Cereal	Cereal	Cereal
Rice bubbles	Rice bubbles	Rice bubbles	Rice bubbles	Rice bubbles
Weetabix	Weetabix	Weetabix	Weetabix	Weetabix
Cornflakes	Cornflakes	Cornflakes	Cornflakes	Cornflakes
Fruit bowl	Fruit bowl	Fruit bowl	Fruit bowl	Fruit bowl
Fruit and vegetables	Fruit and vegetables	Fruit and vegetables	Fruit and vegetables	Fruit and vegetables
Seasonal fruit and	Seasonal fruit and	Seasonal fruit and	Seasonal fruit and	Seasonal fruit and
vegetables	vegetables	vegetables	vegetables	vegetables
Afternoon tea	Afternoon tea	Afternoon tea	Afternoon tea	Afternoon tea
Sandwiches;	Vitaweets and cruskets	Wholemeal 4	Sao's	Mini pizzas
wholemeal and 🦂 🖊	Vegemite	chicken/ plain	Vegemite   [ [ ]	Tomato paste
multigrain UV	Cheese	noodles	Cheese	Ham and
bread	Butter		Butter	pineapple
Ham and cheese	Avocados		Honey	Cheese
Chicken	Vegetable sticks		Ham and tomato	
Tuna and mayo		SDS: Gluten free noodles		
Vegemite	plant based			
Honey				
SDS: Sunrice rice cakes			SDS: popcorn	SDS: Sunrice rice cakes
5pm snack	5pm snack	5pm snack	5pm snack	5pm snack
Popcorn and fruit	Rice crackers and fruit	Rice cakes and fruit	Popcorn and fruit	Oreos and fruit
Beverages	Beverages	Beverages	Beverages	Beverages
Water or low-fat milk	Water or low-fat milk	Water or low-fat milk	Water or low-fat milk	Water or low-fat milk

## Reflection:

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

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

## **Reflection:**