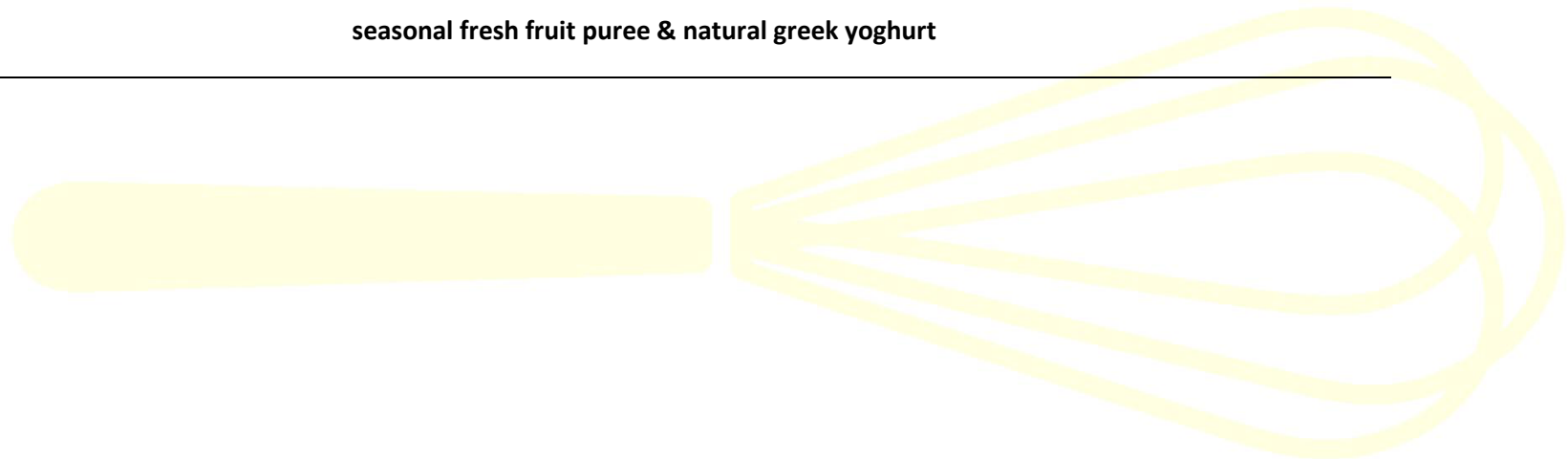


mirrabrook Term 3 updated

week 1	Monday	Tuesday	Wednesday	Thursday	Friday
years 3 - 5					
breakfast	weetbix & rice bubbles; wholemeal toast with spreads; milk or water & seasonal fresh fruit				
morning tea	raisin toast	mini croissants	fresh pancakes	toast soldiers honey and jam	Corn thins with avocado spread and sliced fresh tomato
lunch	house made fish pie served with mash potato & peas	spaghetti bolognaise	minestrone soup with bread roll	roast vegetable frittata with green beans	Diced chicken with vegetable fried rice
	serving of salad, cheese, fresh fruit & water every day				
allergen free option	Gf house made fish pie mash potato & peas	GF spaghetti bolognaise	GF minestrone soup with GF bread	roast vegetable frittata with green beans	chicken fried rice
afternoon tea	Hummous with Turkish bread fingers	sultana scones	rice cakes	little banana custard pots	cheese & vegemite scroll

mirrabrook Term 3 updated

	freshly sliced seasonal fruit & water
late snack	freshly sliced seasonal fruit & water
years 0 – 2 (in addition to the above)	
breakfast	weetbix & rice bubbles; wholemeal toast with spreads; milk or water & seasonal fresh fruit
morning tea	seasonal fresh fruit & water
lunch	puree of fresh vegetables (pumpkin, carrots, zucchini, potato) seasonal steamed vegetables
afternoon tea	seasonal fresh fruit puree & natural greek yoghurt

