

Mirrabrook 2021 Menu

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix and Rice Bubbles Toast with spreads milk and water	Weetbix and Rice Bubbles Toast with spreads milk and water	Weetbix and Rice Bubbles Toast with spreads milk and water	Weetbix and Rice Bubbles Toast with spreads milk and water	Weetbix and Rice Bubbles Toast with spreads milk and water
Morning Tea	Corn thins with sliced ham and cheese Banana Smoothie Seasonal fruit platter	Natural yoghurt with granola Seasonal fruit platter	English muffins with vegemite Seasonal fruit platter	Natural yoghurt with fruit coulis and granola Seasonal fruit platter	Raisin Toast Seasonal fruit platter
Lunch	Creamy Chicken Noodle Soup served with herb and garlic toast and steamed vegetables	Lamb Curry served with jasmine rice, poppadum's and steamed vegetables	House made Fish Pie served with mashed potato and corn cobettes	Honey soy chicken drumettes served with fried rice and corn cobettes	Spaghetti Bolognaise served with garlic bread and steamed vegetables.
Allergy free option -	Chicken Noodle Soup served with herb and garlic toast and steamed vegetables	Lamb Curry served with jasmine rice, poppadum's and steamed vegetables	House made Chicken Pie served with mashed potato and corn cobettes	Honey soy children drumettes served with fried rice and corn cobettes	Beef Ragù served with garlic Bread and steamed vegetables
Afternoon Tea	Mini homemade sausage rolls Seasonal fruit platter milk and water	Banana and Pear Bread Seasonal fruit platter milk and water	Cheese and crackers Seasonal fruit platter milk and water	Mini cheese and vegemite scrolls Seasonal fruit platter milk and water	Cheese Melts Seasonal fruit platter milk and water
Late Snack 5pm.	Seasonal fruit platter	Seasonal fruit platter	Seasonal fruit platter	Seasonal fruit platter	Seasonal fruit platter



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WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix and Rice Bubbles Toast with spreads milk and water	Weetbix and Rice Bubbles Toast with spreads milk and water	Weetbix and Rice Bubbles Toast with spreads milk and water	Weetbix and Rice Bubbles Toast with spreads milk and water	Weetbix and Rice Bubbles Toast with spreads milk and water
Morning Tea	Raisin Toast Seasonal fruit platter	English Muffin with melted cheese Strawberry Smoothie Seasonal fruit platter	Natural yoghurt with fruit coulis and granola Seasonal fruit platter	Toasted cheese triangles Seasonal fruit platter	Natural yoghurt with fruit coulis Seasonal fruit platter
Lunch	Butter Chicken served with steamed basmati rice, poppadum's and steamed vegetables	Oven baked crumbed Fish Fillet served with corn cobettes and hand cut baked fries	Honey soy chicken stir fry served with rice and steamed vegetables	Beef sausages served with potato mash, corn cobettes and steamed vegetables	Quiche Lorraine served with steamed vegetables
Allergy free option -	Butter Chicken served with steamed basmati rice, poppadum's and steamed vegetables	Oven baked crumbed Chicken Fillet served with corn cobettes and hand cut baked fries.	Honey chicken stir fry served with hokkien noodles and steamed vegetables	Beef sausages served with potato mash, corn cobettes and steamed vegetables	Quiche Lorraine DF served with steamed vegetables
Afternoon Tea	Sultana pastry Snails Seasonal fruit platter	Ham and Cheese sandwiches Seasonal fruit platter	Mini Corn Fritters Seasonal fruit platter	Mini cheese and vegemite scrolls Seasonal fruit platter	Cheese and crackers Seasonal fruit platter
Late Snack 5pm.	Season Fruit Platter	Seasonal Fruit Platter	Seasonal Fruit Platter	Seasonal Fruit Platter	Seasonal Fruit Platter

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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix and Rice Bubbles Toast with spreads milk and water	Weetbix and Rice Bubbles Toast with spreads milk and water	Weetbix and Rice Bubbles Toast with spreads milk and water	Weetbix and Rice Bubbles Toast with spreads milk and water	Weetbix and Rice Bubbles Toast with spreads milk and water
Morning Tea	Natural yoghurt with fruit coulis and granola Seasonal fruit platter	Toasted cheese triangles Seasonal fruit platter	Raisin Toast Banana Smoothie Seasonal fruit platter	Natural yoghurt with granola Seasonal fruit platter	Cheese and vegemite scrolls Seasonal fruit platter
Lunch	Boscaiola pasta served with garlic bread and steamed vegetables	Mexican beef wraps served with salsa, cheese and kidney beans	Pumpkin Soup served with risoni pasta, toast strips and steamed vegetables	Chicken meatballs served with tomato sago, butterfly pasta and steamed vegetables	Shepherd's pie served with corn cobettes and steamed vegetables
Allergy free option -	Chicken pesto pasta DF served with cheesy garlic bread and steamed vegetables	Mexican beef wraps served with salsa, cheese and kidney beans	Pumpkin Soup DF served with risoni pasta, toast strips and steamed vegetables	Chicken meatballs served with pumpkin sauce, butterfly pasta and steamed vegetables	Shepherd's pie served with corn cobettes and steamed vegetables
Afternoon Tea	Cheese or vegemite sandwiches Seasonal fruit platter	Vegetarian Sushi Seasonal fruit platter	Cheese and crackers Seasonal fruit platter	Toasted Banana Bread Seasonal fruit platter	Mini Margarita Pizza Seasonal fruit platter
Late Snack 5pm.	Season Fruit Platter	Seasonal Fruit Platter	Seasonal Fruit Platter	Seasonal Fruit Platter	Seasonal Fruit Platter

