

Vegetarian Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh Fruit Toast with Vegemite Milk	Fresh Fruit Melted Cheese on Toast Milk	Fresh Fruit Raisin Toast Milk	Fresh Fruit Toast with Apricot Jam Milk	Fresh Fruit Blueberry Muffins Milk
Lunch	Tofu stir-fry & vegetables with steamed rice Water	Vegetarian Lasagne with garlic bread Water	Macaroni and Cheese Water	Chick-pea & spinach sausages, mash potatoes, peas and gravy Water	Tomato and vegetable pasta bake Water
Dessert	Custard with mixed fruit	Vanilla Yoghurt	Rice Pudding	Lime Jelly	Peaches in Custard
Afternoon Tea	Fresh Fruit Cheese cubes with crackers Milk	Fresh Fruit Rice cakes with cream cheese and cucumber sticks Milk	Fresh Fruit Mini vegetarian Pizzas Milk	Fresh Fruit Mixed fruit loaf Milk	Fresh Fruit Assorted Sandwiches Milk

Vegetarian Menu – Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh Fruit Toast with strawberry Jam Milk	Fresh Fruit Apple & Cinnamon Muffins Milk	Fresh Fruit Toast with Cream Cheese Milk	Fresh Fruit Raisin Toast Milk	Fresh Fruit Melted Cheese on Toast Milk
Lunch	Cheesy Tuna & Corn Pasta Water	Mixed vegetable and bean pasta with tomato sauce Water	Vegetarian stir fry with Hokien Noodles Water	Tomato and basil sausages, mash potatoes peas and gravy Water	Vegetrian Casserole Water
Dessert	Custard and Mixed Fruit	Strawberry Jelly	Custard and Peaches	Rice Pudding	Vanilla Yoghurt
Afternoon Tea	Fresh Fruit Rice Cakes with Vegemite Milk	Fresh Fruit Vegetraian Sausage Rolls with tomato Sauce Milk	Fresh Fruit Carrot Cake Milk	Fresh Fruit Carrot, Celery and Cucumber with Dip & crackers Milk	Fresh Fruit Scones with Jam Milk

Vegetarian Menu – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh Fruit Melted Cheese on Toast Milk	Fresh Fruit Toast with apricot Jam Milk	Fresh Fruit Banana Muffins Milk	Fresh Fruit Toast with Vegemite Milk	Fresh Fruit Raisin Toast Milk
Lunch	Tofu with oyster sauce and steamed rice Water	Mixed vegetables with pasta and gravy Water	Spinach and ricotta ravioli with white sauce Water	Steamed couscous and mixed vegetable Water	Chick-pea Curry with steamed rice Water
Dessert	Yoghurt with mixed berries	Rice Pudding	Vanilla Custard	Melon Wedges	Peaches in Custard
Afternoon Tea	Fresh Fruit Rice crackers with cream cheese Milk	Fresh Fruit Assorted Sandwiches Milk	Fresh Fruit Mini potato & vegetable cakes Milk	Fresh Fruit Cheese Cubes with crackers Milk	Fresh Fruit Crumbed fish pieces dipping sauce Milk

Vegetarian Menu – Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh Fruit Apple Bran Muffins Milk	Fresh Fruit Rain Toast Milk	Fresh Fruit Melted Cheese on Toast Milk	Fresh Fruit Toast with Strawberry Jam Milk	Fresh Fruit Toast with cream cheese Milk
Lunch	Chick-pea and spinach sausages, mash potato, peas and gravy Water	Sweet & Sour mixed vegetables with steamed rice Water	Cheesy Pasta Water	Tempeh, bixed beans and Napolitana Sauce Water	Vegetable Korma with steamed rice Water
Dessert	Vanilla Yoghurt	Peaches in Custard	Orange Jelly	Custard with mixed fruit	Rice Pudding
Afternoon Tea	Fresh Fruit Oatmeal cookies Milk	Fresh Fruit Vegetarian Mini Quiches Milk	Fresh Fruit Baked pineapple cake Milk	Fresh Fruit Assorted Sandwiches Milk	Fresh Fruit Cheese cubes with crackers Milk