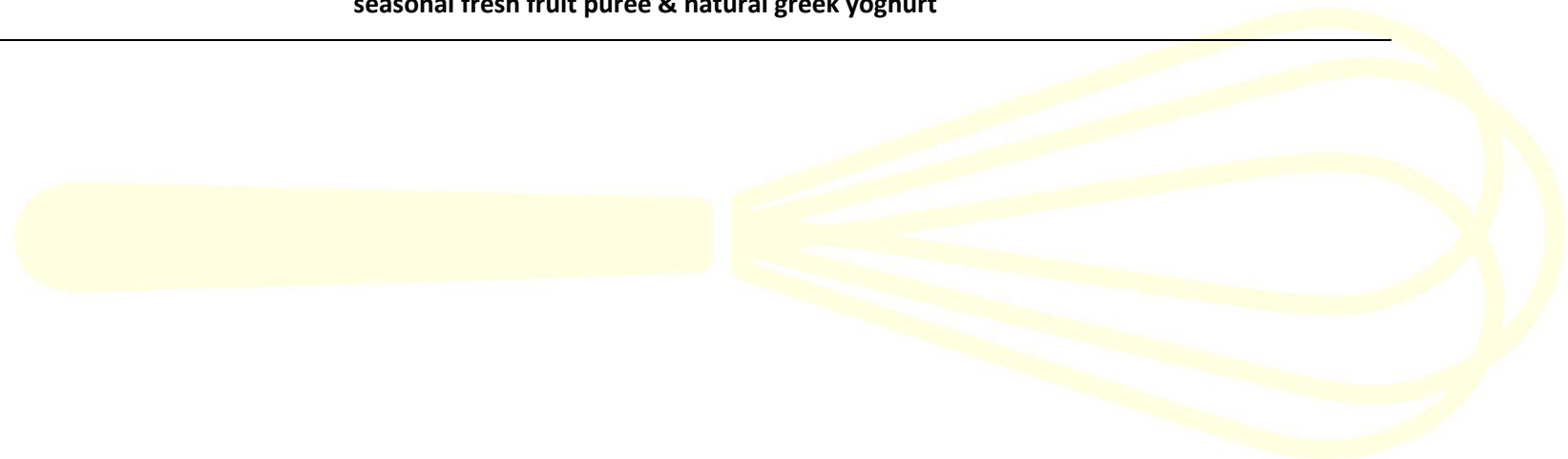


mirrabrook Term 3 updated

week 2	Monday	Tuesday	Wednesday	Thursday	Friday
years 3 - 5					
breakfast	weetbix & rice bubbles; wholemeal toast with spreads; milk or water & seasonal fresh fruit				
morning tea	finger toast	blueberry muffins	raisin toast	strawberry smoothie	mini croissant
lunch	mild butter chicken with basmati rice	quiche lorraine	beef sausages with mash potato, corn kernels and peas	macaroni three cheese pasta bake with tuna	lamb tagine with tomato cous cous
	serving of salad, cheese, fresh fruit & water every day				
allergen free option	mild chicken curry with basmati rice	ham frittata	beef sausages with mash potato and onions	Gf DF pasta and tuna bake	lamb tagine with tomato cous cous
afternoon tea	Cheese scones	oatmeal and coconut health slice	ginger snap cookie	In house pork sausage rolls	Homemade banana bread

mirrabrook Term 3 updated

	freshly sliced seasonal fruit & water
late snack	freshly sliced seasonal fruit & water
years 0 – 2 (in addition to the above)	
breakfast	weetbix & rice bubbles; wholemeal toast with spreads; milk or water & seasonal fresh fruit
morning tea	seasonal fresh fruit & water
lunch	puree of fresh vegetables (pumpkin, carrots, zucchini, potato) seasonal steamed vegetables
afternoon tea	seasonal fresh fruit puree & natural greek yoghurt

