

Learning Pathways Menu Week One

	<i>Morning Tea</i>	<i>Lunch</i>	<i>Afternoon Tea</i>	<i>Portions</i>
<i>Monday</i>	Fruit & Yogurt	Pasta with Roast Pumpkin & Spinach	Bacon & Chive Muffins	Meat Fruit Grain Dairy Veg/Legumes
<i>Tuesday</i>	Fruit with Cornflake & Sultana Cookies	Lamb, Sweet Potato & Green Bean Korma with Rice	Cheese or Tomato Sandwiches	Meat Fruit Grain Dairy Veg/Legumes
<i>Wednesday</i>	Fruit & Chai Cookies	Rainbow Chicken Wraps	Cheesy Bacon, Egg & Bread Breakfast Loaf	Meat Fruit Grain Dairy Veg/Legumes
<i>Thursday</i>	Fruit & Blueberry Muffins	Corned Beef with Potato Salad	Cream Cheese or Proemite Sandwiches	Meat Fruit Grain Dairy Veg/Legumes
<i>Friday</i>	Fruit with Coconut Pikelets	Grilled Fish with Steamed Vegetables	Rice Cakes with Vegemite & Cheese	Meat Fruit Grain Dairy Veg/Legumes

NB: Per Day - 1 Serve/Meat, 1 Serve/Fruit 1.5 serves Vegetable/Legumes & 2 Serves/ Grain & Dairy

Fruit - Banana, Apple, Orange, Pear, Grapes, Watermelon, Rockmelon, Paw Paw, Kiwi Fruit, Mandarin & Strawberries

Learning Pathways Menu Week Two

	<i>Morning Tea</i>	<i>Lunch</i>	<i>Afternoon Tea</i>	<i>Portions</i>
<i>Monday</i>	Fruit with Raspberry & Chai Muffins	Baked fish with Lemon Butter and Steamed Vegetables	Cheese or Vegemite Sandwiches	Meat Fruit Grain Dairy Veg/Legumes
<i>Tuesday</i>	Fruit with Ginger Biscuit	Chicken Burritos	Rice Crackers with Cheese & Tomato	Meat Fruit Grain Dairy Veg/Legumes
<i>Wednesday</i>	Fruit with Cottage Cheese & Pitta Dipping Sticks	Rissoles with Gravy and Mashed Sweet Potato	Vegemite or Honey Sandwiches & Yogurt	Meat Fruit Grain Dairy Veg/Legumes
<i>Thursday</i>	Fruit with Coconut Cowboy Cookies	Vegetable & Cheese Bake	Dip, Crackers & Vegetable Dipping Sticks	Meat Fruit Grain Dairy Veg/Legumes
<i>Friday</i>	Fruit & Lemon, Poppy Seed Muffins	Mongolian Beef with Noodles & Cabbage	Vegemite & Cheese Pinwheels Cream Cheese	Meat Fruit Grain Dairy Veg/Legumes

NB: Per Day - 1 Serve/Meat, 1 Serve/Fruit 1.5 serves Vegetable/Legumes & 2 Serves/ Grain & Dairy

Fruit - Banana, Apple, Orange, Pear, Grapes, Watermelon, Rockmelon, Paw Paw, Kiwi Fruit, Mandarin & Strawberries

Learning Pathways Menu Week Three

	<i>Morning Tea</i>	<i>Lunch</i>	<i>Afternoon Tea</i>	<i>Portions</i>
<i>Monday</i>	Fruit with Lemon Blueberry Bread	Beef Stroganoff with Pasta	Cheesy Cauliflower Sticks with Tomato Sauce	Meat Fruit Grain Dairy Veg/Legumes
<i>Tuesday</i>	Fruit with Yoghurt	Fried Rice	Vegemite or Cheese Sandwiches	Meat Fruit Grain Dairy Veg/Legumes
<i>Wednesday</i>	Fruit with Dip & Crackers	Chicken Enchilada Nacho Bake	Broccoli Tater Tots	Meat Fruit Grain Dairy Veg/Legumes
<i>Thursday</i>	Fruit and Coconut cookies	Quinoa Salad with Corned Meat	Cheese or Jam Sandwiches	Meat Fruit Grain Dairy Veg/Legumes
<i>Friday</i>	Fruit with Banana muffins	Honey, Lime & Ginger Pork with Rice	Corn Cakes with Cheese or Tomato	Meat Fruit Grain Dairy Veg/Legumes

