



# MILESTONE MENU - WEEK ONE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Wholemeal Toast with Vegemite				
MORNING TEA	Mixed Seasonal Fruit Platters				
LUNCH	Chicken & Avocado Pasta with Corn Cobs  DF GFO VO	Mexican Beef and Rice Bake  DF GF VO	Pumpkin & Quinoa Soup with Corn Cobs  DF GF V	Garlic & Ginger Pork with Rice Noodles  DF GFO VO	Roasted Pumpkin, Feta & Salmon Risoni with Corn Cobs  DFO GFO VO
AFTERNOON TEA	Cheesymite Triangles  Fruit & Veg Platter  DFO GFO V	Sayos with Vegemite  Fruit & Veg Platter  DFO GFO V	Pita Bread with Dips  Fruit & Veg Platter  DFO GFO V	Crackers, Cheese & Sultanas  Fruit & Veg Platter  DFO GF V	Cruskits with Cheese  Fruit & Veg Platter  DFO GFO V
LATE SNACK	Apples & Pears				
DF = DAIRY FREE    GF = GLUTEN FREE    V = VEGETARIAN    DFO = DAIRY FREE OPTION    GFO = GLUTEN FREE OPTION    VO = VEGETARIAN OPTION					



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	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BREAKFAST</b>	Wholemeal Toast with Vegemite				
<b>MORNING TEA</b>	Mixed Seasonal Fruit Platters				
<b>LUNCH</b>	Mixed Wraps  DFO GFO VO	Chicken Stir-Fry with Rice Noodles  DF GFO VO	Red Lentil Spaghetti  DF GFO V	Curried Sausages with Rice  DF GFO VO	Tuna Pasta Bake  DF GF VO
<b>AFTERNOON TEA</b>	Cheese Triangles  Fruit & Veg Platter  DFO GFO V	Garlic Bread  Fruit & Veg Platter  DF GFO V	Fruit Toast  Fruit & Veg Platter  DF GFO V	Rice Cakes with Cheese  Fruit & Veg Platter  DFO GFO V	Pizza Scrolls  Fruit & Veg Platter  DFO GFO VO
<b>LATE SNACK</b>	Apples & Pears				
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Wholemeal Toast with Vegemite				
MORNING TEA	Mixed Seasonal Fruit Platters				
LUNCH	Tuna Rice Bake  DFO GFO VO	Curried Mince with Rice Noodles  DF GF VO	Spaghetti Bake with Plant-Based Mince  DF GFO V	Beef Stroganoff with Corn Cobs  DFO GFO VO	Mixed Sandwiches  DFO GFO VO
AFTERNOON TEA	Pita Bread with Dips  Fruit & Veg Platter  DFO GFO V	Cheesymite Triangles  Fruit & Veg Platter  DFO GFO V	Crackers, Cheese and Sultanas  Fruit & Veg Platter  DFO GF V	Cruskits with Cheese  Fruit & Veg Platter  DFO GFO V	Banana Bread  Fruit & Veg Platter  DF GFO V
LATE SNACK	Apples & Pears				
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# MILESTONE MENU - WEEK FOUR



	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BREAKFAST</b>	Wholemeal Toast with Vegemite				
<b>MORNING TEA</b>	Mixed Seasonal Fruit Platters				
<b>LUNCH</b>	Chicken Chow Mein with Rice  <b>DF GFO VO</b>	Beef & Tomato Pasta Bake  <b>DF GFO VO</b>	Fried Rice with Tofu  <b>DF GF V</b>	Broccoli & Pesto Pasta with Corn Cobs  <b>DF GFO V</b>	Mixed Wraps  <b>DFO GFO VO</b>
<b>AFTERNOON TEA</b>	Yoghurt  Fruit & Veg Platter  <b>DFO GF V</b>	Fruit Toast  Fruit & Veg Platter  <b>DF GFO V</b>	Rice Cakes with Cheese  Fruit & Veg Platter  <b>DFO GF V</b>	Cheese Triangles  Fruit & Veg Platter  <b>DFO GFO V</b>	Cheesymite Scrolls  Fruit & Veg Platter  <b>DFO GFO V</b>
<b>LATE SNACK</b>	Apples & Pears				
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