

Day Menu 1	Morning tea	Lunch	Afternoon Tea	
MONDAY	Raison Toast Fresh fruit Choice of milk or water	Spaghetti Bolognese & vegies zucchini, carrot, onion, peas & corn Garlic bread	Wholegrain rice Crackers with tomato cucumber & cheese Choice of milk or water	<i>Total Daily intake</i> <input type="checkbox"/> 1 meat/sub <input type="checkbox"/> 3 vegetables <input type="checkbox"/> 1 fruit <input type="checkbox"/> 3 BCR <input type="checkbox"/> 3 dairy
<i>Serves provided for this day</i>	1 BCR ½ fruit 1 dairy	1 red meat 2 vegetable 1 BCR	1 BCR 1 veg ½ fruit 2 dairy	
TUESDAY	Wholemeal toast with Spread Fresh Fruit Choice of milk or water	Sweet 'n' Sour Chicken & Rice with tomato, corn, carrot, zucchini & cannelloni beans Yoghurt	Cheese & Spinach Puff Pastry Twists Fresh Fruit Choice of milk or water	<i>Total Daily intake</i> <input type="checkbox"/> 1 meat/sub <input type="checkbox"/> 3 vegetables <input type="checkbox"/> 1 fruit <input type="checkbox"/> 3 BCR <input type="checkbox"/> 3 dairy
<i>Serves provided for this day</i>	1 BCR ½ fruit 1 dairy	1 white meat 1 BCR 2 vegetable 1 dairy	1 dairy 1 BCR ½ fruit 1 vegetable	
WEDNESDAY	Pikelets Fresh Fruit Choice of milk or water	Cheesy Broccoli Mornay with peas, corn, carrots, chick peas & pasta Wholemeal bread sticks	Orange Loaf Choice of milk or water	<i>Total Daily intake</i> <input type="checkbox"/> 1 meat/sub <input type="checkbox"/> 3 vegetables <input type="checkbox"/> 1 fruit <input type="checkbox"/> 3 BCR <input type="checkbox"/> 3 Dairy
<i>Serves provided for this day</i>	1 BCR ½ fruit 1 dairy	1 meat sub 1 dairy 3 vegetable 2 BCR	½ fruit 1 dairy 1 BCR	
THURSDAY	Muffins with Vegemite Choice of milk or water	Beef and Pasta bake with cauliflower, potato, peas, corn, kidney beans & cheese Fresh Fruit Platter (babies pureed fruit)	Bread triangles with vegemite Choice of milk or water	<i>Total Daily intake</i> <input type="checkbox"/> 1 meat/sub <input type="checkbox"/> 3 vegetables <input type="checkbox"/> 1 fruit <input type="checkbox"/> 3 BCR <input type="checkbox"/> 3 Dairy
<i>Serves provided for this day</i>	1 BCR 1 dairy	1 meat sub 1 fruit 3 vegetable 1 dairy 1 BCR	1 vegetable 1 BCR 1 dairy	
FRIDAY	Cheese & Wholegrain Rice Crackers Fresh Fruit Choice of milk or water	Tuna Mornay with Brown Rice and asparagus, tomato, cauliflower, peas, corn, carrots Fruit and Custard	Lavish Bread with tomato & carrot Water to drink	<i>Total Daily intake</i> <input type="checkbox"/> 1 meat/sub <input type="checkbox"/> 3 vegetables <input type="checkbox"/> 1 fruit <input type="checkbox"/> 3 BCR <input type="checkbox"/> 3 Dairy
<i>Serves provided for this day</i>	2 dairy 1 BCR ½ fruit	1 white meat 1 BCR 2 vegetable ½ fruit 1 dairy	1 BCR 1 vegetable	

- For children over 3 years 2 extra serves of BCR & vegetables are available every day.
- Additional Snack for Elder St = Breakfast of Weetbix & milk on offer between 7-7.45am or late afternoon tea of a BCR product is on offer between 5.00-5.30pm
- Children over 2 years are served fat reduced milk