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WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix and Rice Bubbles Toast with spreads milk and water	Weetbix and Rice Bubbles Toast with spreads milk and water	Weetbix and Rice Bubbles Toast with spreads milk and water	Weetbix and Rice Bubbles Toast with spreads milk and water	Weetbix and Rice Bubbles Toast with spreads milk and water
Morning Tea	Corn thins with sliced ham and cheese Strawberry Smoothie Seasonal fruit platter	Natural yoghurt with fruit coulis Seasonal fruit platter	Toasted cheese triangles Seasonal fruit platter	Raisin Toast Seasonal fruit platter	Natural yoghurt with fruit coulis and granola Seasonal fruit platter
Lunch	Chicken schnitzel strips served with sweet potato mash and steamed vegetables	Wok tossed rice noodles served with beef and vegetables	Chicken and veggie casserole with buttered rice served with steamed vegies	Fish Cakes served with potato mash, corn cobettes and steamed vegetables	Beef Lasagna served with garlic bread and steamed vegetables
Allergy free option -	Crumbed Chicken strips served with sweet potato mash and steamed vegetables	Wok tossed rice noodles served with beef and vegetables	Chicken and veggie casserole with buttered rice served with steamed vegies	Potato Roti Cakes served with corn cobettes and steamed vegetables	Beef Ragu served with penne pasta, garlic bread and steamed vegetables
Afternoon Tea	Carrot cake slice Seasonal fruit platter milk and water	Cheese and crackers Seasonal fruit platter milk and water	Mini cheese and vegemite scrolls Seasonal fruit platter Milk and water	Mini homemade sausage rolls Seasonal fruit platter milk and water	Cheese or vegemite sandwiches Seasonal fruit platter milk and water
Late Snack 5pm.	Season Fruit Platter	Seasonal Fruit Platter	Seasonal Fruit Platter	Seasonal Fruit Platter	Seasonal Fruit Platter

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WEEK 5	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix and Rice Bubbles Toast with spreads milk and water	Weetbix and Rice Bubbles Toast with spreads milk and water	Weetbix and Rice Bubbles Toast with spreads milk and water	Weetbix and Rice Bubbles Toast with spreads milk and water	Weetbix and Rice Bubbles Toast with spreads milk and water
Morning Tea	Natural yoghurt with fruit coulis and granola Seasonal fruit platter	Cheese and vegemite scrolls Seasonal fruit platter	English Muffin with melted cheese Strawberry Smoothie Seasonal fruit platter	Natural yoghurt with granola Seasonal fruit platter	Raisin Toast Seasonal fruit platter
Lunch	Spaghetti and meatballs served with garlic bread and steamed vegetables	Quiche Lorraine served with seasonal vegetables	Chili con carne served with rice and steamed vegetables.	Chicken penne pasta served in napolitana sauce with a dinner roll and steamed vegetables	Bryony Indian chicken served with poppadum's, rice and steamed vegetables
Allergy free option -	Beef Ragu served with penne pasta, garlic bread and steamed vegetables	Quiche Lorraine served with seasonal vegetables	Chili con carne served with rice and steamed vegetables.	Chicken penne pasta served in napolitana sauce with a dinner roll and steamed vegetables	Bryony Indian chicken served with poppadum's, rice and steamed vegetables
Afternoon Tea	Mini margarita pizza Seasonal fruit platter	Cheese and crackers Banana Smoothie Seasonal fruit platter	Vegetarian sushi Seasonal fruit platter	Apple and cinnamon mini muffins Seasonal fruit platter	Cheese and vegemite sandwiches Seasonal fruit platter
Late Snack 5pm.	Season Fruit Platter	Seasonal Fruit Platter	Seasonal Fruit Platter	Seasonal Fruit Platter	Seasonal Fruit Platter

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WEEK 6	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix and Rice Bubbles Toast with spreads milk and water	Weetbix and Rice Bubbles Toast with spreads milk and water	Weetbix and Rice Bubbles Toast with spreads milk and water	Weetbix and Rice Bubbles Toast with spreads milk and water	Weetbix and Rice Bubbles Toast with spreads milk and water
Morning Tea	Toasted cheese triangles Seasonal fruit platter	Natural yoghurt with fruit coulis Seasonal fruit platter	Raisin Toast Seasonal fruit platter	Corn thins with sliced ham and cheese Strawberry Smoothie Seasonal fruit platter	Natural yoghurt with fruit coulis and granola Seasonal fruit platter
Lunch	Chicken and corn cups served with steamed vegetables	Beef sausages served with mashed potato, corn cobettes and steamed vegetables	Macaroni three cheese tuna bake served with steamed vegetables.	Teriyaki chicken stir fry with jasmine rice and seasonal vegetables	Homemade beef pies served with corn cobettes and steamed vegetables
Allergy free option -	Chicken and corn cups served with steamed vegetables	Beef sausages served with mashed potato, corn cobettes and steamed vegetables	Macaroni three cheese DF tuna bake served with steamed vegetables.	Teriyaki chicken stir fry with jasmine rice and seasonal vegetables	Homemade GF beef pies served with corn cobettes and steamed vegetables
Afternoon Tea	Sultana pastry snails Seasonal fruit platter Milk and water	Fetta and spinach triangles Seasonal fruit platter milk and water	Ham and Cheese sandwiches Seasonal fruit platter milk and water	Fluffy pancakes Seasonal fruit platter milk and water	Cheese and crackers Seasonal fruit platter milk and water
Late Snack 5pm.	Season Fruit Platter	Seasonal Fruit Platter	Seasonal Fruit Platter	Seasonal Fruit Platter	Seasonal Fruit Platter

