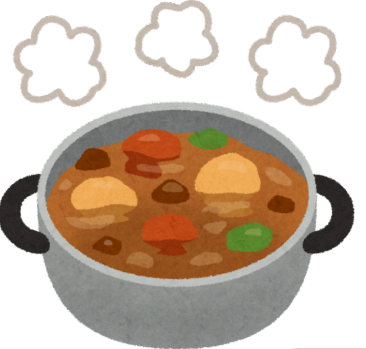


# Winter Weekly Menu




## Monday

Morning Tea

**Cinnamon Pear & Creamy Yoghurt with Crunchy Bran**  
Pears, brown sugar, cinnamon, plain natural yoghurt, bran sticks

Lunch

**Vietnamese Beef & Bean Stew**



**Vegetarian Option:**  
Vietnamese Tofu & Bean Stew  
**Key Ingredients:**  
Beef, white rice, cannellini beans, white potatoes, carrots, tomatoes, green beans, peas, spring onion, tomato paste, vegetable stock, soy sauce, sugar, Chinese five spice, cinnamon, lemongrass paste, garlic


Afternoon Tea

**The Happy Snacker's Platter**  
Brown rice crackers, cream cheese spread, dried apricots, dates, fresh carrots, tasty cheese

## Tuesday

**Vegemite Crumpets with Cheese Slices & Fruit**  
Wholemeal crumpets, vegemite, butter, tasty cheese, apples, peach slices

**Mexican Cheesy Beef & Rice Casserole**




**Vegetarian Option:**  
Mexican Cheesy Bean & Rice Casserole  
**Key Ingredients:**  
Beef, brown onion, Rice, carrots, capsicum, peas, corn, Mexican style 3-bean mix, tasty cheese, tomato paste, vegetable stock, garlic, coriander, paprika, cumin

**Easy Oaty Slice with Crunchy Veggies**  
Wholemeal flour, rolled oats, chia seeds, butter, brown sugar, vanilla essence, raisins, carrots, cucumbers

## Wednesday

**Beans & Toast with Fruit Salad**  
Salt reduced baked beans, wholemeal bread, tasty cheese, cumin, coriander, bananas, apples, peach slices

**Minestrone Soup with Bread Soldiers**



**Vegetarian Option:**  
Minestrone Soup with Bread Soldiers  
**Key Ingredients:**  
Passata sauce, tomato paste, Cannellini Beans, celery, carrots, kidney beans, peas, brown onion, garlic, risoni pasta, vegetable stock, oregano, fennel, wholemeal bread

**Zippy Hummus with Veggie Sticks, Fruit & Crackers**  
Organic chickpeas, olive oil, garlic, lemon juice, paprika, cumin, carrots, tasty cheese, brown rice crackers, oranges, watermelon

## Thursday

**Toasted Wholemeal Cheese Triangles with Fruit**  
Salt reduced baked beans, wholemeal bread, tasty cheese, cumin, coriander, bananas, apples, peach slices

**Garlic Chicken Veggie Stir Fry with Rice**




**Vegetarian Option:**  
Garlic Tofu & Veggie Stir-Fry with Rice  
**Key Ingredients:**  
Chicken breast, Brown Rice, Green Beans, Capsicum, Baby Corn, olive oil, hoisin sauce, sweet chilli sauce

**Rice Cakes with Avocado Dip & Crunchy Apple**  
Brown rice crackers, avocado, plain yoghurt/ricotta, lemon juice, apples

## Friday

**Festival of Fruit, Veggies, Cheese & Crackers**  
Brown rice crackers, carrots, apples, oranges, tasty cheese

**Italian Pork Mince & Veggie Pasta Bake**



**Vegetarian Option:**  
Italian Lentil & Veggie Pasta Bake  
**Key Ingredients:**  
Pork mince, lentils, carrot, zucchini, macaroni pasta, cheese, vegetable stock, tomato paste, passata sauce, paprika, thyme, olive oil

**Cinnamon Fruit Loaf with Cucumber Sticks**  
Wholemeal self-raising flour, bananas, full cream milk, olive oil, vanilla essence, apples, egg replacer, brown sugar, baking powder, cinnamon, cucumbers



Fresh Puree Options



Breakfast Options



Late Snack Options



Please advise if Halal menu is required.