Day Menu 2	Morning tea	Lunch	Afternoon Tea	Total Daily intake
MONDAY	Crumpets with vegemite Fresh fruit Choice of milk or water	Curried chicken with rice, corn, peas, carrot, broccoli, cauliflower & cannelloni beans Yoghurt	Wholemeal lavish bread with vegemite Fresh fruit Choice of milk or water	<input type="checkbox"/> 1 meat/sub <input type="checkbox"/> 3 vegetables <input type="checkbox"/> 1 fruit <input type="checkbox"/> 3 BCR <input type="checkbox"/> 3 Dairy
<i>Serves provided for this day</i>	<i>1 BCR ½ fruit 1 dairy</i>	<i>1 white meat 3 vegetable 1 BCR 1 dairy</i>	<i>1 BCR ½ fruit 1 dairy</i>	
TUESDAY	Wholemeal English muffins with vegemite Fresh fruit Choice of milk or water	Pasta Roma with tomato, corn, peas, carrot, broccoli & cauliflower Fresh fruit platter	Wholemeal ham sandwiches Tomato & Cucumber pieces Choice of milk or water	<input type="checkbox"/> 1 meat/sub <input type="checkbox"/> 3 vegetables <input type="checkbox"/> 1 fruit <input type="checkbox"/> 3 BCR <input type="checkbox"/> 3 Dairy
<i>Serves provided for this day</i>	<i>1 BCR ½ fruit 1 dairy</i>	<i>1 BCR 2 vegetable 1 dairy ½ fruit</i>	<i>1 red meat 1 dairy 1 BCR 1 vegetable</i>	
WEDNESDAY	Raison toast Choice of milk or water	Spinach Ham & Cheese macaroni with corn, peas, carrot & cauliflower Fruit smoothies with milk & yoghurt	Corn thins with vegemite and tomato & Cucumber Water to drink	<input type="checkbox"/> 1 meat/sub <input type="checkbox"/> 3 vegetables <input type="checkbox"/> 1 fruit <input type="checkbox"/> 3 BCR <input type="checkbox"/> 3 dairy
<i>Serves provided for this day</i>	<i>1 BCR 1 dairy ½ fruit</i>	<i>1 red meat 2 dairy 2 vegetable 1 BCR & ½ fruit</i>	<i>1 vegetable 1 BCR</i>	
THURSDAY	Wholemeal pikelets Fresh fruit Choice of milk or water	Tuna mornay with rice and asparagus, tomato, cauliflower, corn, peas, carrot, broccoli & cheese Bread sticks	Wholemeal bread triangles with sliced tomato Fresh fruit Choice of milk or water	<input type="checkbox"/> 1 meat/sub <input type="checkbox"/> 3 vegetables <input type="checkbox"/> 1 fruit <input type="checkbox"/> 3 BCR <input type="checkbox"/> 3 Dairy
<i>Serves provided for this day</i>	<i>1 BCR 1 dairy ½ fruit</i>	<i>1 white meat 2 vegetable 2 BCR 1 dairy</i>	<i>1 vegetable 1 BCR 1 dairy ½ fruit</i>	
FRIDAY	Wholemeal bread triangles with vegemite Fresh fruit Choice of milk or water	Savoury mince with pasta, potato, pumpkin, carrot, corn, peas & red kidney beans Jelly & Custard	Wholegrain rice crackers with cheese, tomato & Cucumber Choice of milk or water	<input type="checkbox"/> 1 meat/sub <input type="checkbox"/> 3 vegetables <input type="checkbox"/> 1 fruit <input type="checkbox"/> 3 BCR <input type="checkbox"/> 3 Dairy
<i>Serves provided for this day</i>	<i>1 dairy 1 BCR 1 fruit</i>	<i>1 red meat 1 BCR 2 vegetable 1 dairy</i>	<i>1 BCR 1 dairy 1 vegetable</i>	

- For children over 3 years 2 extra serves of BCR & vegetables are available every day.
- Additional Snack for Elder St = Breakfast of Weetbix & milk on offer between 7-7.45am or late afternoon tea of a BCR product is on offer between 5.00-5.30pm
- Children over 2 years are served fat reduced milk

