



## Woodlands Summer/Autumn menu



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <b>6.30am-8am</b>	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk
<b>Morning Tea</b> <b>9am-10am</b>	Seasonal Fresh Fruit Served with Milk, yoghurt or a fruit smoothie. Served with either English muffins with vegemite or fruit bread.	Seasonal Fresh Fruit Served with Milk, yoghurt or a fruit smoothie. Served with either English muffins with vegemite or fruit bread.	Seasonal Fresh Fruit Served with Milk, yoghurt or a fruit smoothie. Served with either English muffins with vegemite or fruit bread.	Seasonal Fresh Fruit Served with Milk, yoghurt or a fruit smoothie. Served with either English muffins with vegemite or fruit bread.	Seasonal Fresh Fruit Served with Milk, yoghurt or a fruit smoothie. Served with either English muffins with vegemite or fruit bread.
<b>Lunch</b> Served with apple and cheese or a selection of fruit (orange, apple, pear) <b>11am-1pm</b>	<b>Penne Bolognaise</b> Beef, passata, carrot, celery, brown pasta.  <b>Penne Lentil Bolognese (V)</b> Lentils, passata, carrot, celery, brown pasta	<b>Chicken Stir Fry with Rice</b> Chicken, cabbage, capsicum, corn, beans, brown rice  <b>Tofu Stir Fry with Rice (V)</b> Tofu, capsicum, corn, beans, brown rice	<b>Assorted Sandwiches (V)</b> Brown bread, cheese, hummus Selection of lettuce, tomato, shredded chicken, ham (optional)	<b>Moroccan Lamb Meatballs with Mashed Potato</b> Lamb, cheese, potato, corn, peas.  <b>Cheese Veggie Balls (V)</b> Cheese, potato, corn, peas, chickpeas	<b>Crumbed Fish with Roasted Veggie Chips</b> Fish, carrot, sweet potato, pumpkin, potato.  <b>Crumbed Tofu with Roasted Veggie Chips (V)</b> Tofu, carrot, sweet potato, pumpkin, potato
<b>Afternoon Tea</b> <b>2pm-3pm</b>	<b>Savoury Platter</b> Selection of cucumber, carrot, celery, sultanas, dried apricots, cheese, plain crackers rice/corn cakes, dip	<b>Weetbix Banana Cinnamon Cookies</b> Weetbix, banana, cinnamon Served with Milk	<b>Vegetable and Cheese Platter</b> Selection of carrot, yellow capsicum, green capsicum, apple, tasty cheese, plain crackers, rice/corn cakes, dip	<b>Fruit Salad with Yoghurt</b> Selection of fruit with yoghurt and rolled oats or a weetbix granola	<b>Mixed Berry Muffins</b> Mixed berries, banana, yoghurt, coconut
<b>Late Snack (If children)</b> <b>5/5.30-6pm</b>	Seasonal Fresh Fruit + Leftover afternoon tea	Seasonal Fresh Fruit + Leftover afternoon tea	Seasonal Fresh Fruit + Leftover afternoon tea	Seasonal Fresh Fruit + Leftover afternoon tea	Seasonal Fresh Fruit + Leftover afternoon tea



