

Play and Learn Week One Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fruit Platter	Fruit Platter	Fruit Toast & Fruit SF – no fruit toast	Savoury Platter, meats, cheese & crackers DF- No cheese	Fruit & Vegetable Platter
Lunch	Assorted meat, and salad wraps DF- No cheese SF – Tortilla wraps	Mexican Beef Burrito's w/ beans, corn & rice DF- No cheese SF – Tortilla wraps	Assorted Sandwiches DF- No cheese SF – soy free bread	Beef Chow Mein w/ Cabbage, pea, corn & noodles DF- No cheese SF – Worcestershire	Assorted meat, and salad wraps DF- No cheese SF – Tortilla wraps
Afternoon Tea	Rice cakes w/spreads	Cheese and Cracker platter w/ sultana DF- No cheese	Vegetable Platter, crackers and Dip	Fruit Platter	Rice Cakes & Spreads

Drink- children have access to water thought the day.

Fresh Fruit- will be a combination of Apples, pears, bananas, watermelon and oranges. Seasonal Fruit will also be included.

Assorted Sandwiches will consist of Baked Beans, Vegemite, Honey, Chicken and Cheese, salad, tuna and mayo, salad, Turkey.

V – Vegetarian, DF – Dairy Free, GF – Gluten Free, SF – Soy Free

Play and Learn Week Two Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh Fruit Platter	Crackers, meat, sultana & dip	Fresh fruit Platter	Fresh fruit w/ cheese & crackers	Spaghetti and baked beans on toast
Lunch	Assorted meat, and salad wraps DF- NO cheese SF - Tortilla wraps	Pasta served with a Napoli sauce and Vegetables	Assorted meat, and salad wraps DF- NO cheese SF - Tortilla wraps	Bangers & Mash w/onion gravy & pea's V-Vegetables & Mash	Assorted Sandwiches DF- NO cheese SF - Tortilla wraps
Afternoon Tea	Homemade Apple & Cinnamon Scrolls	Pikelets w/ spreads & fresh fruit DF - rice milk	Savoury Muffins w/ spinach, tomato, zucchini & cheese DF- No cheese	Jelly & Fruit Cups	Homemade Blueberry Muffins & fresh fruit DF - rice milk

Drink- children have access to water thought the day.

Fresh Fruit- will be a combination of Apples, pears, bananas, watermelon and oranges. Seasonal Fruit will also be included.

Assorted Sandwiches will consist of Baked Beans, Vegemite, Honey, Chicken and Cheese, Salad, tuna and mayo, Turkey.

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Play and Learn Week Three Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fruit Platter	Cheese and Cracker platter w/ sultana & dip DF- No cheese & Hummus dip	Fruit Toast & Fruit SF – no fruit toast	Fruit Platter	Fruit & Vegetable Platter & Dip DF- Hummus dip
Lunch	Fish Fingers with Vegetables & mash DF- rice milk	Assorted Sandwiches DF- No cheese SF – soy free bread	Chicken and pumpkin soup with Gnocchi + Bread Sticks V – Vegetarian Pumpkin soup with Gnocchi	Assorted meat, and salad wraps DF- No cheese SF – Tortilla wraps	Beef Lasagne DF – No cheese
Afternoon Tea	Custard and two fruit	Fruit Platter	Yoghurt DF- fruit	Rice cakes w/spreads	Apple and date Bliss Balls

Drink- children have access to water throughout the day.

Fresh Fruit- will be a combination of Apples, pears, bananas, watermelon and oranges. Seasonal Fruit will also be included.

Assorted Sandwiches will consist of Baked Beans, Vegemite, Honey, Chicken and Cheese, salad, tuna and mayo, salad, Turkey.

V – Vegetarian, DF – Dairy Free, GF – Gluten Free, SF – Soy Free

Play and Learn Week Four Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh Fruit Platter	Crackers, meat, sultana & dip	Fresh fruit Platter	Fresh fruit w/ cheese & crackers	Spaghetti and baked beans on toast
Lunch	Grilled Chicken & Mash w/ gravy & vegetables V-Vegetables & Mash	Assorted Sandwiches DF- NO cheese SF - Tortilla wraps	Devilled Sausages with Vege and Mash DF- rice milk	Assorted meat, and salad wraps DF- NO cheese SF - Tortilla wraps	Beef Enchilada DF- NO cheese
Afternoon Tea	Savoury Platter, meats, cheese & crackers & dip DF- No cheese & hummus dip	Pikelets w/ spreads DF - rice milk	Savoury Muffins w/ spinach, tomato, zucchini & cheese DF- No cheese	Jelly & Fruit Cups	Homemade Blueberry Muffins DF - rice milk

Drink- children have access to water thought the day.

Fresh Fruit- will be a combination of Apples, pears, bananas, watermelon and oranges. Seasonal Fruit will also be included.

Assorted Sandwiches will consist of Baked Beans, Vegemite, Honey, Chicken and Cheese, Salad, tuna and mayo, Turkey.

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