Day Menu 3	Morning tea	Lunch	Afternoon Tea	
MONDAY	Crumpets with vegemite Fresh fruit Choice of milk or water	Tuna Mornay with tomato, asparagus, cauliflower, peas, corn & carrot Custard and Jelly	Cheese/vegemite wholemeal sandwiches Cherry tomato & cucumber Choice of milk or water	<i>Total Daily intake</i> <input type="checkbox"/> 1 meat/sub <input type="checkbox"/> 3 vegetables <input type="checkbox"/> 1 fruit <input type="checkbox"/> 3 BCR <input type="checkbox"/> 3 Dairy
<i>Serves provided for this day</i>	1 BCR 1 fruit 1 dairy	1 white meat 2 vegetables 1 dairy 1 BCR	1 BCR 1 dairy 1 veg	
TUESDAY	Bread triangles with vegemite Choice of milk or water	Moussaka with pasta, eggplant, carrot, peas, corn, tomato & cheese Fresh fruit platter	Wholegrain rice crackers & salsa dip Vegetable sticks Choice of milk or water	<i>Total Daily intake</i> <input type="checkbox"/> 1 meat/sub <input type="checkbox"/> 3 vegetables <input type="checkbox"/> 1 fruit <input type="checkbox"/> 3 BCR <input type="checkbox"/> 3 Dairy
<i>Serves provided for this day</i>	1 BCR 1 dairy	1 red meat 1 BCR 2 vegetable 1 fruit 1 dairy	1 BCR 1 vegetable 1 dairy	
WEDNESDAY	Muffins with vegemite Fresh fruit Choice of milk or water	Saucy chicken and vegetable loaf with zucchini, pumpkin, celery, tomato, peas, corn, carrot & brown rice Custard	Lavish bread with vegemite Fresh fruit Choice of milk or water	<i>Total Daily intake</i> <input type="checkbox"/> 1 meat/sub <input type="checkbox"/> 3 vegetables <input type="checkbox"/> 1 fruit <input type="checkbox"/> 3 BCR <input type="checkbox"/> 3 Dairy
<i>Serves provided for this day</i>	1 BCR ½ fruit 1 dairy	1 white meat 3 vegetable 1 BCR 1 dairy	½ fruit 1 dairy 1 BCR	
THURSDAY	Vegemite on toast Fresh fruit Choice of milk or water	Vegetable Pasta bake with potato, pumpkin, carrot, peas, corn, zucchini, spinach Yoghurt	Ham sandwiches Fresh fruit Choice of milk or water	<i>Total Daily intake</i> <input type="checkbox"/> 1 meat/sub <input type="checkbox"/> 3 vegetables <input type="checkbox"/> 1 fruit <input type="checkbox"/> 3 BCR <input type="checkbox"/> 3 Dairy
<i>Serves provided for this day</i>	1 BCR 1 dairy ½ fruit	3 vegetable 1 dairy 1 BCR	½ fruit 1 BCR 1 dairy	
FRIDAY	Corn thins with vegemite Fresh fruit Choice of milk or water	Ham & Spinach slice with carrot, peas, corn, potato, pumpkin & chick peas Yoghurt	Orange Loaf Cherry tomato, carrot & cucumber platter Choice of milk or water	<i>Total Daily intake</i> <input type="checkbox"/> 1 meat/sub <input type="checkbox"/> 3 vegetables <input type="checkbox"/> 1 fruit <input type="checkbox"/> 3 BCR <input type="checkbox"/> 3 Dairy
<i>Serves provided for this day</i>	1 dairy 1 BCR 1 fruit	1 red meat 2 vegetable 1 dairy 1 BCR	1 BCR 1 veg 1 dairy	

- For children over 3 years 2 extra serves of BCR & vegetables are available every day.
- Additional Snack for Elder St = Breakfast of Weetbix & milk on offer between 7-7.45am or late afternoon tea of a BCR product is on offer between 5.00-5.30pm
- Children over 2 years are served fat reduced milk

