



FOUR WEEK CYCLE MENU - SUMMER 2025/26



Week 1	01/12/2025 MONDAY	02/12/2025 TUESDAY	03/12/2025 WEDNESDAY	04/12/2025 THURSDAY	05/12/2025 FRIDAY
MORNING TEA	Thick cut raisin bread	Blueberry wholemeal muffin slice	Wholemeal rice thins, chickpea hommus (no se)	Wholemeal apricot rock cakes	Cheese and vegemite fingers
LUNCH	Spaghetti bolognese with Summer garden salad	Chicken and vegetable tagine with lemon infused couscous, peas and carrots	Mongolian lamb with noodles and stir fry vegetables	Greek pastitsio (lasagne) (wt) and Garden Salad	Mild chilli con carne with Mexican rice and corn and vegetables
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.	Spaghetti lentil bolognese with Summer garden salad	Chickpea and vegetable tagine with lemon infused couscous, peas and carrots	Mongolian tofu with noodles and stir fry vegetables	Vegetarian Pasta with mixed legumes (wt) and Garden Salad	Slow cooked spiced beans with Mexican rice and corn and Vegetables
ALLERGY LUNCH	Spaghetti bolognese with Summer garden salad	Chicken and vegetable tagine with lemon infused couscous, peas and carrots	Mongolian lamb with noodles and stir fry vegetables	Greek pastitsio (lasagne) (wt) and Garden Salad	Mild chilli con carne with Mexican rice and corn and Vegetables
AFTERNOON TEA	Oat and raisin cookies	Dip selection with flatbread	Herb and cheese scones	Cheese and wholegrain rice crackers	Lemon chia slice
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	08/12/2025 MONDAY	09/12/2025 TUESDAY	10/12/2025 WEDNESDAY	11/12/2025 THURSDAY	12/12/2025 FRIDAY
MORNING TEA	Anzac biscuits	Wholemeal Orange Cake	Mini sausage rolls	Lebanese bread triangles with carrot hummus	Pumpkin scones
LUNCH	Stir fried chicken Singapore noodles with steamed green vegetables	Homemade beef rissoles with onion gravy, potato bake, steamed green beans and cauliflower	Lamb moussaka with lemon potatoes and Greek salad	Oven baked fish with garden salad	Beef stroganoff with white rice, baby peas and roast pumpkin
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 tofu Singapore noodles with steamed green vegetables	Homemade smashed chickpea and vegetable rissoles with onion gravy, potato bake, steamed green beans and cauliflower	Lentil moussaka with lemon potatoes and Greek salad	Spinach and ricotta patties with lemon cheeks, potato wedges and garden salad	White bean stroganoff with white rice, baby peas and roast pumpkin
ALLERGY LUNCH	Stir fried chicken Singapore noodles with steamed green vegetables	Homemade beef rissoles with onion gravy, potato bake, steamed green beans and cauliflower	Lamb moussaka with lemon potatoes and Greek salad	Oven baked fish with garden salad	Beef stroganoff with white rice, baby peas and roast pumpkin
AFTERNOON TEA	Red bean cake	Tomato and cheese with crackers	Coconut biscuits	Wholemeal banana bread	Muesli cookies
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	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 3	15/12/2025 MONDAY	16/12/2025 TUESDAY	17/12/2025 WEDNESDAY	18/12/2025 THURSDAY	19/12/2025 FRIDAY
MORNING TEA	Date drop scones	Wholemeal weetbix slice	Wholemeal apple and cinnamon streusel	English muffin pizzas	Oat and quinoa fruit bars
LUNCH	Shepherds pie topped with sweet potato mash with vegetable medley	Char siu chicken and vegetable noodle stir fry	Mild sweet beef and vegetable curry with basmati rice	Tuna and chive pasta bake with garden salad	Savoury beef mince with mashed potato, peas and carrots
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 pie topped with sweet potato mash with vegetable medley	Char siu tofu and vegetable noodle stir fry	Mild sweet chickpea and vegetable curry with basmati rice	Pumpkin, spinach and ricotta pasta bake with garden salad	Savoury lentil mince with mashed potato, peas and carrots
ALLERGY LUNCH	Shepherds pie topped with sweet potato mash with vegetable medley	Char siu chicken and vegetable noodle stir fry	Mild sweet beef and vegetable curry with basmati rice	Tuna and chive pasta bake with garden salad	Savoury beef mince with mashed potato, peas and carrots
AFTERNOON TEA	Vegemite and cheese saladas	Anzac Cookies	Zucchini and carrot slice	Wholemeal pumpkin and cinnamon loaf	Cheese and savoury biscuits
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	22/12/2025 MONDAY	23/12/2025 TUESDAY	24/12/2025 WEDNESDAY	25/12/2025 THURSDAY	26/12/2025 FRIDAY
MORNING TEA	Scones with Strawberry Jam (wt)	Wholemeal banana Slice	Cranberry oat biscuits	Vegemite and cheese saladas	Crumpets with Apricot Jam
LUNCH	Mexican spiced beef and black bean Whole meal pita bread with lettuce, salsa and cheese	Mediterranean fish with vegetable fried rice and coleslaw	North African lamb tossed in a tomato sauce, with cous cous, green beans, carrots and labne	Chicken tossed with pasta in a roast pumpkin sauce with Mediterranean salad	BBQ beef sausages with onion gravy, potato mash and pumpkin
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.	Mexican spiced mixed bean wholemeal pits bread with lettuce, salsa and cheese	Mediterranean lentils with vegetable rice and coleslaw	North African chickpea balls tossed in a tomato sauce, with cous cous, green beans, carrots and	Pasta tossed in a cheese sauce with peas and broccoli and a Mediterranean salad	Chickpea and vegetable rissole with onion and tomato saucy, potato mash and pumpkin
ALLERGY LUNCH	Mexican spiced beef and black bean wholemeal pita bread with lettuce, salsa and cheese	Mediterranean fish with vegetable rice and coleslaw	Norh African lamb tossed in a tomato sauce, with cous cous, green beans, carrots	Chicken tossed with pasta in a roast pumpkin sauce with Mediterranean salad	BBQ beef sausages with onion gravy, potato mash and pumpkin
AFTERNOON TEA	Coconut apricot slice	Cheese and corn bread	Tomato and cheese with wholegrain crackers	Apple crumble slice	Pineapple slice
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					