NB: Per Day - 1 Serve/Meat, 1 Serve/Fruit 1.5 serves Vegetable/Legumes & 2 Serves/ Grain & Dairy

Fruit - Banana, Apple, Orange, Pear, Grapes, Watermelon, Rockmelon, Paw Paw, Kiwi Fruit, Mandarin & Strawberries

Learning Pathways Menu Week Four

	<i>Morning Tea</i>	<i>Lunch</i>	<i>Afternoon Tea</i>	<i>Portions</i>
<i>Monday</i>	Fruit & Mixed Berry Bread	Fresh Battered Fish with Oven Baked Chips	Crackers with Cheese, Vegetable Sticks & Dip	Meat Grain Dairy Fruit Vegetable/Legumes
<i>Tuesday</i>	Fruit with Coconut Muffins	Chicken & Potato Bake with Cheesy Garlic Sauce	Rice Cakes with Assorted Toppings	Meat Grain Dairy Fruit Vegetable/Legumes
<i>Wednesday</i>	Fruit with Yogurt	Lamb & Pasta Salad	Cheese or Honey Wholemeal Sandwiches	Meat Grain Dairy Fruit Vegetable/Legumes
<i>Thursday</i>	Fruit with Choc Chip Cookie's	Rice Enchilada Bake	Bacon & Cheese Scrolls	Meat Grain Dairy Fruit Vegetable/Legumes
<i>Friday</i>	Fruit with Apple & Ricotta Fritters	Spaghetti Bolognese	Assorted Sandwiches	Meat Grain Dairy Fruit Vegetable/Legumes

NB: Per Day - 1 Serve/Meat, 1 Serve/Fruit 1.5 serves Vegetable/Legumes & 2 Serves/ Grain & Dairy

Fruit - Banana, Apple, Orange, Pear, Grapes, Watermelon, Rockmelon, Paw Paw, Kiwi Fruit, Mandarin & Strawberries

Learning Pathways Menu Week Five

	<i>Morning Tea</i>	<i>Lunch</i>	<i>Afternoon Tea</i>	<i>Portions</i>
<i>Monday</i>	Fruit & Custard	Pitta Bread Pizzas with Chicken, Fetta & Capsicum	Cheesy bacon & Egg Muffins	Meat Grain Dairy Fruit Vegetable/Legumes
<i>Tuesday</i>	Fruit with Lemon Raspberry Muffins	Vegetarian Spaghetti Bolognese	Rice Cakes with Cheese & Vegemite	Meat Grain Dairy Fruit Vegetable/Legumes
<i>Wednesday</i>	Fruit & Cornflake and sultana Cookies	Cheesy Tuna Risotto Bake	Cottage Cheese with Crackers & Vegetable Dipping Sticks	Meat Grain Dairy Fruit Vegetable/Legumes
<i>Thursday</i>	Fruit & Blueberry Muffins	Asian Beef Noodle Stir Fry	Cheese & Cucumber Sandwiches	Meat Grain Dairy Fruit Vegetable/Legumes
<i>Friday</i>	Fruit & Pikelets with Honey Butter	Shepard's Pie with Sweet Potato Mash	Ham & Cheese Scroll	Meat Grain Dairy Fruit Vegetable/Legumes

NB: Per Day - 1 Serve/Meat, 1 Serve/Fruit 1.5 serves Vegetable/Legumes & 2 Serves/ Grain & Dairy

Fruit - Banana, Apple, Orange, Pear, Grapes, Watermelon, Rockmelon, Paw Paw, Kiwi Fruit, Mandarin & Strawberries