Day Menu 4	Morning tea	Lunch	Afternoon Tea	
MONDAY	Raison Toast Fresh fruit Choice of milk or water	Shepherds Pie with potatoes, tomatoes, peas, carrots, corn, zucchini, spinach & cheese Custard	Rice cakes with vegemite Tomato & cucumber Choice of milk or water	<i>Total Daily intake</i> <input type="checkbox"/> 1 meat/sub <input type="checkbox"/> 3 vegetables <input type="checkbox"/> 1 fruit <input type="checkbox"/> 3 BCR <input type="checkbox"/> 3 dairy
<i>Serves provided for this day</i>	<i>1 BCR ½ fruit 1 dairy</i>	<i>1 red meat 2 vegetable 1 BCR 1 dairy</i>	<i>1 BCR ½ fruit 1 dairy 1 vegetable</i>	
TUESDAY	English muffins with vegemite Choice of milk or water	Creamy Tuna wholemeal pasta & cauliflower, peas, carrot, corn & cheese Fruit platter	Cheese savoury scones Tomato & cucumber platter Water to drink	<i>Total Daily intake</i> <input type="checkbox"/> 1 meat/sub <input type="checkbox"/> 3 vegetables <input type="checkbox"/> 1 fruit <input type="checkbox"/> 3 BCR <input type="checkbox"/> 3 dairy
<i>Serves provided for this day</i>	<i>1 BCR 1 dairy</i>	<i>1 white meat 1 BCR 2 vegetable & 1 fruit 1 dairy</i>	<i>1 red meat 1 dairy 1 BCR 1 vegetable</i>	
WEDNESDAY	Pikelets Fresh fruit Choice of milk or water	Indian Curry Vegetable Pasties with chick Peas, corn, peas, carrot, zucchini & spinach Yoghurt	Beetroot dip and wholegrain rice crackers Fresh fruit Choice of milk or water	<i>Total Daily intake</i> <input type="checkbox"/> 1 meat/sub <input type="checkbox"/> 3 vegetables <input type="checkbox"/> 1 fruit <input type="checkbox"/> 3 BCR <input type="checkbox"/> 3 dairy
<i>Serves provided for this day</i>	<i>1 BCR ½ fruit 1 dairy</i>	<i>1 dairy 3 vegetable 1 BCR 1 meat sub</i>	<i>1 vegetable 1 dairy 1 BCR ½ fruit</i>	
THURSDAY	Crumpets with vegemite Fresh fruit Choice of milk or water	Chicken & wholemeal pasta bake with tomatoes, carrots, peas, spinach & cheese Custard	Ricotta cheese & Spinach pastry twists Fresh fruit Water to drink	<i>Total Daily intake</i> <input type="checkbox"/> 1 meat/sub <input type="checkbox"/> 3 vegetables <input type="checkbox"/> 1 fruit <input type="checkbox"/> 3 BCR <input type="checkbox"/> 3 dairy
<i>Serves provided for this day</i>	<i>1 BCR 1 dairy ½ fruit</i>	<i>1 white meat 2 vegetable 2 dairy 1 BCR</i>	<i>1 BCR ½ fruit 1 veg</i>	
FRIDAY	Wholemeal bread with vegemite Fresh fruit Choice of milk or water	Baked beans & cheese with potato, pumpkin, peas, carrot, corn, & squash Fresh bread	Carrot, Zucchini & Date Cake Choice of milk or water	<i>Total Daily intake</i> <input type="checkbox"/> 1 meat/sub <input type="checkbox"/> 3 vegetables <input type="checkbox"/> 1 fruit <input type="checkbox"/> 3 BCR <input type="checkbox"/> 3 dairy
<i>Serves provided for this day</i>	<i>1 dairy 1 BCR ½ fruit</i>	<i>1 meat substitute 1 BCR 2 vegetable 1 dairy</i>	<i>1 BCR ½ fruit 1 vegetable 1 dairy</i>	

- For children over 3 years 2 extra serves of BCR & vegetables are available every day.
- Additional Snack for Elder St = Breakfast of Weetbix & milk on offer between 7-7.45am or late afternoon tea of a BCR product is on offer between 5.00-5.30pm
- Children over 2 years are served fat reduced milk

