





Spring Weekly Menu

Sample menu.
Check with your
centre for what's
on this week.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Banana chia bread with yoghurt, banana, rockmelon and pear.	Rice crackers with cheese cubes, pear, mandarin, pineapple, cucumber and a cup of milk.	Rice crackers with hummus, carrot, capsicum and cucumber sticks, mandarin, pineapple and apple.	Raisin bread with watermelon, oranges, green beans and a cup of milk.	Hollies blueberry chia jam and seed crumble mix with yoghurt, watermelon and honeydew melon.
Lunch	Lemon and ginger chicken with apple slices.	Beef bulgogi rice bowls with corn on the cob and apple slices.	Creamy salmon linguini with apple slices.	Pesto chicken lasagne with apple slices.	Hollies veggie packed pasta bake with apple slices.
Afternoon Tea	Cheese sandwich fingers with oranges, carrot sticks and apple slices and a cup of milk.	Toasted cinnamon English muffins with oranges, carrot sticks, apple slices and a cup of milk.	Apple pie bread with strawberries, pear, oranges, carrot sticks, rice cakes and a cup of milk.	Coconut mango bread with pear, mandarin, carrot sticks and cucumber sticks.	Cruskits with cream cheese and vegemite with oranges, banana,, pear slices, carrot sticks and a cup of milk.
Menu features	<div><div>Fresh Puree Options (most centres)</div><div>Breakfast Available (most centres)</div><div>Late Snack Menu Available (most centres)</div><div>Halal Approved Service (some centres)</div></div>				