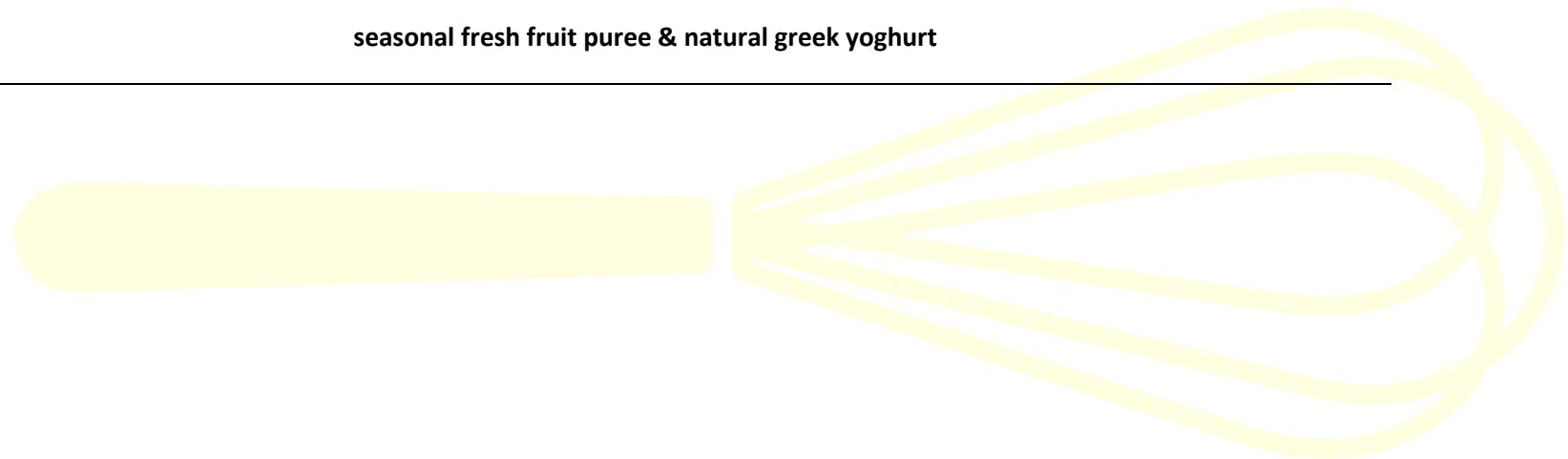


mirrabrook Term 3 updated

week 3	Monday	Tuesday	Wednesday	Thursday	Friday
years 3 - 5					
breakfast	weetbix & rice bubbles; wholemeal toast with spreads; milk or water & seasonal fresh fruit				
morning tea	Apple pikelets	raisin toast	strawberry smoothie	finger toast with vegemite	mixed fruit muffin
lunch	penne pasta bacon carbonara with garlic bread	crumbed white fish with house made potato wedges and lemon	herb roasted chicken strips with carrots and green beans	Soy and garlic beef strips with wok tossed hokkien noodle vegetable stir fry	Potato cheese and bacon gratin with steamed carrots and peas
	serving of salad, cheese, fresh fruit & water every day				
allergen free option	Gf free penne pasta bacon carbonara with garlic bread	baked white fish with house made potato wedges and lemon	herb roasted chicken strips with carrots and green beans	wok tossed hokkien noodle beef stir fry	Potato and bacon gratin baked with vegetable stock, DF
afternoon tea	Rice cakes with fresh tomato salsa	mini cheese and tomato pizza	Ham sandwich	Cheese scones	Chicken, tomato and tomato English muffin melt

mirrabrook Term 3 updated

	freshly sliced seasonal fruit & water
late snack	freshly sliced seasonal fruit & water
years 0 – 2 (in addition to the above)	
breakfast	weetbix & rice bubbles; wholemeal toast with spreads; milk or water & seasonal fresh fruit
morning tea	seasonal fresh fruit & water
lunch	puree of fresh vegetables (pumpkin, carrots, zucchini, potato) seasonal steamed vegetables
afternoon tea	seasonal fresh fruit puree & natural greek yoghurt



mirrabrook Term 3 updated

week 4	Monday	Tuesday	Wednesday	Thursday	Friday
years 3 - 5					
breakfast	weetbix & rice bubbles; wholemeal toast with spreads; milk or water & seasonal fresh fruit				
morning tea	banana smoothie	raisin toast	blueberry muffins	wholemeal toast and vegemite	mini croissant
lunch	chicken and mushroom pasta bake	savoury beef mince with sweet potatoes and steamed greens	pumpkin soup with penne pasta and finger toast	lamb and mint meatballs with tomato sugo and pasta	chicken and rice pilaf with poppadoms
	serving of salad, cheese, fresh fruit & water every day				
allergen free option	chicken and mushroom pasta bake with garden salad	savoury beef mince with sweet potatoes and steamed greens	pumpkin soup with penne pasta and finger toast and garden salad	lamb and mint meatballs with tomato sugo and gf pasta	chicken and rice pilaf with poppadoms
afternoon tea	vegemite finger sandwiches	raspberry yoghurt pots	Lamb koftas with minted yogurt	oatmeal and coconut health slice	garlic bread

mirrabrook Term 3 updated

	freshly sliced seasonal fruit & water
late snack	freshly sliced seasonal fruit & water
years 0 – 2 (in addition to the above)	
breakfast	weetbix & rice bubbles; wholemeal toast with spreads; milk or water & seasonal fresh fruit
morning tea	seasonal fresh fruit & water
lunch	puree of fresh vegetables (pumpkin, carrots, zucchini, potato) seasonal steamed vegetables
afternoon tea	seasonal fresh fruit puree & natural greek yoghurt

