

## 9 Day Rotational Menu

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven	Day Eight	Day Nine
Morning Tea	Seasonal Fruit Platter	Apple & Cheese Slices with Sultanas	Seasonal Fruit platter	Seasonal Fruit Platter	Fresh Fruit with Vanilla Yoghurt	Fresh Fruit with Vanilla yoghurt	Seasonal Fruit Platter	Fresh Fruit with Vanilla Yoghurt	Fruit Salad with Vanilla Yoghurt
Lunch	Creamy Tuna and Vegetable Penne Pasta	Chicken and Vegetable Fried Rice	Tex Mex beef Stew with crispy tacos	Mediterranean Cous Cous	Spaghetti Bolognese	Homemade Ham &/or Vegetarian Pizza	Spaghetti with Tuna and Tomato sauce	Sausage & Bean Casserole with Bread	Chicken Chow Mein
Afternoon Tea	Ryvita crunch, cheese slice and carrot with hummus	Yoghurt & Apple Fruit Muffin	Cheese cubes on brown rice crackers and sultanas	Spiced Oat and Raisin Slice	Zucchini and Bran Muffins	Buttered Pumpkin Bread	Crackers and carrot with cheese and Tzatziki Dip	Mixed Berry Slice	Peach & Oat Fruit Muffins
Late Afternoon Tea Snack	Buttered Raisin Bread	Corn Cakes with selection of spreads	Selection of Mixed Spreads Sandwiches	Selection of Mixed Spread Sandwiches	Rice Cakes with selection of spreads	Hummus on Sao biscuits	Buttered Raisin Bread	Selection of Mixed Spread Sandwiches	Selection of Mixed Spreads on wholemeal Cruskits

*Milk is served twice a day with morning tea and late afternoon tea and water is offered at every meal. Alternatives: Rice Milk or Lactose free*

*Spread selection a cross the week; Cottage cheese, Hummus, Vegemite, Cream cheese, salsa-sour cream*