



AUGUST MENU 2025



Week 1	03/08/2025 MONDAY	04/08/2025 TUESDAY	05/08/2025 WEDNESDAY	06/08/2025 THURSDAY	07/08/2025 FRIDAY
MORNING TEA	Mixed Berry Slice (wt)	Scones with Strawberry Jam (wt)	Turkish Bread Fingers (wt, se) with Beetroot Hummus (no se)	Vegetable Filo Pastry Curry Puffs with Sweet and Sour Sauce (wt)	Anzac Biscuits (ot,wt)
LUNCH	Mild Spiced Chilli Con Carne with Steamed Rice, Green Beans and Corn Kernels	Tuna Fish Pie with Peas and Carrots topped with Mac n Cheese (mk, fh, wt)	Fragrant Lamb and Spinach Saagwala with Broccoli and Cauliflower and Basmati Rice served with Naan Bread (wt)	Stir Fried Black Bean Beef and Asian Greens with Medley of Stir Fried Vegetables and Noodles (so, wt)	Swedish Style Chicken Meatballs with Peas and Carrots, Gravy and Mash Potato,
VEGETARIAN <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>	Vegetarian Mild Spiced Chilli Mixed Bean Con Carne with Steamed Rice, Green Beans and Corn Kernels	Chickpea and Vegetable Pie topped with Mac n Cheese (mk, wt) with Minted Peas and Carrots	Lentil, Tofu and Spinach Saagwala with Broccoli and Cauliflower and Basmati Rice served with Naan Bread (wt)	Stir Fried Black Bean tofu and Asian Greens Medley of Stir Fried Vegetables and Noodles (so, wt) with	Swedish Style Split Pea and Vegetable Meatballs with Peas and Carrots, Gravy and Mash Potato,
ALLERGY LUNCH	Mild Spiced Chilli Con Carne with Steamed Rice, Green Beans and Corn Kernels	Tuna Fish Pie topped with Mac n Cheese (mk, fh, wt) with Minted Peas and Carrots	Fragrant Lamb and Spinach Saagwala with Broccoli and Cauliflower and Basmati Rice served with Naan Bread (wt)	Stir Fried Black Bean Beef and Asian Greens with Medley of Stir Fried Vegetables and Noodles (so, wt)	Swedish Style Chicken Meatballs with Peas and Carrots, Gravy and Mash Potato,
AFTERNOON TEA	Cheese and Chive Wholemeal Shortbread (wt, mk)	Apple and Raisin Muffins (wt)	Savoury Biscuits (wt) with Cheese (mk)	Peach Crumble Slice (wt, mk)	Savoury Rock cakes (wt)
Milk is available as a beverage at morning tea and afternoon tea.					
MORNING TEA	Creamy Peach Rice Puree	Blueberry and Apple Puree with Iron Fortified Rice Cereal	Stewed Apple and Cinnamon Tapioca Puree	Apricot and Pear Puree with Iron Fortified Rice Cereal	Berry and Apple Porridge (ot) Puree
LUNCH MASH/PUREE	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
VEGETARIAN PUREE	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
AFTERNOON TEA	Apple and Apricot Puree with Iron Fortified Rice Cereal	Pear and Apple Semolina Puree	Mango and Apricot Puree with Iron Fortified Rice Cereal	Apple and Cinnamon Porridge (ot) Puree	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					



AUGUST MENU 2025



Week 2	10/08/2025 MONDAY	11/08/2025 TUESDAY	12/08/2025 WEDNESDAY	13/08/2025 THURSDAY	14/08/2025 FRIDAY
MORNING TEA	Wholemeal (wt) Oat (ot, mk) and raisin Biscuits	Carrot and zucchini slice (WT)	Raspberry and Coconut Wholemeal Slice (mk,wt)	Spinach and Cheese Filo Triangles (wt)	Lemon Streusel Muffins (wt)
LUNCH	Slow Braised Tender Beef With Roasted Garlic, Onion And Crushed Tomato, Steamed Potato, Broccoli and Cauliflower	Thai BBQ Chicken (Gai Yang) with Stir Fry Vegetables and Rice Noodles (so)	Lamb, Pumpkin and Mint Casserole with Steamed Potatoes and Peas	Grilled Miso Glazed Market Fish with Vegetable Fried Rice (so, fh) with Green Beans and Carrots	Tuscan Meatloaf tossed with Herbed Pasta, Napoli Sauce wt) and Garden Salad
VEGETARIAN <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>	Slow Braised Mixed Legumes With Roasted Garlic, Onion And Crushed Tomato, Steamed Potato, Broccoli and Cauliflower	Thai BBQ Tofu (Gai Yang) with Stir Fry Vegetables and Rice Noodles (so)	Butter Bean, Pumpkin and Mint Casserole with Steamed Potatoes and Peas	Braised Miso Flavoured Lentil and Mushrooms with Vegetable Fried Rice (so) with Green Beans and Carrots	BBQ Glazed Chickpea Loaf with Herbed Spaghetti, Napoli Sauce and Garden Salad (wt)
ALLERGY LUNCH	Slow Braised Tender Beef With Roasted Garlic, Onion And Crushed Tomato, Steamed Potato, Broccoli and Cauliflower	Thai BBQ Chicken (Gai Yang) with Stir Fry Vegetables and Rice Noodles (so)	Lamb, Pumpkin and Mint Casserole with Steamed Potatoes and Peas	Grilled Miso Glazed Market Fish with Vegetable Fried Rice (so, fh) with Green Beans and Carrots	Tuscan Meatloaf tossed with Herbed Spaghetti, Napoli Sauce and Garden Salad (wt)
AFTERNOON TEA	Blueberry Bread (wt)	Wholemeal crumpets with Preserve (wt)	Cheese Chive Loaf (mk,wt)	Apple and Cinnamon Slice (wt, mk)	Cheese & Vegemite Finger Sandwiches (wt,mk)
Milk is available as a beverage at morning tea and afternoon tea.					
MORNING TEA	Apple, Peach and Pear Puree with Iron Fortified Rice Cereal	Mango and Apricot Porridge (ot) Puree	Peach Puree with Iron Fortified Rice Cereal	Apple and Semolina Puree	Apple and Cinnamon Puree with Iron Fortified Rice Cereal
LUNCH MASH/PUREE	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
VEGETARIAN PUREE	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
AFTERNOON TEA	Creamy Apple Rice Puree	Apple and Blueberry Iron Fortified Rice Cereal	Tapioca Pear and Apple Puree	Blueberry and Pear Iron Fortified Rice Cereal	Creamy Mango Porridge (ot) Puree
Allergen Legend: (BA) BARLEY (BP) BEE POLLEN (FH) FISH (MILK) DAIRY (SE) SESAME (SO) SOY (SU) SULPHITES (OT) OATS (WT) WHEAT					



AUGUST MENU 2025



Week 3	17/08/2025 MONDAY	18/08/2025 TUESDAY	19/08/2025 WEDNESDAY	20/08/2025 THURSDAY	21/08/2025 FRIDAY
MORNING TEA	English Muffin Pizza Selection (wt, mk)	Passionfruit Slice	Pumpkin Scones	Wholemeal Finger Sandwiches (wt, mk)	Ginger Spiced Cookies (wt)
LUNCH	Irish Beef Stew with Sweet Potato Mash, Carrots and Broccoli, Cauliflower Beans	Mild Sri Lankan Fish Curry flavoured with Coconut and Curry Leaves served with Basmati Rice and Green Beans and Cauliflower (fh)	Traditional Lamb Moussaka finished with a Parmesan Cheese and Oregano Crust with Chunky Greek Salad (mk)	Stir Fried Honey Soy Chicken and Vegetables with Rice Noodles (so, bp)	Baked Ziti - Bolognese Pasta Bake topped with Three Cheeses (wt, mk)
VEGETARIAN <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>	Irish Mixed Legume Stew with Colcannon Mash, Carrots and Broccoli	Mild Sri Lankan Chickpea Curry flavoured with Coconut and Curry Leaves served with Basmati Rice and Green Beans and Cauliflower	Traditional Bean Moussaka finished with a Parmesan Cheese and Oregano Crust with Chunky Greek Salad (mk)	Stir Fried Honey Soy Tofu and Vegetables with Rice Noodles (so, bp)	Baked Ziti - Lentil and Vegetable Bolognese Pasta Bake topped with Three Cheeses with Garden Salad (wt, mk)
ALLERGY LUNCH	Irish Beef Stew with Colcannon Mash, Carrots and Broccoli	Mild Sri Lankan Seafood Curry flavoured with Coconut and Curry Leaves served with Basmati Rice and Green Beans and	Traditional Lamb Moussaka finished with a Parmesan Cheese and Oregano Crust with Chunky Greek Salad (mk)	Stir Fried Honey Soy Chicken and Vegetables with Rice Noodles (so, bp)	Baked Ziti - Bolognese Pasta Bake topped with Three Cheeses with garden Salad (wt, mk)
AFTERNOON TEA	Sao Biscuits with Vegemite Cream Cheese	Crisp Flatbread with Taziki Dip (wt, mk)	Apple Streusel Slice (wt, mk)	Vegetable Brown Rice Bake (wt, mk)	Wholemeal Shortbread (wt)
Milk is available as a beverage at morning tea and afternoon tea.					
MORNING TEA	Creamy Peach Rice Puree	Apple and Peach Puree with Iron Fortified Rice Cereal	Peach and Pear Porridge (ot) Puree	Pear and Mango Puree with Iron Fortified Rice Cereal	Creamy Berry Risotto Puree
LUNCH MASH/PUREE	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
VEGETARIAN PUREE	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
AFTERNOON TEA	Apple, Mango and Pear Puree with Iron Fortified Rice Cereal	Tapioca, Apple and Rhubarb Puree	Blueberry Puree with Iron Fortified Rice Cereal	Apple and Cinnamon Rice Puree	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					



