



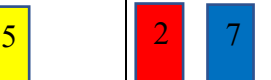


MENU WEEK 1

MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST (8.30-9am)	CHOICE OF CEREALS AND MILK CONTAINS DAIRY	CHOICE OF CEREALS AND MILK CONTAINS DAIRY	CHOICE OF CEREALS AND MILK CONTAINS DAIRY	CHOICE OF CEREALS AND MILK CONTAINS DAIRY	CHOICE OF CEREALS AND MILK CONTAINS DAIRY
MORNING SNACK (10.15-10.45am)	BREAD STICKS & GARLIC DIP CONTAINS DAIRY, EGG & WHEAT	SELECTION OF FRUIT	SELECTION OF FRUIT	SELECTION OF FRUIT	RICE CAKES WITH BUTTER CONTAINS DAIRY & WHEAT
DINNER 12-12.30pm 2.10-2.40pm	CHICKEN CURRY, VEG & BOILED RICE CONTAINS WHEAT & CELERY MILK/WATER	SHEPHERDS PIE WITH HERB TOPPING CONTAINS WHEAT MILK/WATER	PORK DUMPLINGS WITH MUSHROOMS, AND PASTA CONTAINS WHEAT MILK/WATER	NOODLES WITH CHICKEN SWEETCORN, AND PEAS CONTAINS WHEAT MILK/WATER	BEEF PASTA BAKE WITH GARLIC BREAD CONTAINS DAIRY AND WHEAT MILK/WATER
DESSERT	YOGHURTS CONTAINS DAIRY	JELLY & ICE-CREAM CONTAINS DAIRY	FRESH FRUIT	STEWED APPLE & CUSTARD CONTAINS DAIRY	YOGHURT CONTAINS DAIRY
AFTERNOON SNACK (Full time children) (2.10-2.40pm)	BUTTERED CRACKERS & RICE CAKES CONTAINS DAIRY WATER/MILK	BREADSTICKS & DIP CONTAINS DAIRY WATER/MILK	BUTTERED CRACKERS & RICE CAKES CONTAINS DAIRY WATER/MILK	BREADSTICKS & DIP CONTAINS DAIRY WATER/MILK	FRUIT MEDLEY WATER/MILK
TEA (4.00-4.30)	ASSORTED SANDWICHES CONTAINS DAIRY WATER/MILK	CHEESE & CHICKEN SANDWICHES CONTAINS DAIRY, WHEAT WATER/MILK	ASSORTED SANDWICHES CONTAINS WHEAT WATER/MILK	SCONES WITH BUTTER AND JAM CONTAINS DAIRY WATER/MILK	WRAPS WITH HAM & CHEESE CONTAINS DAIRY, WHEAT WATER/MILK
Number Of Servings Per Day					

Meat Protein	Dairy	Fruit/ veg	Bread/cereals/pasta
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MENU WEEK 2

MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST (8.30-9am)	CHOICE OF CEREALS AND MILK CONTAINS DAIRY	CHOICE OF CEREALS AND MILK CONTAINS DAIRY	CHOICE OF CEREALS AND MILK CONTAINS DAIRY	CHOICE OF CEREALS AND MILK CONTAINS DAIRY	CHOICE OF CEREALS AND MILK CONTAINS DAIRY
MORNING SNACK (10.15-10.45am)	BREAD STICKS & GARLIC DIP CONTAINS DAIRY, EGG & WHEAT	SELECTION OF FRUIT	SELECTION OF FRUIT	SELECTION OF FRUIT	RICE CAKES WITH BUTTER CONTAINS DAIRY & WHEAT
DINNER 12-12.30pm 2.10-2.40	SPAGHETTI BOLOGNESE & GARLIC BREAD CONTAINS WHEAT MILK/WATER FRESH FRUIT	ROAST CHICKEN, POTATOES & VEGETABLES CONTAINS WHEAT MILK/WATER BANANAS & CUSTARD CONTAINS DAIRY	SWEET POTATO CURRY WITH SPINACH AND RICE CONTAINS WHEAT MILK/WATER YOGHURT CONTAINS DAIRY	SAVOURY MINCE, VEGETABLES & POTATOES CONTAINS WHEAT MILK/WATER JELLY & ICE-CREAM CONTAINS DAIRY	BEEF CURRY WITH RICE CONTAINS WHEAT MILK/WATER FRESH FRUIT
AFTERNOON SNACK (Full time children) (2.10-2.40pm)	BUTTERED CRACKERS & RICE CAKES CONTAINS DAIRY WATER/MILK	BREADSTICKS & DIP CONTAINS DAIRY WATER/MILK	BUTTERED CRACKERS & RICE CAKES CONTAINS DAIRY WATER/MILK	BREADSTICKS & DIP CONTAINS DAIRY WATER/MILK	FRUIT MEDLEY CONTAINS DAIRY WATER/MILK
TEA (4.00.4.30pm)	ASSORTED SANDWICHES CONTAINS DAIRY WATER/MILK	SCONES WITH BUTTER AND JAM CONTAINS DAIRY WATER/MILK	CHEESE & CHICKEN SANDWICHES CONTAINS DAIRY, WHEAT WATER/MILK	BANANA BREAD CONTAINS WHEAT WATER/MILK	BROWN BREAD SANDWICHES CONTAINS DAIRY, WHEAT WATER/MILK
Number Of Servings Per Day	2 4 3 5	1 4 2 4	2 6 6 4	1 4 2 5	1 4 2 5

