



OCTOBER MENU 2025



Week 1	06/10/2025 MONDAY	07/10/2025 TUESDAY	08/10/2025 WEDNESDAY	09/10/2025 THURSDAY	10/10/2025 FRIDAY
MORNING TEA		Scones with Strawberry Jam (wt)	Turkish Bread Fingers (wt, se) with vegemite (no se)	Mini samosas with mint yoghurt (wt)	Cheese & Vegemite Finger Sandwiches (wt,mk)
LUNCH	October Long Weekend Holiday	Pasta with Tuna and Seasonal Vegetables Tefteli Sauce (mk)	Lamb, feta and spinach borek with tomato, cucumber salad (mk, wt)	Pulled beef Mac n Cheese with traditional slaw (wt, mk)	Japanese style chicken with steamed Asian greens and fried rice (so)
VEGETARIAN 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.		Pasta with Mixed Beans and Seasonal Vegetables Tefteli Sauce (mk)	Spinach, potato, feta borek with potato tomato, cucumber salad (mk, wt)	Mixed bean Mac n Cheese with traditional slaw (wt, mk)	Japanese style tofu with steamed Asian greens and fried rice (so)
ALLERGY LUNCH		Pasta with Tuna and Seasonal Vegetables Tefteli Sauce (mk)	Lamb, feta and spinach borek with tomato, cucumber salad (mk, wt)	Pulled beef Mac n Cheese with traditional slaw (wt, mk)	Japanese style chicken with steamed Asian greens and fried rice (so)
AFTERNOON TEA		Savoury crackers with cheese (wt, mk)	Sultana Oat Cookies (wt)	Cherry crumble Slice (wt, mk)	Anzac Biscuits (ot,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					



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Week 2	13/10/2025 MONDAY	14/10/2025 TUESDAY	15/10/2025 WEDNESDAY	16/10/2025 THURSDAY	17/10/2025 FRIDAY
MORNING TEA	Fruit Slice (wt)	Homemade mini sausage rolls with tomato sauce (WT)	Wholemeal biscuits served with Taziki	Mixed berry Cake(wt)	Wholemeal Blueberry Silce (wt)
LUNCH	Stir fried black bean beef with rice noodles and stir fry vegetables (so, wt)	Filipino chicken adobo with stir fry vegetables and coconut rice (so)	Lamb ragu with herbed penne pasta and Mediterranean salad (wt)	Mediterranean Spiced Fish with Brown Rice and mixed vegetables	Beef stroganoff with steamed carrots, broccoli and white rice (mk)
VEGETARIAN 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.	Stir fried black bean tofu with rice noodles and stir fry vegetables (so, wt)	Filipino tofu adobo with stir fry vegetables and coconut rice (so)	Mixed legume ragu with herbed penne pasta and Mediterranean salad (wt)	Spiced Lentils with Brown Rice and mixed vegetables	Chickpea stroganoff with steamed carrots, broccoli and white rice (mk)
ALLERGY LUNCH	Stir fried black bean beef with rice noodles and stir fry vegetables (so, wt)	Filipino chicken adobo with stir fry vegetables and coconut rice (so)	Lamb ragu with herbed penne pasta and Mediterranean salad (wt)	Mediterranean Spiced Fish with Brown Rice and mixed vegetables	Beef stroganoff with steamed carrots, broccoli and white rice (mk)
AFTERNOON TEA	Wholemeal Pumpkin Scones	Crumpets with Strawberry Jam(wt, mk)	Banana Bread (wt)	Cheese served with Rice Crackers	cheese & Vegemite Finger Sandwiches (wt)
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					



OCTOBER MENU 2025



Week 3	20/10/2025 MONDAY	21/10/2025 TUESDAY	22/10/2025 WEDNESDAY	23/10/2025 THURSDAY	24/10/2025 FRIDAY
MORNING TEA	Zucchini and Carrot Cake	Lemon slice (wt)	Pumpkin Scones (mk, wt)	English Muffin Pizza Selection (wt, mk)	Oalt and Sultana cookies (wt, mk)
LUNCH	Beef and Vegetable Casserole served with Sweet Potato Carrots Beans and Cauliflower	Marinated and grilled fish (so, fh) with baby peas, carrots and Brown Rice	Fragrant lamb stew with lemon couscous and tomato cucumber salad (wt)	Mild spiced chicken and vegetable mee goreng (wt, so)	Aussie style chunky beef meat pie (No Pastry) with mash, peas and onion gravy (wt)
VEGETARIAN 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.	Mixed Bean and Vegetable Casserole served with Sweet Potato Carrots Beans and Cauliflower	Marinated and grilled tofu (so) with baby peas, carrots and Brown Rice	Fragrant chickpea stew with lemon couscous and tomato cucumber salad (wt)	Mild spiced marinated puffed tofu and vegetable mee goreng (wt, so)	Aussie style chunky Vegetyable pie (No Pastry) with mash, peas and onion gravy (wt)
ALLERGY LUNCH	Beef and Vegetable Casserole served with Sweet Potato Carrots Beans and Cauliflower	Marinated and grilled fish (so, fh) with baby peas, carrots and Brown Rice	Fragrant lamb stew with lemon couscous and tomato cucumber salad (wt)	Mild spiced chicken and vegetable mee goreng (wt, so)	Aussie style chunky beef meat pie (No Pastry) with mash, peas and onion gravy (wt)
AFTERNOON TEA	Cranberry lemon cookies (wt)	Mini pastizzi selection (wt, mk)	Raisin Toast with Strawberry Jam	Coconut Apricot Slice	Herb and cheese muffins (mk)
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					



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Week 4	27/10/2025 MONDAY	28/10/2025 TUESDAY	29/10/2025 WEDNESDAY	30/10/2025 THURSDAY	31/10/2025 FRIDAY
MORNING TEA	Rice Cakes with Apricot Jam	Muesli oat biscuits (wt, ot)	Pineapple slice (wt)	Passionfruit and coconut cake (wt, mk)	Rice Crackers with Cheese (mk)
LUNCH	Beef stew with cauliflower, broccoli carrots and steamed potatoes	Mild spiced curry crust chicken with cucumber raita, rice pilaf	Beef with stir fry vegetables and noodles (fh, so)	Grilled Coconut fish with pumpkin, corn and steamed rice (fh)	Slow braised lamb stew with a medley of seasonal vegetables and herb crushed potato (mk)
VEGETARIAN 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.	Bean stew with cauliflower, broccoli carrots and steamed potatoes	Mild spiced curry crust paneer cheese with cucumber raita, rice pilaf (mk)	Tofu with stir fry vegetables and noodles (so)	Lentils slow cooked in coconut with pumpkin, corn and steamed rice (fh)	Slow braised mixed legume stew with a medley of seasonal vegetables and herb crushed potato (mk)
ALLERGY LUNCH	Beef stew with cauliflower, broccoli carrots and steamed potatoes	Mild spiced curry crust chicken with cucumber raita, rice pilaf	Beef with stir fry vegetables and noodles (fh, so)	Grilled Coconut fish with pumpkin, corn and steamed rice (fh)	Slow braised lamb stew with a medley of seasonal vegetables and herb crushed potato (mk)
AFTERNOON TEA	Savoury Cheese & Tomato Rockcakes	Dutch Apple cake	Seasonal crudites with Hommus (wt)	Cornflake Cookies	Date Drop Scones
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					