

Monday	Tuesday	Wednesday	Thursday	Friday																																																		
<p><u>Morning Tea</u></p> <p>Turkish bread with hummus and fresh seasonal fruit</p> <p>Milk and soy milk</p>	<p><u>Morning Tea</u></p> <p>Natural yoghurt with two fruits</p> <p>Fresh seasonal fruit</p> <p>Soy and lactose free yoghurt available</p>	<p><u>Morning Tea</u></p> <p>Vegetable platter with sliced cucumber, corn, grape tomatoes, grated carrot, rice crackers and baba ghanoush</p> <p>Served with fresh seasonal fruit</p>	<p><u>Morning Tea</u></p> <p>Weetbix with milk, banana and honey</p> <p>Soy milk available</p>	<p><u>Morning Tea</u></p> <p>Scones with maple syrup and cream (SR Flour, flora margarine, milk, water)</p> <p>Served with fresh seasonal fruit</p>																																																		
<p><u>Lunch</u></p> <p>Macaroni Cheese (onion, plain flour, milk, cheese, peas, corn, carrot, cauliflower, broccoli, macaroni)</p> <p><u>Alternative</u> Brown rice with peas, corn carrots in vegetable stock</p>	<p><u>Lunch</u></p> <p>Moroccan Chicken with cous cous (onion, butternut pumpkin, celery, zucchini, carrots, red capsicum, canned diced tomatoes, chicken breast, Moroccan seasoning, cumin, oil, chicken breast)</p> <p><u>Alternative</u> Cheese & vegemite wholemeal sandwich</p>	<p><u>Lunch</u></p> <p>Pasta with tuna and cheese (pasta, broccoli, peas, tuna, creamed corn, sour cream, shallots, cherry tomatoes, cheese)</p> <p><u>Alternative</u> Cheese & vegemite wholemeal sandwich</p>	<p><u>Lunch</u></p> <p>Savory Mince served with wholemeal bread (beef mince, onion, garlic, zucchini, carrots, peas, corn, tomato paste, Worcestershire sauce, gravox gravy)</p> <p><u>Alternative</u> Brown rice with peas, corn carrots in vegetable stock</p>	<p><u>Lunch</u></p> <p>Sandwiches on wholemeal bread (vegemite, cheese & vegemite, cheese, chicken, chicken cheese & tomato, cheese & cucumber, chicken cheese & cucumber, baked beans)</p>																																																		
<p><u>Afternoon Tea</u></p> <p>Vegetable Platter with cucumber, corn, grape tomatoes, grated carrot, roast beef, wholemeal rice crackers</p>	<p><u>Afternoon Tea</u></p> <p>Apricot Bread (dried apricots, boiling water, oil, sugar, eggs, wholemeal SR flour, milk)</p>	<p><u>Afternoon Tea</u></p> <p>Carrot cake (plain flour, baking soda, baking powder, cinnamon, nutmeg, eggs, raw sugar, rice bran oil, pineapple, grated carrot)</p> <p>Served with milk and soy milk</p>	<p><u>Afternoon Tea</u></p> <p>Vegetable Platter with cucumber, corn, grated carrot, wholemeal crackers and tzatziki dip</p> <p>Served with fresh seasonal fruit</p>	<p><u>Afternoon Tea</u></p> <p>Healthy Nacho Bowls with cucumber, corn, grated cheese, grated carrot, sour cream, guacamole, salsa and a wrap</p>																																																		
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Rainbow Town menu for this week