Day Menu 5	Morning tea	Lunch	Afternoon Tea	
MONDAY	Crumpets Fresh fruit Choice of milk or water	Pasta Roma with tomato, corn, peas, carrot, broccoli & cauliflower Yoghurt	Ham Sandwiches Cherry tomatoes & carrots Choice of milk or water	<i>Total Daily intake</i> <input type="checkbox"/> 1 meat/sub <input type="checkbox"/> 3 vegetables <input type="checkbox"/> 1 fruit <input type="checkbox"/> 3 BCR <input type="checkbox"/> 2 Dairy
<i>Serves provided for this day</i>	<i>1 BCR ½ fruit serve 1 dairy serve</i>	<i>2 vegetable serve 1 BCR 1 dairy</i>	<i>1 BCR 1 red meat 1 dairy serve 1 vegetable</i>	
TUESDAY	Pear & Banana Muffins Choice of Milk or water	Oodles of noodles with tuna cheese & cauliflower, peas, corn, carrots Jelly & Fruit	Corn thins with vegemite Cherry tomatoes & cucumber Choice of milk or water	<i>Total Daily intake</i> <input type="checkbox"/> 1 meat/sub <input type="checkbox"/> 3 vegetables <input type="checkbox"/> 1 fruit <input type="checkbox"/> 3 BCR <input type="checkbox"/> 2 Dairy
<i>Serves provided for this day</i>	<i>1 BCR 1 dairy 1 fruit</i>	<i>1 white meat 1 BCR 2 vegetable & 1 fruit 1 dairy</i>	<i>1 dairy 1 BCR 1 vegetable 1 dairy</i>	
WEDNESDAY	Raison Toast Fresh Fruit Choice of milk or water	Cheesy Ham Broccoli Mornay with corn, peas, carrot, spinach & pasta Custard	Bread triangles Fresh fruit Choice of milk or water	<i>Total Daily intake</i> <input type="checkbox"/> 1 meat/sub <input type="checkbox"/> 3 vegetables <input type="checkbox"/> 1 fruit <input type="checkbox"/> 3 BCR <input type="checkbox"/> 2 Dairy
<i>Serves provided for this day</i>	<i>1 BCR ½ fruit 1 dairy</i>	<i>1 dairy 3 vegetable 1 BCR</i>	<i>½ fruit 1 dairy 1 BCR</i>	
THURSDAY	Muffins with Vegemite Fresh fruit Choice of milk or water	Zucchini Ham Slice & peas, carrots, corn, potato, pumpkin & squash Fresh bread and butter	Cheese with wholegrain rice crackers Fresh fruit Choice of milk or water	<i>Total Daily intake</i> <input type="checkbox"/> 1 meat/sub <input type="checkbox"/> 3 vegetables <input type="checkbox"/> 1 fruit <input type="checkbox"/> 3 BCR <input type="checkbox"/> 2 Dairy
<i>Serves provided for this day</i>	<i>1 BCR 1 dairy ½ fruit</i>	<i>1 red meat 3 vegetable 1 BCR</i>	<i>1 BCR 1 dairy ½ fruit</i>	
FRIDAY	Pikelets Fresh fruit Choice of milk or water	Saucy Chicken & Vegetable Loaf with tomato, celery, peas, corn, carrot, zucchini, pumpkin & brown rice Yoghurt	Lavish bread with vegemite Fresh fruit Choice of milk or water	<i>Total Daily intake</i> <input type="checkbox"/> 1 meat/sub <input type="checkbox"/> 3 vegetables <input type="checkbox"/> 1 fruit <input type="checkbox"/> 3 BCR <input type="checkbox"/> 2 Dairy
<i>Serves provided for this day</i>	<i>1 dairy 1 BCR ½ fruit</i>	<i>1 white meat 3 vegetable 1 dairy 1 BCR</i>	<i>1 BCR ½ fruit 1 dairy</i>	

- For children over 3 years 2 extra serves of BCR & vegetables are available every day.
- Additional Snack for Elder St = Breakfast of Weetbix & milk on offer between 7-7.45am or late afternoon tea of a BCR product is on offer between 5.00-5.30pm
- Children over 2 years are served fat reduced milk