Learning Pathways Menu Week Six

	<i>Morning Tea</i>	<i>Lunch</i>	<i>Afternoon Tea</i>	<i>Portions</i>
<i>Monday</i>	Seasonal Fruit & Jam Drops	Fish Chowder with Rice	Sandwiches with Cream Cheese or Cucumber	Meat Grain Dairy Fruit Vegetable/Legumes
<i>Tuesday</i>	Fruit with Apple & Chai Muffins	Chicken Pasta Bake with Bacon, Spinach & Tomato's	Cheese or Jam Wholemeal Sandwiches	Meat Grain Dairy Fruit Vegetable/Legumes
<i>Wednesday</i>	Fruit with Cowboy Cookies	Savory Mince with Rice	Vegemite & Cheese Pinwheels	Meat Grain Dairy Fruit Vegetable/Legumes
<i>Thursday</i>	Fruit with Custard	Hommus & Salad Wraps	Rice Crackers with Cheese & Tomato	Meat Grain Dairy Fruit Vegetable/Legumes
<i>Friday</i>	Fruit & Lemon Cupcakes	Mexican Jacket Potato's Cheese, Salsa & Sour Cream	Dip, Crackers and Vegetable Sticks	Meat Grain Dairy Fruit Vegetable/Legumes

NB: Per Day - 1 Serve/Meat, 1 Serve/Fruit 1.5 serves Vegetable/Legumes & 2 Serves/ Grain & Dairy

Fruit - Banana, Apple, Orange, Pear, Grapes, Watermelon, Rockmelon, Paw Paw, Kiwi Fruit, Mandarin & Strawberries

Learning Pathways Menu Week Seven

Morning Tea

Lunch

Afternoon Tea

Portions

<i>Monday</i>	Fruit with Pancakes	Meat Balls with Sweet Potato Mash & Corn Cobs	Rice Crackers with Cheese & Cucumber	Meat Grain Dairy Fruit Vegetable/Legumes
<i>Tuesday</i>	Fruit with Vanilla Biscuit	Spinach Fetta & Brown Rice Bake	Cheese or Jam Sandwiches	Meat Grain Dairy Fruit Vegetable/Legumes
<i>Wednesday</i>	Fruit with Yogurt	Coconut Chicken Curry & Rice	Bread, Bacon & Cheese Muffins	Meat Grain Dairy Fruit Vegetable/Legumes
<i>Thursday</i>	Fruit with Coconut cookies	Steak & Mushroom with Mashed Potato	Rice Crackers with Cottage Cheese & Veg Sticks	Meat Grain Dairy Fruit Vegetable/Legumes
<i>Friday</i>	Seasonal Fruit with Blueberry & Oat Squares	Noodles with BBQ Pork & Bok Choy	Cream Cheese or Honey Sandwiches	Meat Grain Dairy Fruit Vegetable/Legumes

NB: Per Day - 1 Serve/Meat, 1 Serve/Fruit 1.5 serves Vegetable/Legumes & 2 Serves/ Grain & Dairy

Fruit - Banana, Apple, Orange, Pear, Grapes, Watermelon, Rockmelon, Paw Paw, Kiwi Fruit, Mandarin & Strawberries

Learning Pathways Menu Week Eight

	<i>Morning Tea</i>	<i>Lunch</i>	<i>Afternoon Tea</i>	<i>Portions</i>
<i>Monday</i>	Fruit & Yogurt	Slow Cooked Chicken Burritos	Vegemite or Jam Sandwiches	Meat Grain Dairy Fruit Vegetable/Legumes
<i>Tuesday</i>	Fruit with Apple & Berry Bake	Roast Beef & Salad Wraps	Rice Cakes & Assorted Toppings	Meat Grain Dairy Fruit Vegetable/Legumes
<i>Wednesday</i>	Fruit & Anzac Biscuit	Meatball & Pasta	Hommus, Crackers & Veg Dipping Sticks	Meat Grain Dairy Fruit Vegetable/Legumes
<i>Thursday</i>	Fruit & Jelly	Coconut Ginger Vegetables & Tofu with Rice	Ham & Cheese Scrolls	Meat Grain Dairy Fruit Vegetable/Legumes
<i>Friday</i>	Fruit & Jam Drops	Baked Crispy Fish Bites with Tartar Sauce & Potato Salad	Assorted Sandwiches	Meat Grain Dairy Fruit Vegetable/Legumes

NB: Per Day - 1 Serve/Meat, 1 Serve/Fruit 1.5 serves Vegetable/Legumes & 2 Serves/ Grain & Dairy

Fruit - Banana, Apple, Orange, Pear, Grapes, Watermelon, Rockmelon, Paw Paw, Kiwi Fruit, Mandarin & Strawberries