Week 2

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<p><u>Morning Tea</u></p> <p>Natural yoghurt with weetbix</p> <p>Served with fresh seasonal fruit</p> <p>Soy and lactose free yoghurt available</p>	<p><u>Morning Tea</u></p> <p>Corn cruskits with cheese, vegemite and cucumber</p> <p>Served with fresh seasonal fruit</p> <p>Water, milk and soy milk</p>	<p><u>Morning Tea</u></p> <p>Turkish bread with vegemite, cheese spread and hommus</p> <p>Fresh seasonal fruit</p> <p>Water, milk and soy milk</p>	<p><u>Morning Tea</u></p> <p>Blueberry pikelets with Greek yoghurt (self-raising flour, milk, egg, sugar)</p> <p>Water milk and soy milk</p>	<p><u>Morning Tea</u></p> <p>Vegetable platter with cheese, corn, grated carrot, cucumber, hommus and wraps</p> <p>Fresh seasonal fruit</p>																																																		
<p><u>Lunch</u></p> <p>Assorted sandwiches on wholemeal bread (cheese, vegemite, cheese & vegemite, roast beef, roast beef & cheese, cheese & tomato, cheese & cucumber, baked beans)</p>	<p><u>Lunch</u></p> <p>Tex Mex Casserole (onion, beef mince, baked beans, taco seasoning, tomato sauce, BBQ sauce, peas, corn, carrots, corn chips, grated cheese) NB:wraps for Toddlers <u>Alternative</u> Cheese & vegemite wholemeal sandwiches</p>	<p><u>Lunch</u></p> <p>Vegetable Lasagne (spinach, garlic, tinned diced tomato, oregano, basil, ricotta cheese, lasagne sheets, grated cheese) <u>Alternative</u> Brown rice with peas, corn carrots in vegetable stock</p>	<p><u>Lunch</u></p> <p>Chicken Curry (onion, carrot, celery, tomatoes, olive oil, curry powder, pumpkin, beans, zucchini, chicken, sultanas) Served with natural yoghurt and rice <u>Alternative</u> Cheese & vegemite wholemeal sandwiches</p>	<p><u>Lunch</u></p> <p>Tuna Mornay (onion, flora margarine, milk, plain flour, tuna, grated cheese, peas, corn, carrots, broccoli, cauliflower, pasta) <u>Alternative</u> Brown rice with peas, corn carrots in vegetable stock</p>																																																		
<p><u>Afternoon Tea</u></p> <p>Vegetable platter with corn, grated carrot, cucumber & ham Served with wholemeal crackers.</p> <p>Fresh seasonal fruit</p>	<p><u>Afternoon Tea</u></p> <p>Vegetable platter with cheese, corn, grape tomatoes, grated carrot, cucumber & hommus Served with wholemeal crackers.</p> <p>Fresh seasonal fruit</p>	<p><u>Afternoon Tea</u></p> <p>Vegetable platter with corn, grape tomatoes, cucumber, grated cheese and roast beef Served with wholemeal crackers.</p> <p>Fresh seasonal fruit</p>	<p><u>Afternoon Tea</u></p> <p>Wholemeal salad with vegemite, cheese, cucumber and tomato</p> <p>Fresh seasonal fruit</p>	<p><u>Afternoon Tea</u></p> <p>Banana blueberry bread (plain flour, baking powder, cinnamon, brown sugar, bananas, eggs, vanilla extract, blueberries) Milk and soy milk</p>																																																		
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Rainbow Town menu for this week

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Morning Tea</u></p> <p>Turkish bread with spring onion dip.</p>	<p><u>Morning Tea</u></p> <p>Natural yoghurt served with Weet Bix</p>	<p><u>Morning Tea</u></p> <p>Rice Cakes with cheese, vegemite, cucumber & shaved roast beef</p>	<p><u>Morning Tea</u></p> <p>Apple & Cinnamon Scones with Maple Syrup (self raising flour, flora margarine, milk, apple puree & cinnamon)</p>	<p><u>Morning Tea</u></p> <p>Vegetable platter with sliced cucumber, corn, grated carrot and roast beef</p>
<p><u>Lunch</u></p> <p>Mince Stroganoff (Beef mince, onion, garlic, tomato paste, sweet paprika, mushrooms, beef stock, peas, corn, carrots, sour cream & pasta)</p> <p><u>Alternative</u> Brown rice with peas, corn carrots in vegetable stock</p>	<p><u>Lunch</u></p> <p>Chicken San Choy Bao (Chicken mince, ginger, garlic, shallots, wombok cabbage, carrot, corn, beans, capsicum, soy sauce & hokkien noodles)</p> <p><u>Alternative</u> Cheese & vegemite wholemeal sandwich</p>	<p><u>Lunch</u></p> <p>Lentil Bolognaise (Olive oil, onion, garlic, zucchini, carrot, celery, Leggo Passata sauce with herbs, lentils, corn, tomato paste, pasta)</p> <p><u>Alternative</u> Brown rice with peas, corn carrots in vegetable stock</p>	<p><u>Lunch</u></p> <p>Wholemeal sandwiches Filled with Vegemite & cheese. Chicken, tomato & cheese. Cucumber & cheese. Cheese & tomato. Vegemite or Baked Beans</p> <p><u>Alternative</u> Brown rice with peas, corn carrots in vegetable stock</p>	<p><u>Lunch</u></p> <p>Vegetable Rissotto (arborio rice, onion, peas, corn, carrot, broccoli, vegetable stock & parmesan cheese)</p> <p><u>Alternative</u> Brown rice with peas, corn carrots in vegetable stock</p>
<p><u>Afternoon Tea</u></p> <p>Fresh baked Apricot Slice (rolled oats, plain flour, SR flour, caster sugar, coconut, diced apricots, margarine, golden syrup & water)</p>	<p><u>Afternoon Tea</u></p> <p>Fresh baked Blueberry Yoghurt Cake (Flora margarine, plain flour, SR flour, Blueberries, caster sugar, eggs, vanilla yoghurt)</p>	<p><u>Afternoon Tea</u></p> <p>Vegetable platter with capsicum, corn, grape tomatoes, grated carrot Served with hummus and wholemeal rice crackers.</p>	<p><u>Afternoon Tea</u></p> <p>Vegetable platter with sliced cucumber, corn, grated carrot Served with French onion dip and wholemeal rice crackers.</p>	<p><u>Afternoon Tea</u></p> <p>Freshly baked Vegemite Scrolls (Greek yoghurt, SR flour, cheesimite spread & grated cheese)</p>

