



## APRIL MENU 2025



Week 1	31/03/2025 MONDAY	01/04/2025 TUESDAY	02/04/2025 WEDNESDAY	03/04/2025 THURSDAY	04/04/2025 FRIDAY
<b>MORNING TEA</b>	Wholemeal Banana Bread (wt)	Carrot and Oat (ot) Mini Muffins (wt)	Crispy Wholemeal Crackers (wt) with a Ricotta (milk) Beetroot Spread	Vegetable Sticks and Wholemeal Crackers (wt) with Tzatziki Dip (milk)	Tasty Cheese (milk) and Tomato Wholemeal Sandwiches (wt, so)
<b>LUNCH</b>	Beef and Seasonal Vegetable Goulash and Greek Yoghurt (milk), served with White Rice	Chicken with Vegetable Hot Pot with a Cheesy Potato Crust (milk, wt)	Fish Provencal (fh) and Couscous served with Ratatouille	Greek Pastitsio (Lasagne) (wt), made with Beef Mince and served with Peas, Carrots and Cauliflower	Lamb and Mint Meatloaf with Carrots, Capsicum and Broccoli on a bed of Potato Mash
<b>VEGETARIAN</b> <small>Mini Meals suggest serving raw vegetables and fruit high in vitamin C with non-meat meals i.e. oranges, rockmelon, tomato and capsicum to assist with the absorption of iron.</small>	White Bean and Vegetable Goulash and Greek Yoghurt (milk), served with White Rice	Legume with Vegetable Hot Pot with a Cheesy Potato Crust (milk, wt)	Falafel (se) with Peas, Carrots and Cauliflower	Vegetable Lentil Bolognese with Wholemeal Pasta (wt)	Smoky BBQ Texan beans with Carrots, Capsicum and Broccoli on a bed of Potato Mash
<b>ALLERGY LUNCH</b>	Beef and Seasonal Vegetable Goulash and Greek Yoghurt (milk), served with White Rice	Chicken with Vegetable Hot Pot with a Cheesy Potato Crust (milk, wt)	Curried Lamb and Vegetables with Rice	Savoury Mince with Potato, Peas, Carrots and Cauliflower	Lamb and Mint Meatloaf with Carrots, Capsicum and Broccoli on a bed of Potato Mash
<b>AFTERNOON TEA</b>	Lebanese Triangles (wt) with Hummus (no se)	Tasty Cheese (milk) and Wholemeal Saladas (wt)	Date Drop Scones (wt)	Wholesome Weetbix Slice (wt)	Anzac Slice (wt, ot)
Milk is available as a beverage at morning tea and afternoon tea.					
<b>MORNING TEA</b>	Creamy Peach Rice Puree (milk)	Blueberry and Apple Puree with Iron Fortified Rice Cereal	Stewed Apple and Cinnamon Tapioca Puree (milk)	Apricot and Pear Puree with Iron Fortified Rice Cereal	Berry and Apple Porridge (ot) Puree (milk)
<b>LUNCH MASH/PUREE</b>	Beef, Red Lentil, Wholemeal Pasta, Carrot, Zucchini and Green Peas	Chicken, Yellow Split Pea, Rice, Carrot, Sweet Potato, Green Peas	Beef, Split Peas, Pearl Barley, Pumpkin, Carrots and Green Beans	Chicken, Yellow Peas, Rice, Carrots, Zucchini and Broccoli	Beef, Brown Lentils, Pearl Couscous, Carrots, Broccoli and Sweet Potato
<b>VEGETARIAN PUREE</b>	Red Lentil, Wholemeal Pasta, Carrot, Zucchini and Green Peas	Yellow Split Pea, Rice, Carrot, Sweet Potato and Green Peas	Split Peas, Pearl Barley, Pumpkin, Carrots and Green Beans	Yellow Split Peas, Rice, Carrots, Zucchini and Broccoli	Brown Lentils, Pearl Couscous, Sweet Potato, Carrots and Broccoli
<b>AFTERNOON TEA</b>	Apple and Apricot Puree with Iron Fortified Rice Cereal	Pear and Apple Semolina Puree (milk)	Mango and Apricot Puree with Iron Fortified Rice Cereal	Apple and Cinnamon Porridge (ot) Puree (milk)	Pear and Prune Puree with Iron Fortified Rice Cereal
Allergen Legend: (BA) BARLEY (BP) BEE POLLEN (FH) FISH (MILK) DAIRY (SE) SESAME (SO) SOY (SU) SULPHITES (OT) OATS (WT) WHEAT					



