



Wright Centre Menu Winter

Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Seasonal Fruit and Veg as provided by families	Seasonal Fruit and Veg as provided by families with Cheese	Seasonal Fruit and Veg as provided by families	Seasonal Fruit and Veg as provided by families with Cheese	Seasonal Fruit and Veg as provided by families
Lunch	Chicken Biryani Chicken / Chickpeas / Peas / Spinach / Carrot / Rice	Island Meatballs Tomato / Pineapple / Peas / Corn / Carrots / Spinach / Pasta	Assorted Wraps Combination of Ham / Beef / Tuna / Tomato / Cucumber / Cheese / Egg / Baked Beans / Carrot / Beetroot / lettuce	Pumpkin and Lentil Soup Pumpkin / Potato / Lentils / Spinach / Served with Crusty Bread and orange slices	Tuna Tomato pasta Tuna / Tomato / Peas / Carrot / Corn / Mixed Legumes / Spinach / Pasta
Afternoon Tea Served with A cup of milk or water	Yogurt with muesli	Raisin Toast and a cup of milk	Warm winter porridge with sultanas	Date and oat logs	Wholegrain cereal with milk
Late A / T	Sakata Crackers	Sakata Crackers	Sakata Crackers	Sakata Crackers	Sakata Crackers

All meals will be modified to accommodate any dietary requirements needed.

Bread provided is Homemade wholemeal bread. A variety of top quality meat, legumes and vegetables used in all meals

Menu can change due to unforeseen circumstances; any change will be noted on the daily board

Produce from the Yarm garden used when available



Wright Centre Menu

Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Seasonal Fruit and Veg as provided by families	Seasonal Fruit and Veg as provided by families	Seasonal Fruit and Veg as provided by families	Seasonal Fruit and Veg as provided by families with Cheese	Seasonal Fruit and Veg as provided by families
Lunch	Spanish Lentils Lentils / Capsicum / Spinach / Tomato / Served with Homemade bread	Assorted Wraps Combination of Ham / Beef / Tuna / Tomato / Cucumber / Cheese / Egg / Baked Beans / Carrot / Beetroot / lettuce	Beef Stroganoff with Pasta Beef mince / carrots / mushrooms / corn / peas / green beans	Asian style fish and veg Basa Fillets / Carrot / Zucchini / Spinach / Rice	Chicken Chow Mien Chicken Mince / Corn / Carrot / Peas / Potato / Beans / legumes / Rice
Afternoon Tea Served with A cup of milk or water	Wholegrain cereal with milk	Yogurt with muesli	Homemade Tomato and cheese Foccacia	Apple and Sultana Pancakes	English Muffins with vegemite and cheese
Late A / T	Sakata Crackers	Sakata Crackers	Sakata Crackers	Sakata Crackers	Sakata Crackers

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Winter Menu

Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Seasonal Fruit and Veg as provided by families with Cheese	Seasonal Fruit and Veg as provided by families	Seasonal Fruit and Veg as provided by families	Seasonal Fruit and Veg as provided by families with Cheese	Seasonal Fruit and Veg as provided by families
Lunch	Mango coconut fish curry Carrots / Peas / Corn / Potato / spinach / Rice	Roast chicken and vegetables Potato / pumpkin / beans / Carrot / peas / corn	Scrambled Eggs on toast Eggs / Tomato / capsicum / spinach	Savoury mince and pasta Mince / Lentils / Peas / corn / carrot / potato / beans	Assorted Wraps Combination of Ham / Beef / Tuna / Tomato / Cucumber / Cheese / Egg / Baked Beans / Carrot / Beetroot / lettuce
Afternoon Tea Served with A cup of milk or water	Raisin Toast and a cup of milk	Wholegrain cereal with milk	Yogurt with muesli	Cinnamon French Toast	Apricot and oat Balls
Late A / T	Sakata Crackers	Sakata Crackers	Sakata Crackers	Sakata Crackers	Sakata Crackers

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Winter Menu

Week 4



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Seasonal Fruit and Veg as provided by families with Cheese	Seasonal Fruit and Veg as provided by families	Seasonal Fruit and Veg as provided by families	Seasonal Fruit and Veg as provided by families	Seasonal Fruit and Veg as provided by families
Lunch	Assorted Wraps Combination of Ham / Tuna / Chicken / Tomato / Cucumber / Cheese / Egg / Baked Beans / Carrot / Beetroot	Vegetable & Lentil Curry Lentils / Carrots / Zucchini / Celery / Pumpkin / Potato / Rice	Crumbed Fish Bites & vegetables Hoki fillets/ Beans / carrots / corn / potato	Chicken & Broccoli pasta Chicken / Broccoli / Spinach / Green beans / Cream sauce	Beef and Barley soup Beef / Carrots / Celery / Mushrooms / Spinach / Pearl Barley Served with Bread
Afternoon Tea Served with A cup of milk or water	Apple and Sultana Pancakes	English Muffins with vegemite and cheese	Wholegrain cereal with milk	Oat and Lemon slic	Yogurt with muesli
Late A / T	Sakata Crackers	Sakata Crackers	Sakata Crackers	Sakata Crackers	Sakata Crackers

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