Day Menu 6	Morning tea	Lunch	Afternoon Tea	
MONDAY	Assorted bread triangles Choice of milk or water	Meatloaf with carrot, capsicum, peas, corn, spinach and sweet potato and pumpkin mash Fresh fruit platter	Corn thins and vegemite Choice of milk or water	<i>Total Daily intake</i> <input type="checkbox"/> 1 meat/sub <input type="checkbox"/> 3 vegetables <input type="checkbox"/> 1 fruit <input type="checkbox"/> 3 BCR <input type="checkbox"/> 2 Dairy
<i>Serves provided for this day</i>	<i>1 BCR 1 dairy serve</i>	<i>1 red meat serve 3 vegetable serve ½ fruit</i>	<i>1 BCR ½ fruit serve 1 dairy serve</i>	
TUESDAY	Raison Toast Bananas Choice of milk or water	Curried chicken & rice with peas, carrot, corn & chick peas Fresh bread	Pear & Banana muffins Cherry tomatoes & cucumber Choice of milk or water	<i>Total Daily intake</i> <input type="checkbox"/> 1 meat/sub <input type="checkbox"/> 3 vegetables <input type="checkbox"/> 1 fruit <input type="checkbox"/> 3 BCR <input type="checkbox"/> 2 Dairy
<i>Serves provided for this day</i>	<i>1 BCR ½ fruit 1 dairy</i>	<i>2 BCR 2 vegetable 1 white meat</i>	<i>1 dairy 1 BCR 1 vegetable</i>	
WEDNESDAY	Toast with vegemite Fresh fruit Choice of milk or water	Tuna mornay with brown rice, asparagus, tomato, corn, peas, carrot & cauliflower Yoghurt	Wholegrain rice crackers and cheese Fresh fruit Choice of milk or water	<i>Total Daily intake</i> <input type="checkbox"/> 1 meat/sub <input type="checkbox"/> 3 vegetables <input type="checkbox"/> 1 fruit <input type="checkbox"/> 3 BCR <input type="checkbox"/> 2 Dairy
<i>Serves provided for this day</i>	<i>1 BCR 1 dairy ½ fruit</i>	<i>1 red meat 1 dairy 3 vegetable</i>	<i>½ fruit 2 dairy 1 BCR</i>	
THURSDAY	English muffins with vegemite Fresh fruit Choice of milk or water	Ham & Zucchini slice with corn, peas, carrot, spinach, potato, pumpkin & squash Bread sticks	Orange loaf Choice of milk or water	<i>Total Daily intake</i> <input type="checkbox"/> 1 meat/sub <input type="checkbox"/> 3 vegetables <input type="checkbox"/> 1 fruit <input type="checkbox"/> 3 BCR <input type="checkbox"/> 2 Dairy
<i>Serves provided for this day</i>	<i>1 BCR 1 dairy ½ fruit</i>	<i>1 fish (white meat) 1 vegetable 1 BCR</i>	<i>1 vegetable 1 BCR 1 dairy</i>	
FRIDAY	Pikelets Fresh fruit Choice of milk or water	Potato & vegetable bake with potato, peas, pumpkin, corn, carrot, sweet potato & zucchini Jelly & Custard	Ham Sandwiches Fresh fruit Choice of milk or water	<i>Total Daily intake</i> <input type="checkbox"/> 1 meat/sub <input type="checkbox"/> 3 vegetables <input type="checkbox"/> 1 fruit <input type="checkbox"/> 3 BCR <input type="checkbox"/> 2 Dairy
<i>Serves provided for this day</i>	<i>1 dairy 1 BCR ½ fruit</i>	<i>3 vegetable 1 dairy</i>	<i>1 red meat 1 BCR ½ fruit 1 dairy</i>	

- For children over 3 years 2 extra serves of BCR & vegetables are available every day.
- Additional Snack for Elder St = Breakfast of Weetbix & milk on offer between 7-7.45am or late afternoon tea of a BCR product is on offer between 5.00-5.30pm
- Children over 2 years are served fat reduced milk