

MILESTONE FOUR WEEKLY MENU

WEEK ONE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA (Milk/Water)	Mixed Fruit Platter	Mixed Fruit Platter	Mixed Fruit Platter	Mixed Fruit Platter	Mixed Fruit Platter
LUNCH (Water)	Chili Con Carne with Rice and Vegetables DF	Curried Sausages with Rice and Vegetables DF	Rice Cakes with Toppings DF GF V	Pumpkin Soup with Wraps DF GF V	Creamy Tuna Pasta Bake with Vegetables
AFTERNOON TEA (Water)	Rice Cakes with Spreads Mixed Fruit	Pita Bread and Dips Mixed Fruit	Raisin Bread Mixed Fruit	Savoury Platter Mixed Fruit	Cruskits with Cheese Mixed Fruit

Breakfast is served from 7:00am to 8:30am - Weetbix & Toast

DF = Dairy Free GF = Gluten Free V = Vegetarian



MILESTONE FOUR WEEKLY MENU

WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA (Milk/Water)	Mixed Fruit Platter	Mixed Fruit Platter	Mixed Fruit Platter	Mixed Fruit Platter	Mixed Fruit Platter
LUNCH (Water)	Beef Lentil Soup with Corn Cobs DF GF V	Curry Mince with Rice Noodles and Vegetables DF GF	Deli Lunch Platter DF GF V	Mixed Sandwiches DF GF V	Spaghetti Bolognese DF GF
AFTERNOON TEA (Water)	Raisin Bread Mixed Fruit	Savoury Platter Mixed Fruit	Rice Cakes with Spreads Mixed Fruit	Cruskits with Cheese Mixed Fruit	Pita Bread and Dips Mixed Fruit

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MORNING TEA (Milk/Water)	Mixed Fruit Platter	Mixed Fruit Platter	Mixed Fruit Platter	Mixed Fruit Platter	Mixed Fruit Platter
LUNCH (Water)	Napoletana Pasta with Vegetables DF V	Minestrone Soup DF GF V	Beef Chow Mein with Rice and Vegetables DF	Mexican Nachos DF GF V	Mixed Wraps DF GF V
AFTERNOON TEA (Water)	Pita Bread and Dips Mixed Fruit	Cruskits with Cheese Mixed Fruit	Savoury Platter Mixed Fruit	Raisin Bread Mixed Fruit	Rice Cakes with Spreads Mixed Fruit

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WEEK FOUR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA (Milk/Water)	Mixed Fruit Platter	Mixed Fruit Platter	Mixed Fruit Platter	Mixed Fruit Platter	Mixed Fruit Platter
LUNCH (Water)	Beef & Tomato Casserole with Rice and Vegetables DF	Mixed Sandwiches DF GF V	Mexican Beef Wraps DF GF	Macaroni and Cheese with Vegetables GF	Broccoli and Cauliflower Soup with Bread GF
AFTERNOON TEA (Water)	Savoury Platter Mixed Fruit	Rice Cakes with Spreads Mixed Fruit	Cruskits and Cheese Mixed Fruit	Pita Bread and Dips Mixed Fruit	Raisin Bread Mixed Fruit

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WHAT WE ATE TODAY

LUNCH:

AFTERNOON TEA:

