

Play and Learn Week One Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fruit & Vegie Platter	Fresh fruit & Vegie Platter	Fresh fruit & Vegie platter	Fruit Toast & Spreads & Fruit GF Fresh fruit	Fresh fruit & Vegie Platter
Lunch	Assorted Sandwiches or Wraps GF- Bread/Wraps	Mexican Beef Burrito's w/ beans, corn & rice GF- wraps DF- No cheese V- No Beef Burrito's	Assorted Sandwiches or Wraps GF- Bread/Wraps	Combination Chow Mein w/ Cabbage, pea, corn & noodles V- Vegetarian Chow Mein	Assorted Sandwiches or wraps GF- Bread/Wraps
Afternoon Tea	Sultana fruit Scones w/spreads	Cheese and Cracker platter w/ Dried apricot, sultana & Dates DF- No cheese	Savoury Muffins w/ tomato, zucchini, onion & fresh herbs	Savoury Platter, meats, cheese & crackers DF- No cheese	Rice Cakes & Spreads

Drink- Milk is offered with both Morning Tea and Lunch, children have access to water throughout the day and with Afternoon Tea.

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

Play and Learn Week Two Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh Fruit Platter	Fresh Fruit and Veggie Platters	Fresh Fruit Platter	Fresh Fruit and Veggie Platters	Savoury Platter, meats, cheese & crackers DF- No cheese
Lunch	Spaghetti with a vegetable tomato sauce	Wraps with cold meats and salads GF - Gluten Free Bread	Devilled Sausages with Vege and Mash V - Falafel w/ vegie & Mash	Assorted Sandwiches GF - Gluten Free Bread	Chicken strips with dipping sauce & Vege sticks
Afternoon Tea	Cheese and Crackers	Banana Bread DF & GF - Allergy Muffins	Vege Platter with cubed Cheese and Crackers DF - no cheese	Vege Wedges W/ a sweet chilli dip	Fruit and Vege Platter

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

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Play and Learn Week Three Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh Fruit Platter	Crackers w/ a trio of dips Dried apricot, sultana & date	Fresh fruit Platter	Fresh fruit w/ cheese & crackers	Spaghetti and baked beans on toast
Lunch	Assorted Sandwiches or Wraps GF-Bread/Wraps	Lasagne w/ mixed vegies DF & V Tomato pasta bake	Assorted Sandwiches or Wraps GF-Bread/Wraps	Bangers & Mash w/onion gravy & pea's V-Vegetables & Mash	Assorted Sandwiches or Wraps GF-Bread/Wraps
Afternoon Tea	Homemade Apple & Cinnamon Scrolls GF – Gluten Free Pastry	Fresh Fruit Platter	Savoury Muffins w/ spinach, tomato, zucchini & cheese DF- No cheese	Apple and Date Bliss Balls	Homemade Blueberry Muffins

Drink- Milk is offered with both Morning Tea and Lunch, children have access to water throughout the day and with Afternoon Tea.

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.

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Play and Learn Week Four Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh Fruit Platter	Fresh Fruit & Veggie Platter	Muesli with Yoghurt DF – Allergy Muffin	Fresh Fruit & Veggie Platter	Fresh Fruit & Veggie Platter
Lunch	Sausage Rolls w/mixed vegie V – No Beef GF- Gluten Free Pastry	Assorted Wraps and sandwiches GF – Gluten Free Bread	Honey Soy Chicken stir fry w/ Brown Rice & Vege V – Honey Soy Stir-fry	Assorted Wraps and sandwiches GF – Gluten Free Bread	Vegetable Fritters w/ smashed Garlic Potatoes and Fresh Herbs
Afternoon Tea	Vegie sticks, cheese and crackers	Apple and Date Bliss Balls	Fresh Fruit Platter	Banana & Blueberry Cake – DF & GF Allergy Muffin	Rices cakes & spreads

Drink- Milk is offered with both Morning Tea and Lunch, children have access to water thought the day and with Afternoon Tea.

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.

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