## APRIL MENU 2025



Week 2	07/04/2025 MONDAY	08/04/2025 TUESDAY	09/04/2025 WEDNESDAY	10/04/2025 THURSDAY	11/04/2025 FRIDAY
<b>MORNING TEA</b>	Whole Grain Crispbreads (wt) with Cheese (milk) and Tomato	Wholemeal Pikelets (wt) with Natural Yoghurt and Berry Compote	Oat (ot) and Raisin Cookies	Wholemeal (wt) Cheese and Chive Scones	Iron Rich Sweet Potato & Apple Muffins (wt)
<b>LUNCH</b>	Teriyaki (so) Beef and Stir Fry Vegetables with Rice Noodles (wt)	Chicken Bolognese with Spaghetti (wt) and Garden Salad	Beef and Vegetable Ragout with Rice	Lamb Moussaka (milk) with Carrot, Broccoli and Sweet Potato	Mediterranean Rice tossed with Flaked Tuna (fh) and Mixed Vegetables
<b>VEGETARIAN</b> <small>Mini Meals suggest serving raw vegetables and fruit high in vitamin C with non-meat meals i.e. oranges, rockmelon, tomato and capsicum to assist with the absorption of iron.</small>	Teriyaki (so) Tofu and Stir Fry Vegetables with Noodles (wt)	Pumpkin and Ricotta Ravioli (wt, milk) with Tomato, Lentil and Vegetable Primavera Sauce and Parmesan (milk)	Chilli Con Carne made with Kidney and Butter Beans, Capsicum and Carrots, served with Tomato Braised Rice	Lentil Moussaka (milk) with Carrot, Broccoli and Sweet Potato	Mediterranean Rice tossed with Legumes and Mixed Vegetables
<b>ALLERGY LUNCH</b>	Soy (Gluten Free) Braised Beef and Vegetable Rice Noodle Bowl	Chicken Bolognese with Gluten Free Pasta (wt) and Garden Salad	Beef, Rice and Mixed Vegetables	Lamb Moussaka (milk) with Carrot, Broccoli and Sweet Potato	Mediterranean Rice tossed with Flaked Tuna (fh) and Mixed Vegetables
<b>AFTERNOON TEA</b>	Wholemeal Pumpkin and Cinnamon Loaf (wt)	Vegetable Platter and Hummus (no se) Dip with Wholemeal Pita Bread	Cheese (milk) and Wholegrain Crackers with Vegetable Platter	Wholemeal (wt) Black Cherry and Oat (ot) Muffin	Wholemeal Crackers (wt) and Vegetable Sticks with Tzatziki (milk)
Milk is available as a beverage at morning tea and afternoon tea.					
<b>MORNING TEA</b>	Apple, Peach and Pear Puree with Iron Fortified Rice Cereal	Mango and Apricot Porridge (ot) Puree (milk)	Peach Puree with Iron Fortified Rice Cereal	Apple and Semolina Puree (milk)	Apple and Cinnamon Puree with Iron Fortified Rice Cereal
<b>LUNCH MASH/PUREE</b>	Beef, Red/Brown Lentil/Green Split Peas, Rice, Carrots and Cauliflower	Chicken, Yellow Split Pea, Wholemeal Pasta, Pumpkin, Carrots and Broccoli	Beef, Green Split Peas, Rice, Pumpkin, Zucchini and Cauliflower	Chicken, Yellow Split Peas, Pearl Barley, Carrots, Broccoli, and Pumpkin	Beef, Brown Lentils, Rice, Carrots, Broccoli and Cauliflower
<b>VEGETARIAN PUREE</b>	Red Lentils, Rice, Carrot, Cauliflower and Zucchini	Yellow Split Peas, Wholemeal Pasta, Pumpkin, Carrots and Broccoli	Green Split Peas, Rice, Pumpkin, Zucchini and Cauliflower	Yellow Split Peas, Pearl Barley, Carrots, Broccoli and Pumpkin	Brown Lentils, Rice, Carrots, Broccoli and Cauliflower
<b>AFTERNOON TEA</b>	Creamy Apple Rice Puree (milk)	Apple and Blueberry Iron Fortified Rice Cereal	Tapioca Pear and Apple Puree (milk)	Blueberry and Pear Iron Fortified Rice Cereal	Creamy Mango Porridge (ot) Puree (milk)
Allergen Legend: (BA) BARLEY (BP) BEE POLLEN (FH) FISH (MILK) DAIRY (SE) SESAME (SO) SOY (SU) SULPHITES (OT) OATS (WT) WHEAT					



