

# All Star Sample Menu

Our catered menu is designed in accordance with **Nutrition Australia's** health guidelines. We cater specifically for **allergy-free diets** and **individual** needs. We are strictly a **nut-free** environment (birthday cakes must be nut-free). Children are encouraged to **drink water** regularly throughout the day. Breakfast is available between 7am-7.45am

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>					
<b>Morning Tea</b>	Yoghurt & fruit	Fruit salad & milk	Fruit & vegetable platter	Carrot/ cucumber crackers & Cheese	Fruit & veg with milk
<b>Lunch</b>	Lasagne with vegetables and beef	Mixed sandwiches	Penne Napolitana	Meat curry and rice	Combination chicken fried rice
<b>Afternoon tea</b>	Raisin Toast with spreads	Cucumber and cheese	Rice thins and spread	Turkish bread with spreads	Banana bread, fruit
<b>Week 2</b>					
<b>Morning Tea</b>	Fruit pieces, milk & crackers	Fruit & Veg Platter, milk	Carrot/ cucumber crackers	Yoghurt & fruit	Fruit salad & milk
<b>Lunch</b>	Pasta bake with Vegetables and ham	Nachos with rice, beef and beans	Fish fingers, wedges and veg	Cheesy macaroni with vegetables	Mixed pizza
<b>Afternoon tea</b>	Banana bread, fruit	Leb. bread with cheese/herb dip	Turkish bread with dips	Raisin Toast with spreads	Cheese and crackers with veg
<b>Week 3</b>					
<b>Morning Tea</b>	Fruit & Veg Platter, milk	Carrot/ cucumber crackers	Fruit pieces & crackers	Fruit salad & milk	Yoghurt & fruit
<b>Lunch</b>	Pasta Bolognaise	Spanish rice	Tuna pasta bake	Combination chicken fried rice	Sushi: cucumber & chicken
<b>Afternoon tea</b>	Sao's and spread	Leb. bread with spreads	Jatz, cheese & cucumber	Raisin Toast with spreads	Banana bread, fruit
<b>Week 4</b>					
<b>Morning Tea</b>	Yoghurt & fruit	Fruit & Veg Platter, milk	Fruit pieces & crackers	Cucumber & Cheese	Fruit salad & milk
<b>Lunch</b>	Lasagna	Combination chicken fried rice	Mixed pizza	Pasta Napolitana	Fish Fingers wedges, veg
<b>Afternoon Tea</b>	Cucumber and cheese	Turkish bread with dips	Raisin Toast with spreads	Sao's and spread	Banana bread, Fruit