

EXAMPLE MENU – WEEK 1

- Monday:** **Frittata** – eggs, milk, light evaporated milk, sweet potato, carrots, broccoli, zucchini, spinach leaves and cheese
- Pasta Salad** – pasta, corn, capsicum, tomatoes, cucumber, avocado
- a.m. tea Toast with cream cheese spread and vegemite
p.m. tea Rice cakes with sweet chili sauce dip
- Tuesday:** **Chicken & Sweet Potato Pie** – chicken mince, sweet potato, onions, mushrooms, tomatoes, peas, corn, grated cheese, potato
- Bread & Butter**
- a.m. tea Raisin toast
p.m. tea Yoghurt with bananas and strawberries
- Wednesday:** **Beef Fried Rice** – beef, bacon, onions, carrots, mushrooms, celery, peas, eggs, pineapple, rice
- Potato Salad** – potatoes, celery, capsicum, mustard, natural yoghurt
- a.m. tea Custard and fruit
p.m. tea Sakatas with carrots, celery, avocado & cheese dip
- Thursday:** **Spaghetti Bolognese** – onions, minced beef, tomato paste, tomato soup, tomato pasta sauce, chopped tomatoes, spaghetti
- Vegetables** – potato, pumpkin, broccoli
- a.m. tea Salada with sliced ham and cheese
p.m. tea Banana muffins
- Friday:** **BBQ**
- Vegetables** - Grated carrot, cheese
- a.m. tea Crumpets with light strawberry jam & vegemite
p.m. tea Fruit platter (watermelon, grapes, kiwi fruit, pineapple, strawberries)

** All am & pm tea served with apple, pears, oranges & milk