

# Morning, Lunch & Afternoon Tea

## Summer Menu

Week A



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Tea</b>	<b>Seasonal Fruit Platter</b>  <b>Choc Bliss Balls</b> <i>Dates, Coconut, Weet-Bix, Cacao Powder, Maple Syrup, Served with Sultanas</i>	<b>Seasonal Fruit Platter</b>  <b>Carrot Muffins</b> <i>Carrots, Wholemeal Flour, Brown Sugar, Coconut Milk, Nuttelex, Sunflower Seeds, Sultanas, Apple Cider Vinegar, Vanilla Extract, Cinnamon, Spices</i>	<b>Seasonal Fruit Platter</b>  <b>Cornflake Cookies</b> <i>Cornflakes, Sultanas, Nuttelex, Flaxseed, Milk</i>	<b>Seasonal Fruit Platter</b>  <b>Doughnuts</b> <i>Pumpkin, Sweet Potato, Brown Sugar, Canola Oil, Wholemeal Flour, Flaxseed, Cinnamon, Mix Spice</i>	<b>Seasonal Fruit Platter</b>  <b>Crumpet</b> <i>Honey, Nuttelex, Cinnamon</i>
<b>Lunch</b>	<b>Seasonal Vegetable Platter</b>  <b>Sushi</b> <i>Chicken, Soy, Cucumber, Nori, Rice, Rice Seasoning, Avocado, Carrot</i>  <b>Sandwiches</b> <i>Wholemeal Bread, Cheese, Vegemite, Nuttelex</i>	<b>Seasonal Vegetable Platter</b>  <b>Savoury Rice</b> <i>Brown Rice, Minced Chicken, Onion, Garlic, Basil, Tomato, Carrots, Olive Oil, Served with Bread</i>	<b>Seasonal Vegetable Platter</b>  <b>Penne Pasta</b> <i>Penne Pasta, Garlic, Onion, Carrot, Celery, Zucchini, Tomato, Oregano, Basil, Cheese, Olive Oil, Parsley, Served with Bread</i>	<b>Seasonal Vegetable Platter</b>  <b>Chicken Corn Noodles</b> <i>Chicken, Onion, Carrot, Pumpkin, Celery, Noodles, Corn, Served with Bread</i>	<b>Seasonal Vegetable Platter</b>  <b>Tomato Vegetable Cheese Bake</b> <i>Macaroni Pasta, Garlic, Basil, Tomato, Carrot, Zucchini, Sweet Potato, Cheese, Served with Bread</i>
<b>Afternoon Tea</b>	<b>Seasonal Fruit Platter</b>  <b>Pizza</b> <i>Olive Oil, Basil, Parsley, Garlic, Tomato Sauce, Pizza Cheese</i>	<b>Seasonal Fruit Platter</b>  <b>Mango Smoothie</b> <i>Mango, Milk, Greek Vanilla Yoghurt</i>  <b>Rice Crackers</b> <i>Wholemeal Crackers/Pretzels, Vegemite, Nuttelex</i>	<b>Seasonal Fruit Platter</b>  <b>Focaccia</b> <i>Tasty Cheese, Parmesan, Garlic, Olive Oil, Parsley</i>	<b>Seasonal Fruit Platter</b>  <b>Strawberry Smoothie</b> <i>Strawberry, Milk, Greek Vanilla Yoghurt</i>  <b>Rice Crackers</b> <i>Wholemeal Crackers/Pretzels, Vegemite, Nuttelex</i>	<b>Seasonal Fruit Platter</b>  <b>Vegemite Scrolls</b> <i>Olive Oil, Cheese, Vegemite</i>
<b>Late Snack</b>	<b>Seasonal Mixed Platter</b>  <i>Choc Bliss Balls, Wholemeal Rice/Pretzels Crackers, Vegemite, Cheese</i>	<b>Seasonal Mixed Platter</b>  <i>Carrot Muffins, Fresh Baked Bread, Cheese, Vegemite, Nuttelex</i>	<b>Seasonal Mixed Platter</b>  <i>Cornflake Cookies, Wholemeal Rice Cakes/Pretzels, Vegemite, Cheese</i>	<b>Seasonal Mixed Platter</b>  <i>Doughnuts, Wholemeal Bread, Vegemite, Cheese</i>	<b>Seasonal Mixed Platter</b>  <i>Fresh Baked Bread with Nuttelex, Wholemeal Rice Crackers/Pretzels with Cheese</i>

