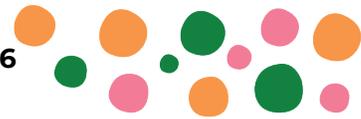




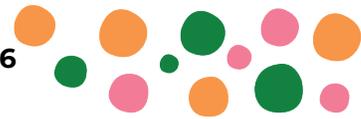
FOUR WEEK CYCLE MENU - AUTUMN 2026



Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Thick cut raisin bread (WT, Milk)	Blueberry wholemeal muffin (WT)	Wholemeal rice thins, chickpea hummus (no se)	Wholemeal apricot rock cakes (WT)	Cheese and vegemite fingers (Milk WT)
LUNCH	Spaghetti bolognese with , tomato and parmesan salad (Milk)	Aussie style country chicken casserole with mash, peas and carrots	Lamb and spinach saagwala with basmati rice and steamed vegetables	Tuna macaroni cheese pasta bake and Garden Salad (milk)	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 tomato and parmesan salad (Milk)	Aussie style country chickpea casserole with mash, peas and carrots	Paneer and spinach saagwala with basmati rice and steamed vegetables (Milk)	Vegetarian Macaroni cheese pasta bake with mixed legumes and Garden Salad (Milk)	Slow cooked spiced beans with Mexican rice and corn and Vegetables
ALLERGY LUNCH	Spaghetti bolognese with , tomato salad	Aussie style country chicken casserole with mash, peas and carrots	Lamb and spinach saagwala with basmati rice and steamed vegetables	Tuna macaroni pasta bake and Garden Salad	Mild chilli con carne with Mexican rice and corn and Vegetables
AFTERNOON TEA	Coconut Apricot Slice	Dip selection with flatbread (Milk)	Cheese scones (Milk)	Cheese and wholegrain rice crackers (Milk)	Lemon chia slice (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					



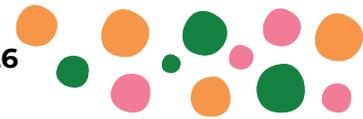
FOUR WEEK CYCLE MENU - AUTUMN 2026



Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Anzac biscuits (WT, OT)	Wholemeal Orange Cake (WT)	Mini sausage rolls (Milk)	Lebanese bread triangles with carrot hummus (WT)	Pumpkin scones (WT)
LUNCH	Stir fried chicken and noodle chow mein with steamed Asian greens	Homemade beef rissoles with onion gravy, potato bake, steamed green beans and cauliflower	Lamb, spinach and feta cheese spanakopita pie with Greek salad (Milk)	Oven baked fish with garden salad	Beef goulash with brown rice, baby peas and roast pumpkin
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>	Stir fried tofu and noodle chow mein with steamed Asian greens	Homemade smashed chickpea and vegetable rissoles with onion gravy, potato bake, steamed green beans and cauliflower	Lentil, spinach and feta cheese spanakopita pie with Greek salad (milk)	Crispy oven baked vegetable patties with garden salad	Butter bean goulash with white rice, baby peas and roast pumpkin
ALLERGY LUNCH	Stir fried chicken and noodle chow mein with steamed Asian greens	Homemade beef rissoles with onion gravy, potato bake, steamed green beans and cauliflower	Lamb, spinach and spanakopita pie with Greek salad	Oven baked fish with garden salad	Beef goulash with white rice, baby peas and roast pumpkin
AFTERNOON TEA	Coconut Apricot Slice	Tomato and cheese with crackers (Milk)	Coconut biscuits (WT)	Wholemeal banana bread (WT)	Muesli cookies (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	Beef, Green Split Peas, Rice, Pumpkin, Zucchini and Cauliflower	Chicken, Yellow Split Peas, Pearl Barley, Carrots, Broccoli, and	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					



FOUR WEEK CYCLE MENU - AUTUMN 2026



Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Date drop scones (WT)	Wholemeal weetbix slice (WT)	Wholemeal apple and cinnamon streusel (WT)	English muffin pizzas (WT, Milk)	Oat and quinoa fruit bars (WT, OT)
LUNCH	Shepherds pie topped with cheesy potato mash with vegetable medley (Milk)	Gai Yang - Thai BBQ chicken with vegetable fried rice	Mild spiced slow braised Egyptian style beef and onion stew with couscous and pumpkin (WT)	Grilled Fish Spanish style with garden salad	Slow braised beef ragu with herbed pasta, beans and cauliflower (WT)
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>	Mixed bean pie topped with cheesy potato mash with vegetable medley (Milk)	Thai BBQ tofu with vegetable fried rice	Mild spiced slow braised Egyptian style white bean and onion stew with couscous and pumpkin (WT)	Spanish style mixed legume with garden salad	Slow braised lentil ragu with pasta fettuccine, beans and cauliflower (WT)
ALLERGY LUNCH	Shepherds pie topped with potato mash with vegetable medley	Gai Yang - Thai BBQ chicken with vegetable fried rice	Mild spiced slow braised Egyptian style beef and onion stew with Basmati Rice and pumpkin	Grilled Fish Spanish style with garden salad	Slow braised beef ragu with herbed Gluten Free pasta, beans and cauliflower
AFTERNOON TEA	Coconut Apricot Slice	Anzac Cookies (WT)	Zucchini and carrot slice (WT)	Wholemeal pumpkin and cinnamon loaf (WT)	Cheese and savoury biscuits (Milk)
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	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					



FOUR WEEK CYCLE MENU - AUTUMN 2026



Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Scones with Strawberry Jam (wt)	Wholemeal banana Slice (WT)	Cranberry oat biscuits (WT, OT)	Vegemite and cheese saladas (WT Milk)	Crumpets with Apricot Jam (WT)
LUNCH	Meatloaf with mash, onion gravy, beans and carrots	Ginger poached fish with stir fried noodles and broccoli	Lamb keema matar with rice, naan bread and garden salad (WT)	Grilled marinated chicken and Vegetable Cous Cous with seasonal salad	Mexican ground beef casserole with black beans and topped with golden melted cheese served with Basmati rice, (Milk)
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.	Lentil loaf with mash, onion gravy, beans and carrots	Ginger poached tofu with stir fried noodles and broccoli	Paneer keema matar with rice, naan bread and garden salad (WT)	Grilled halloumi and Vegetable Cous Cous with seasonal salad (Milk)	Mexican mixed bean casserole topped with golden melted cheese served with Basmati rice, (Milk)
ALLERGY LUNCH	Meatloaf with mash, onion gravy, beans and carrots	Ginger poached fish with stir fried noodles and broccoli	Lamb keema matar with rice and garden salad	Grilled marinated chicken and Vegetable Rice with seasonal salad	Mexican ground beef casserole with black beans and vegetables served with Basmati rice,
AFTERNOON TEA	Coconut Apricot Slice	Cheese and corn bread (Milk, WT)	Tomato and cheese with wholegrain crackers (Milk)	Apple crumble slice (WT)	Pineapple slice (WT)
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	Beef, Green Split Peas, Rice, Pumpkin, Carrots and Broccoli	Chicken, Yellow Split Peas, Wholemeal Pasta, Capsicum, Broccoli	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					