

Sample Menu 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Vegetable & fruit platter	Fruit and yoghurt	Fruit, yoghurt & muesli	Vegetable & fruit platter	Fruit & cheese platter
Lunch	Assorted sandwiches <i>Salad</i> <i>Cheese</i> <i>Poached chicken</i>	Baked chicken & vegetable risotto	Pork or beef stir-fry with vegetables and noodles	Beef mince & bean burgers <i>Burger patties made onsite with lean mince and red kidney beans, served on wholemeal rolls with salad and cheese</i>	Assorted sandwiches <i>Salad</i> <i>Ham</i> <i>Egg</i> <i>Tuna</i>
Afternoon Tea	Banana pikelets <i>No added sugar</i>	Vegetable muffins	Crackers, cheese, tomato, cucumber	Corn cobs	Vegetable sticks, hummus dip and rice cakes