NB: 1 x piece of fruit will be served to each child for morning or afternoon tea as per Nutrition Australia recommendations. Milk / soy milk will be not be offered on Tuesday. Morning and afternoon tea will be provided for late snack at 5pm if we have sufficient available.

Bread & Cereal	3
Dairy	1
Meat/Alternative	1
Fruit	1
Vegetable	1

Bread & Cereal	2
Dairy	1
Meat/Alternative	1
Fruit	1
Vegetable	1

Bread & Cereal	2
Dairy	1
Meat/Alternative	1
Fruit	1
Vegetable	1

Bread & Cereal	3
Dairy	2
Meat/Alternative	1
Fruit	1
Vegetable	1

Bread & Cereal	2
Dairy	1
Meat/Alternative	1
Fruit	1
Vegetable	1



Rainbow Town menu for this week

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday																																																		
<p><u>Morning Tea</u></p> <p>Wholemeal crackers with cheese and hommus</p>	<p><u>Morning Tea</u></p> <p>Wholemeal saladas with cheese, vegemite, ham and cucumber</p>	<p><u>Morning Tea</u></p> <p>Healthy Anzac Slice (rolled oats, plain flour, wholemeal plain flour, coconut, brown sugar, golden syrup, rice bran oil, baking soda, water)</p>	<p><u>Morning Tea</u></p> <p>Natural Yogurt served with peaches</p>	<p><u>Morning Tea</u></p> <p>Banana Muffins (bananas, milk, egg, flora margarine, self raising flour, caster sugar)</p>																																																		
<p><u>Lunch</u></p> <p>Vegetable Stir Fry with Tofu (oil, onion, wombok, corn, red capsicum, broccoli, tofu, peas, soy sauce, ginger, lemongrass and rice noodles)</p> <p><u>Alternative</u> Brown rice with peas, corn carrots in vegetable stock</p>	<p><u>Lunch</u></p> <p>Italian Wonder Pot (fettucine, onion, spinach, diced tomatoes, Italian herbs, garlic, vegetable stock, water, fetta cheese)</p> <p><u>Alternative</u> Cheese & vegemite wholemeal sandwiches</p>	<p><u>Lunch</u></p> <p>Assorted Sandwiches Vegemite, cheese, cheese & vegemite, baked beans, roast beef, cheese & tomato, cheese & cucumber, beef cheese & tomato, beef & cheese, beef cheese & cucumber</p>	<p><u>Lunch</u></p> <p>Butter Chicken (chicken, cherry tomatoes, cumin, coriander, garam marsala, chilli powder, Heinz tomato soup, beans, cream, Greek yoghurt, spinach, basmati rice)</p> <p><u>Alternative</u> Brown rice with peas, corn carrots in vegetable stock</p>	<p><u>Lunch</u></p> <p>Chilli Con Carne with Rice (olive oil, brown onion, garlic, carrot, celery, red capsicum, cumin, beef mince, tomatoes, chickpeas, red kidney beans, chilli powder, rice)</p> <p><u>Alternative</u> Brown rice with peas, corn carrots in vegetable stock</p>																																																		
<p><u>Afternoon Tea</u></p> <p>Vegetable platter with corn, grape tomato, grated carrot, cucumber & ham Served with wholemeal crackers.</p>	<p><u>Afternoon Tea</u></p> <p>Banana cake (bananas, lemon juice, vegetable oil, soy milk, brown sugar, plain flour, baking powder, bi-carb soda)</p>	<p><u>Afternoon Tea</u></p> <p>Vegetable platter with corn, grape tomatoes, cucumber, grated carrot Served with hommus and wholemeal crackers.</p>	<p><u>Afternoon Tea</u></p> <p>Assorted Wraps (grated cheese, grated carrot, Philadelphia cheese, chicken, cucumber & avocado)</p>	<p><u>Afternoon Tea</u></p> <p>Vegetable Platter with cheese, grated carrot, corn, cucumber, grape tomatoes, wholemeal crackers</p>																																																		
<p><u>NB:</u> 1 x piece of fruit will be served to each child for morning or afternoon tea as per Nutrition Australia recommendations. Milk / soy milk will be not be offered Thursday. Morning and afternoon tea will be provided for late snack at 5pm if we have sufficient available.</p>																																																						
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