Meat Protein

Dairy

Fruit/veg

Bread/cereals

MENU WEEK 3

MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST (8.30-9am)	CHOICE OF CEREALS AND MILK CONTAINS DAIRY	CHOICE OF CEREALS AND MILK CONTAINS DAIRY	CHOICE OF CEREALS AND MILK CONTAINS DAIRY	CHOICE OF CEREALS AND MILK CONTAINS DAIRY	CHOICE OF CEREALS AND MILK CONTAINS DAIRY
MORNING SNACK (10.15-10.45am)	BREAD STICKS & GARLIC DIP CONTAINS DAIRY, EGG & WHEAT	SELECTION OF FRUIT	SELECTION OF FRUIT	SELECTION OF FRUIT	RICE CAKES WITH BUTTER CONTAINS DAIRY & WHEAT
DINNER 12-12.30pm 2.10-2.40	CHILLI CON CARNE & RICE CONTAINS WHEAT MILK/WATER	BACON, TURNIP & MASHED POTATO CONTAINS WHEAT MILK/WATER	CHICKEN & ROASTED VEG CASSEROLE CONTAINS WHEAT MILK/WATER	MINI BURGERS WITH RICE AND VEGETABLES CONTAINS WHEAT MILK/WATER	PASTA, PASSATA, CHIROZO AND PEPPERS CONTAINS DAIRY MILK/WATER
DESSERT	FRESH FRUIT	YOGHURT CONTAINS DAIRY	BANANA BREAD CONTAINS DAIRY, EGG & WHEAT	FRESH FRUIT SALAD & YOGHURT CONTAINS DAIRY	JELLY & ICE-CREAM CONTAINS DAIRY
AFTERNOON SNACK (Full time children) (2.10-2.40pm)	BUTTERED CRACKERS & RICE CAKES CONTAINS DAIRY WATER/MILK	BREADSTICKS & DIP CONTAINS DAIRY WATER/MILK	BUTTERED CRACKERS & RICE CAKES CONTAINS DAIRY WATER/MILK	BREADSTICKS & DIP CONTAINS DAIRY WATER/MILK	FRUIT MEDLEY CONTAINS DAIRY WATER/MILK
TEA (4.00-4.30pm)	ASSORTED SANDWICHES CONTAINS WHEAT WATER/MILK	WRAP WITH HAM & CHEESE CONTAINS WHEAT, DAIRY WATER/MILK	MIXED SANDWICHES ON BROWN BREAD CONTAINS DAIRY & WHEAT WATER/MILK	SCONES WITH BUTTER AND JAM CONTAINS DAIRY WATER/MILK	BANANA BREAD CONTAINS WHEAT WATER/MILK
Number Of Servings Per Day	4 6 3 6	1 8 3 4	2 8 4 4	2 6 6 4	1 8 3 6

Meat Protein	Dairy	Fruit/veg	Bread Cereals
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