## Woodlands Summer/Autumn menu

Healthy  
Eating  
Advisory  
Service

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <b>6.30am-8am</b>	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk
<b>Morning Tea</b> <b>9am-10am</b>	Seasonal Fresh Fruit Served with Milk, yoghurt or a fruit smoothie. Served with either English muffins with vegemite or fruit bread.	Seasonal Fresh Fruit Served with Milk, yoghurt or a fruit smoothie. Served with either English muffins with vegemite or fruit bread.	Seasonal Fresh Fruit Served with Milk, yoghurt or a fruit smoothie. Served with either English muffins with vegemite or fruit bread.	Seasonal Fresh Fruit Served with Milk, yoghurt or a fruit smoothie. Served with either English muffins with vegemite or fruit bread.	Seasonal Fresh Fruit Served with Milk, yoghurt or a fruit smoothie. Served with either English muffins with vegemite or fruit bread.
<b>Lunch</b> Served with apple and cheese or a selection of fruit (orange, apple, pear) <b>11am-1pm</b>	<b>Chicken Chow Mein Noodles</b> Chicken, corn, peas, carrot, beans, rice noodles or hokkien noodles. <b>Tofu Chow Mein Noodles (V)</b> Tofu, corn, carrot, peas, beans, rice noodles or hokkien noodles.	<b>Beef and Kidney Bean Chilli Con Carne with rice.</b> Beef, onion, tomato, kidney beans, capsicum.  <b>Kidney Bean Chilli Con Carne with rice (V)</b> Onion, tomato, kidney beans, capsicum.	<b>Tuna, Tomato &amp; Spinach Bake.</b> Tuna, pasta, spinach, tomato, cheese with creamy sauce.  <b>Tomato &amp; Spinach Bake (V)</b> Spinach, black beans, pasta, tomato, cheese.	<b>Penne Napoli (V)</b> Pasta, passata, onion, lentils, zucchini, carrot.	<b>Lamb kofta with bean salad and Rice.</b> Lamb, brown rice, kidney beans, corn, peas, capsicum, tomato, cucumber, parsley and rice <b>Tofu with Rice and Beans.</b> Tofu, brown rice, kidney beans, corn, peas, capsicum and rice.
<b>Afternoon Tea</b> <b>2pm-3pm</b>	<b>Coconut &amp; Sultana Cookies</b> Coconut, sultanas, golden syrup Served with Milk	<b>Dip and Veggie Platter</b> Selection of carrot, cucumber, celery, hummus dip, banana, tasty cheese, plain crackers, rice/corn cakes, dip	<b>Savoury Platter</b> Selection of cucumber, carrot, celery, sultanas, dried apricots, cheese, crackers, dip	<b>Oven Roasted Crunchy Veggie Chips with Cheese Dip.</b> Sweet potato, potato, carrot, ricotta cheese	<b>Apple &amp; Oat Muffins.</b> Apple, oats Served with Milk
<b>Late Snack (If children)</b> <b>5/5.30-6pm</b>	Seasonal Fresh Fruit + Leftover afternoon tea	Seasonal Fresh Fruit + Leftover afternoon tea	Seasonal Fresh Fruit + Leftover afternoon tea	Seasonal Fresh Fruit + Leftover afternoon tea	Seasonal Fresh Fruit + Leftover afternoon tea



## Woodlands Summer/Autumn menu



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <b>6.30am-8am</b>	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk
<b>Morning Tea</b> <b>9am-10am</b>	Seasonal Fresh Fruit Served with Milk, yoghurt or a fruit smoothie. Served with either English muffins with vegemite or fruit bread.	Seasonal Fresh Fruit Served with Milk, yoghurt or a fruit smoothie. Served with either English muffins with vegemite or fruit bread.	Seasonal Fresh Fruit Served with Milk, yoghurt or a fruit smoothie. Served with either English muffins with vegemite or fruit bread.	Seasonal Fresh Fruit Served with Milk, yoghurt or a fruit smoothie. Served with either English muffins with vegemite or fruit bread.	Seasonal Fresh Fruit Served with Milk, yoghurt or a fruit smoothie. Served with either English muffins with vegemite or fruit bread.
<b>Lunch</b> Served with apple and cheese or a selection of fruit (orange, apple, pear). <b>11am-1pm</b>	<b>Vegetable Fried Rice (V)</b> Brown rice, beans, carrot, corn, peas, capsicum, soy sauce.	<b>Beef and Noodle Stir Fry</b> Beef, carrot, bok choy <b>Tofu and Noodle Stir Fry (V)</b> Chicken, corn, peas, tomato, rice.	<b>Chicken, Capsicum &amp; Spinach casserole.</b> Chicken, pasta, capsicum, spinach, <b>Lentil, Capsicum &amp; Spinach casserole (V)</b> Brown lentils, pasta, capsicum, spinach	<b>Tuna and vegetable pasta.</b> Tuna, frozen spinach, passata sauce, basil, onion, zucchini, broccoli <b>Vegetable pasta (V)</b> Frozen spinach, passata sauce, basil, onion, zucchini, broccoli	<b>Beef Fajitas</b> Beef, capsicum, red kidney beans, rice, onion with pittas <b>Bean Fajitas (V)</b> Red kidney beans, capsicum, rice, onion with pittas.
<b>Afternoon Tea</b> <b>2pm-3pm</b>	<b>Spinach &amp; Cheese Muffins</b> Spinach, yoghurt, cheese Served with Corn Cakes	<b>Savoury Platter</b> Selection of cucumber, carrot, celery, sultanas, dried apricots, tasty cheese, plain crackers, rice/corn cakes, dip	<b>Basic Butter Cake</b> Milk, butter, flour Served with Milk and apples and oranges	<b>Crunchy Sticks with Dip</b> Cucumber, carrot, celery, capsicum, apple, tasty cheese, plain crackers, rice/corn cakes, dip.	<b>Zucchini Slice</b> Zucchini, cheese, carrot
<b>Late Snack (If children)</b> <b>5/5.30-6pm</b>	Seasonal Fresh Fruit + Leftover afternoon tea	Seasonal Fresh Fruit + Leftover afternoon tea	Seasonal Fresh Fruit + Leftover afternoon tea	Seasonal Fresh Fruit + Leftover afternoon tea	Seasonal Fresh Fruit + Leftover afternoon tea



## Woodlands Summer/Autumn menu



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <b>6.30am-8am</b>	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk
<b>Morning Tea</b> <b>9am-10am</b>	Seasonal Fresh Fruit Served with Milk, yoghurt or a fruit smoothie. Served with either English muffins with vegemite or fruit bread.	Seasonal Fresh Fruit Served with Milk, yoghurt or a fruit smoothie. Served with either English muffins with vegemite or fruit bread.	Seasonal Fresh Fruit Served with Milk, yoghurt or a fruit smoothie. Served with either English muffins with vegemite or fruit bread.	Seasonal Fresh Fruit Served with Milk, yoghurt or a fruit smoothie. Served with either English muffins with vegemite or fruit bread.	Seasonal Fresh Fruit Served with Milk, yoghurt or a fruit smoothie. Served with either English muffins with vegemite or fruit bread.
<b>Lunch</b>  Served with apple and cheese or a selection of fruit (orange, apple, pear) <b>11am-1pm</b>	<b>Beef and Bean Pasta Bake</b> Beef, tomato, kidney beans, pasta <b>Bean Pasta Bake (V)</b> Kidney beans, tomato, pasta, zucchini	<b>Assorted Pizzas (V)</b> Pita bread, tomato paste, cheese Selection of spinach, capsicum, shredded ham, olives	<b>Tuna Pasta Salad</b> Tuna, pasta, corn, tomato, lettuce, cheese <b>Pasta Salad with Red Kidney Beans (V)</b> Red kidney beans, pasta, corn, tomato, lettuce, cheese	<b>Beef Fried Rice (V)</b> Beef, corn, carrot, spring onion, broccoli <b>Tofu Fried Rice (V)</b> Tofu, corn, carrot, spring onion, broccoli	<b>Vegetable Curry with Rice (V)</b> Lentil, potato, green beans, zucchini, carrot, yoghurt, passata, coconut milk, brown rice.
<b>Afternoon Tea</b> <b>2pm-3pm</b>	<b>Anzac Biscuits</b> Oats, coconut, golden syrup, flour Served with Milk and slices apples	<b>Savoury Platter</b> Selection of cucumber, carrot, celery, tasty cheese, plain crackers, rice/corn cakes, dip	<b>Cheese &amp; Vegemite English Muffins</b> English Muffins, vegemite, cheese	<b>Assorted Sandwiches</b> Vegemite, cheese, jam	<b>Savoury Platter</b> Selection of cucumber, carrot, celery, sultanas, dried apricots, tasty cheese, plain crackers, rice/corn cakes, dip
<b>Late Snack (If children)</b> <b>5/5.30-6pm</b>	Seasonal Fresh Fruit + Leftover afternoon tea	Seasonal Fresh Fruit + Leftover afternoon tea	Seasonal Fresh Fruit + Leftover afternoon tea	Seasonal Fresh Fruit + Leftover afternoon tea	Seasonal Fresh Fruit + Leftover afternoon tea