AUGUST MENU 2025



Week 4	24/08/2025 MONDAY	25/08/2025 TUESDAY	26/08/2025 WEDNESDAY	27/08/2025 THURSDAY	28/08/2025 FRIDAY
MORNING TEA	Cheese and Corn Bread (wt)	Muesli Oat Cookies (wt, ot)	Banana Slice (wt)	Cherry Wholemeal Muffins (wt)	Rice Crackers with Cheese (mk)
LUNCH	Traditional Slow Cooked Tender Beef and Vegetable Casserole with Crushed Herb Potato	Huli Huli Marinated Chicken with Rice, Tomato and Pineapple Salsa, and Garden Salad (so)	Smoky Slow Braised Beef with White Rice and Corn Kernels and Sweet Potato	Mediterranean Fish Stew with Herbed Couscous and Baby Peas and Pumpkin (wt, fh)	Slow Braised Lamb Root Vegetable And Pearl Barley with Steamed New Potato (ba)
VEGETARIAN <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>	Traditional Slow Cooked Tender Split Pea and Vegetable Casserole with Crushed Herb Potato	Huli Huli Marinated Tofu Chunks with Rice Tomato and Pineapple Salsa, and Garden Salad (so)	Smoky Slow Braised Beans with White Rice and Corn Kernels and Sweet Potato	Southern France Navarin of Lentil and Vegetables with Herbed Couscous and Baby Peas and Pumkin (wt)	Slow Braised Chickpea. Root Vegetable And Pearl Barley with Steamed New Potato (ba)
ALLERGY LUNCH	Traditional Slow Cooked Tender Beef and Vegetable Casserole with Crushed Herb Potato	Huli Huli Marinated Chicken with Rice, Tomato and Pineapple Salsa, and Garden Salad (so)	Smoky Slow Braised Beef with White Rice and Corn kernels and Sweet Potato	Mediterranean Fish Stew with Herbed Couscous and Baby Peas and Pumpkin (wt, fh)	Slow Braised Lamb Root Vegetable And Pearl Barley with Steamed New Potato (ba)
AFTERNOON TEA	Savoury Biscuits (wt) with Cheese (mk)	Spinach and Ricotta Rolls with Tomato Chutney (wt, mk)	Roast Pumpkin Hummus served with Vegetables	Vegetable Slice	Sultana and Cornflake Cookies (wt,mk)
Milk is available as a beverage at morning tea and afternoon tea.					
MORNING TEA	Peach and Mango Puree with Iron Fortified Cereal	Apple and Plum Tapioca Puree	Pear Puree with Iron Fortified Rice Cereal	Mango and Peach Rice Puree	Peach, Apricot and Pear Puree with Iron Fortified Rice Cereal
LUNCH MASH/PUREE	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
VEGETARIAN PUREE	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
AFTERNOON TEA	Creamy Apple and Blueberry Risotto Puree	Apricot and Pear Puree with Iron Fortified Rice Cereal	Apple and Cinnamon Porridge (ot) Puree	Mango and Apricot Puree with Iron Fortified Rice Cereal	Apple and Mango Semolina Puree
Allergen Legend: (BA) BARLEY (BP) BEE POLLEN (FH) FISH (MILK) DAIRY (SE) SESAME (SO) SOY (SU) SULPHITES (OT) OATS (WT) WHEAT					