# Morning, Lunch & Afternoon Tea

## Summer Menu

Week B



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	<b>Seasonal Fruit Platter</b>  <b>Scones</b> Strawberry & Apricot Jam, Served with Whipped Vanilla Bean Cream	<b>Seasonal Fruit Platter</b>  <b>Apple Muffins</b> Apples, Rolled Oats, Cinnamon, Brown Sugar, Flax Seed, Canola Oil, Apple Cider Vinegar, Pumpkin Seeds	<b>Seasonal Fruit Platter</b>  <b>ANZAC Biscuits</b> Oats, Nuttalex, Brown Sugar, Golden Syrup, Desiccated Coconut <b>*MILK</b>	<b>Seasonal Fruit Platter</b>  <b>Doughnuts</b> Pumpkin, Sweet Potato, Brown Sugar, Canola Oil, Wholemeal Flour, Flaxseed, Cinnamon, Mix Spice	<b>Seasonal Fruit Platter</b>  <b>Chocolate Muffin</b> Beetroot Puree, Cocoa Powder, Canola Oil, Flaxseed, Coconut Yoghurt, Apple Cider Vinegar, Brown Sugar, Cream, Vanilla
Lunch	<b>Seasonal Vegetable Platter</b>  <b>Sushi</b> Chicken, Soy, Cucumber, Nori, Rice, Rice Seasoning, Avocado, Carrot  <b>Sandwiches</b> Wholemeal Bread, Cheese, Vegemite, Nuttalex	<b>Seasonal Vegetable Platter</b>  <b>Sloppy Joes</b> Bread Rolls filled with Sauce and Cheese- Tomato, Onion, Garlic, Lentils, Carrot, Chicken Mince, Tomato Paste, Bay Leaf, Mushroom	<b>Seasonal Vegetable Platter</b>  <b>Quesadillas</b> Cannellini Beans, Onion, Capsicum, Corn, Tomato Salsa Sauce, Tasty Cheese, Roast Potatoes, Served with Bread	<b>Seasonal Vegetable Platter</b>  <b>Chicken Tomato Pasta</b> Garlic, Onion, Tomato, Paste, Chicken Mince, Basil, Oregano, Spiral Pasta, Served with Bread	<b>Seasonal Vegetable Platter</b>  <b>Mac &amp; Cheese</b> Pumpkin, Tomato, Basil, Parsley, Garlic, Onion, Tasty Cheese, Macaroni Pasta
Afternoon Tea	<b>Seasonal Fruit Platter</b>  <b>Vegemite Scrolls</b> Cheese, Vegemite	<b>Seasonal Fruit Platter</b>  <b>Mango Smoothie</b> Mango, Milk, Greek Vanilla Yoghurt  <b>Rice Crackers</b> Wholemeal Rice Cakes/Pretzels, Vegemite, Cheese	<b>Seasonal Fruit Platter</b>  <b>Focaccia</b> Tasty Cheese, Parmesan, Garlic, Olive Oil, Parsley	<b>Seasonal Fruit Platter</b>  <b>Strawberry Smoothie</b> Strawberry, Milk, Greek Vanilla Yoghurt  <b>Rice Crackers</b> Wholemeal Crackers/ Pretzels, Cheese	<b>Seasonal Fruit Platter</b>  <b>Pizza</b> Basil, Parsley, Garlic, Tomato Sauce, Pizza Cheese
Late Snack	<b>Seasonal Mixed Platter</b>  Fresh Baked Bread with Nuttalex, Wholemeal Rice Crackers/Pretzels with Cheese	<b>Seasonal Mixed Platter</b>  Apple Muffins, Buttered Bread, Cheese, Vegemite	<b>Seasonal Mixed Platter</b>  ANZAC Biscuits, Wholemeal Bread, Vegemite, Cheese	<b>Seasonal Mixed Platter</b>  Doughnuts, Fresh Baked Bread, Vegemite, Cheese, Nuttalex	<b>Seasonal Mixed Platter</b>  Chocolate Muffins, Bread Cracker, Vegemite, Cheese