



	Tuesday 06th	Wednesday 07th	Thursday 08th	Friday 09th
	<p><u>Morning tea</u> Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Oranges - Strawberries - Grapes - Cherry tomatoes <p>Raisin Toast w/ - Jam (Strawberry + Apricot) - Vegemite - Butter</p>	<p><u>Morning tea</u> Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Oranges - Strawberries - Grapes - Cherry tomatoes <p>*Weetabix slice RECIPE - Weet-bix, Flour, Baking Powder, Cocoa Powder, Coconut, Sugar, Golden Syrup, Butter + Vanilla Extract/Essence</p>	<p><u>Morning tea</u> Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Oranges - Strawberries - Grapes - Cherry tomatoes <p>Smoothies - Frozen Berries, Mango, honey, Lactose Free Milk, Cinnamon and Vanilla Extract/Essence</p>	<p><u>Morning tea</u> Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Oranges - Strawberries - Grapes - Cherry tomatoes <p>*Breakfast Slice RECIPE - Rolled Oats, Honey, Flour, Butter, Milk, Vanilla Extract/Essence, Cinnamon, Baking Powder, Jam</p>
	<p><u>Lunch</u></p> <p>*Spinach and ricotta rolls RECIPE - Puff Pastry, Spinach, Ricotta, Garlic, Paprika, Salt + Pepper</p>	<p><u>Lunch</u></p> <p>Sandwiches - Wholemeal bread w/ Cheese, Tomato, Lettuce, Cucumber, Shredded Carrot + Ham and Chicken</p>	<p><u>Lunch</u></p> <p>*Pizza Scrolls RECIPE - Capsicum, Spinach + Pineapple - Ham + Cheese - Ham, Cheese + Veggie NON DAIRY AND MEAT FREE OPTION AVAILABLE</p>	<p><u>Lunch</u></p> <p>Wraps - Wholemeal wraps w/ Cheese, Tomato, Lettuce, Cucumber, Shredded Carrot + Ham and Chicken</p>
	<p><u>Afternoon tea</u> Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Watermelon - Pears - Strawberries - Carrot sticks <p>*Banana bread RECIPE Bananas, Flour, Brown Sugar, Milk, Margarine + Vanilla Extract/Essence</p>	<p><u>Afternoon tea</u> Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Watermelon - Pears - Strawberries - Carrot sticks <p>Grazing Platter Veggie sticks – Cucumber, Carrot + Cherry Tomatoes Crackers – Cheese + Plain Dips - Hummus + Tzatziki</p>	<p><u>Afternoon tea</u> Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Watermelon - Pears - Strawberries - Carrot sticks <p>Baked Beans and Toast - Wholemeal bread - Baked beans</p>	<p><u>Afternoon tea</u> Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Watermelon - Pears - Strawberries - Carrot sticks <p>Popcorn - Lightly Salted</p>



Monday 12th	Tuesday 13th	Wednesday 14th	Thursday 15th	Friday 16th
<p>Morning tea Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Oranges - Strawberries - Grapes - Cherry tomatoes <p>*Muesli Slice RECIPE Oats, Honey, Flour, Coconut Oil, Pumpkin seeds, Sunflower seeds, Cranberries, Dates and Raisins</p>	<p>Morning tea Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Oranges - Strawberries - Grapes - Cherry tomatoes <p>Fruit Yoghurt w/ Cereal - Vanilla + Strawberry Yoghurt - Cheerio's + Weetabix</p>	<p>Morning tea Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Oranges - Strawberries - Grapes - Cherry tomatoes <p>Piklets RECIPE</p>	<p>Morning tea Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Oranges - Strawberries - Grapes - Cherry tomatoes <p>Raisin Toast w/ - Jam (Strawberry + Apricot) - Vegemite - Butter</p>	<p>Morning tea Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Oranges - Strawberries - Grapes - Cherry tomatoes <p>*Cereal Balls RECIPE - Muesli, Honey, Raisins, Milk, Desiccated Coconut, Vanilla Extract/Essence</p>
<p>Lunch</p> <p>Nachos - Corn chips, Salsa, Shredded Cheese, Beans and Avocado Dip</p>	<p>Lunch</p> <p>Salad Wraps - Wholemeal wraps w/ Cheese, Tomato, Lettuce, Cucumber, Shredded Carrot + Ham and Chicken</p>	<p>Lunch</p> <p>Rainbow Pasta RECIPE - Pasta, Pasta Sauce, Carrot, Corn, Celery, Zucchini, Capsicum and Garlic</p>	<p>Lunch</p> <p>Sandwiches - Wholemeal bread w/ Cheese, Tomato, Lettuce, Cucumber, Shredded Carrot + Ham and Chicken</p>	<p>Lunch</p> <p>Zucchini, Carrot and Feta Slice RECIPE</p>
<p>Afternoon tea Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Watermelon - Mandarins - Strawberries - Carrot sticks <p>*Zucchini and Apple Muffins RECIPE</p>	<p>Afternoon tea Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Watermelon - Mandarins - Strawberries - Carrot sticks <p>Popcorn - Lightly salted</p>	<p>Afternoon tea Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Watermelon - Mandarins - Strawberries - Carrot sticks <p>*Raspberry Muffins RECIPE Milk, lemon, flour, baking powder, baking soda, salt, brown sugar, coconut oil, vanilla extract/essence and raspberries</p>	<p>Afternoon tea Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Watermelon - Mandarins - Strawberries - Carrot sticks <p>Jelly - Strawberry - Lime</p>	<p>Afternoon tea Fruit platter with selection of fruit</p> <ul style="list-style-type: none"> - Apples - Watermelon - Mandarins - Strawberries - Carrot sticks <p>*Carrot Cake RECIPE</p>

NOTES:

- TheirCare are a NUT FREE ZONE
- TheirCare are an EGG FREE ZONE
- Gluten Free options are available
- Non Dairy options are available
- Meat Free options are available
- Vegetarian options are available