## APRIL MENU 2025



Week 3	14/04/2025 MONDAY	15/04/2025 TUESDAY	16/04/2025 WEDNESDAY	17/04/2025 THURSDAY	18/04/2025 FRIDAY
<b>MORNING TEA</b>	Pumpkin Hommus served with Vegetables	Wholemeal Rock Cakes (wt)	Wholemeal Crackers (wt) with Herbed Ricotta Spread (milk) and vegetable sticks	Tomato and Cheese (milk) Finger Sandwiches (wt)	Wholemeal English Muffin (wt) Mini Pizza (milk)
<b>LUNCH</b>	Cottage Pie with Sweet Potato Mash (milk), Carrots and Green Beans	Chow Mein - Noodles (wt) with Stir Fried Chicken and Asian Vegetables	Mediterranean Herbed Fish (fh) with Rice, Tomatoes, Capsicum and Baby Spinach	Tuscan Beef Casserole with Mashed Potato, Peas, Broccoli and Carrots	Lamb and Vegetable Ragu Pasta Bake (wt) Topped with Melted Cheese served with Garlic Bread
<b>VEGETARIAN</b> <small>Mini Meals suggest serving raw vegetables and fruit high in vitamin C with non-meat meals i.e. oranges, rockmelon, tomato and capsicum to assist with the absorption of iron.</small>	Lentil and Vegetable Cottage Pie with Sweet Potato Mash (milk), Carrots and Green Beans	Chow Mein - Noodles (wt) with Stir Fried Tofu and Asian Vegetables	Moroccan Chickpea Tagine with Pearl Barley (ba), Sweet Potato, Cauliflower and Broccoli	Mixed Bean Casserole with Mashed Potato, Peas, Broccoli and Carrots	Ricotta (milk), Lentil and Vegetable Ragu Gnocchi Bake (wt) Topped with Melted Cheese served with Garlic Bread
<b>ALLERGY LUNCH</b>	Cottage Pie with Sweet Potato Olive Oil Mash, Carrots and Green Beans	Singapore Rice Noodles (wt) with Stir Fried Chicken and Asian Vegetables	Mediterranean Herbed Chicken with Rice, Tomatoes, Capsicum and Baby Spinach	Tuscan Beef Casserole with Mashed Potato, Peas, Broccoli and Carrots	Lamb and Vegetable Ragu Gluten Free Pasta Bake Topped with Melted Cheese served with Garlic Bread
<b>AFTERNOON TEA</b>	Zucchini and Carrot Slice	Lebanese Bread Triangles (wt) and Hummus (no se) and vegetable sticks	Date Loaf (wt)	Orange & Poppey Seed Slice	Coconut Apricot Slice (wt)
Milk is available as a beverage at morning tea and afternoon tea.					
<b>MORNING TEA</b>	Creamy Peach Rice Puree (milk)	Apple and Peach Puree with Iron Fortified Rice Cereal	Peach and Pear Porridge (ot) Puree (milk)	Pear and Mango Puree with Iron Fortified Rice Cereal	Creamy Berry Risotto Puree (milk)
<b>LUNCH MASH/PUREE</b>	Beef, Red Lentil, Pearl Couscous, Carrot, Broccoli and Green Peas	Chicken, Yellow Split Peas, Rice, Pumpkin, Carrot and Broccoli	Beef, Split Peas, Pearl Barley, Pumpkin, Carrots, Green Beans and Cauliflower	Chicken, Yellow Split Peas, Rice, Carrots, Zucchini and Broccoli	Beef, Brown Lentils, Wholemeal Pasta, Carrots, Broccoli and Pumpkin
<b>VEGETARIAN PUREE</b>	Red Lentils, Pearl Couscous, Carrots, Broccoli and Green Peas	Yellow Split Peas, Rice, Pumpkin, Carrot and Broccoli	Split Peas, Pearl Barley, Pumpkin, Carrots, Green Beans and Cauliflower	Yellow Split Peas, Rice, Carrots, Zucchini and Broccoli	Brown Lentils, Wholemeal Pasta, Carrots, Broccoli and Pumpkin
<b>AFTERNOON TEA</b>	Apple, Mango and Pear Puree with Iron Fortified Rice Cereal	Tapioca, Apple and Rhubarb Puree (milk)	Blueberry Puree with Iron Fortified Rice Cereal	Apple and Cinnamon Rice Puree (milk)	Apple, Pear and Cinnamon Iron Fortified Rice Cereal
Allergen Legend: (BA) BARLEY (BP) BEE POLLEN (FH) FISH (MILK) DAIRY (SE) SESAME (SO) SOY (SU) SULPHITES (OT) OATS (WT) WHEAT					



## APRIL MENU 2025



Week 4	21/04/2025 MONDAY	22/04/2025 TUESDAY	23/04/2025 WEDNESDAY	24/04/2025 THURSDAY	25/04/2025 FRIDAY
<b>MORNING TEA</b>	Pear and Raspberry Wholemeal Loaf	Apple and Cinnamon Cupcakes (wt)	Cranberry Oat Biscuits (wt, ot)	Cheese (milk) and Vegemite Wholemeal Sandwiches (wt)	Iron Rich Bluberry Muffins (wt)
<b>LUNCH</b>	Beef Mince and Vegetable Curry with Basmati Rice and Naan Bread (wt)	Chicken and Vegetable Casserole with Mashed Potato, Peas and Carrots	Beef with Mexican Rice and Steamed Vegetables Served with Wholemeal Pita bread	Braised Lamb with Vegetable Fried Rice	Chicken Rissoles with Napoli Sauce and Seasonal Vegetables
<b>VEGETARIAN</b> <small>Mini Meals suggest serving raw vegetables and fruit high in vitamin C with non-meat meals i.e. oranges, rockmelon, tomato and capsicum to assist with the absorption of iron.</small>	Dahl, Spinach, Cauliflower and Paneer Curry with Basmati Rice and Naan Bread (wt)	Chickpea and Vegetable Casserole (wt) with Mashed Potato, Peas and Carrots	Beef with Mexican Vegetable Rice and Pita Bread	Mongolian Tofu (wt) with Vegetable Fried Rice	Lentil and Sweet Potato Patties with Napoli Sauce and Potato Bake (milk) and Seasonal Vegetables
<b>ALLERGY LUNCH</b>	Beef Mince and Vegetable Curry with Basmati Rice and Gluten Free Naan Bread	Chicken and Vegetable Casserole with Olive Oil Mashed Potato, Peas and Carrots	Beef Nachos with Mexican Rice and Steamed Vegetables	Five Spice and Cumin Lamb with Vegetable Fried Rice	Chicken Rissoles with Napoli Sauce and Seasonal Vegetables
<b>AFTERNOON TEA</b>	Cheese (milk) Wholegrain Rice Thins	Cheese (milk) and Spinach Pastizzi (wt)	Wholemeal Zucchini and Carrot Muffin Slice (wt)	Mint Raita Dip (milk) with Wholemeal Flat Bread (wt)	Fruit Crumble Slice (wt)
Milk is available as a beverage at morning tea and afternoon tea.					
<b>MORNING TEA</b>	Peach and Mango Puree with Iron Fortified Cereal	Apple and Plum Tapioca Puree (milk)	Pear Puree with Iron Fortified Rice Cereal	Mango and Peach Rice Puree (milk)	Peach, Apricot and Pear Puree with Iron Fortified Rice Cereal
<b>LUNCH MASH/PUREE</b>	Beef, Red Lentil, Rice, Carrot, Zucchini and Broccoli	Chicken, Yellow Split Pea, Pearl Barley, Carrots, Pumpkin, Green Peas and Capsicum	Beef, Green Split Peas, Rice, Pumpkin, Carrots and Broccoli	Chicken, Yellow Split Peas, Wholemeal Pasta, Capsicum, Broccoli and Cauliflower	Beef, Brown Lentils, Rice, Carrots, Zucchini and Cauliflower
<b>VEGETARIAN PUREE</b>	Red Lentil, Rice, Carrot, Zucchini and Broccoli	Yellow Split Pea, Pearl Barley, Pumpkin, Carrots, Green Peas and Capsicum	Green Split Peas, Rice, Pumpkin, Carrots and Broccoli	Yellow Split Peas, Wholemeal Pasta, Capsicum, Broccoli and Cauliflower	Brown Lentils, Rice, Carrots, Zucchini and Cauliflower
<b>AFTERNOON TEA</b>	Creamy Apple and Blueberry Risotto Puree (milk)	Apricot and Pear Puree with Iron Fortified Rice Cereal	Apple and Cinnamon Porridge (ot) Puree (milk)	Mango and Apricot Puree with Iron Fortified Rice Cereal	Apple and Mango Semolina Puree (milk)
Allergen Legend: (BA) BARLEY (BP) BEE POLLEN (FH) FISH (MILK) DAIRY (SE) SESAME (SO) SOY (SU) SULPHITES (OT) OATS (WT) WHEAT					