

Continuous menu (just broken down into meal times to ensure enough food for the whole day)

	Breakfast	Morning tea	Lunch	Afternoon tea	Dinner	Prep/notes
Day 1	-----	Pack something to have on the way	Pack own lunch	Baking – muffins/scrolls Muesli bars Fruit	Chicken & Vege Casserole Rice (Vege Casserole for Vegetarians) Dessert: Chocolate brownie & yoghurt	Heat casserole Cook rice Get breakfast orders (for an idea if eggs need cooked) Prepare food ready to go into chilly bins in the morning. Cut up carrot sticks for hummus
Day 2	Weetbix Muesli Tin fruit Fruit juice Bananas Milk Toast & spreads (incl peanut butter/honey) Baked beans/eggs	Chocolate milks Up n Gos Carrots, dipping crackers & hummus Pink Iced buns Fruit	Bacon & Egg Pie Vege quiche Baking Fruit	Cheese rolls (warm in BBQ) Creamy rice Baking Fruit	Lasagne Dinner rolls Green salad (veges only – vegan friendly) Dessert: Ambrosia	Reheat Lasagne Make green salad & get dinner rolls out Get breakfast orders Prepare food ready to go into chilly bins in the morning. Cut up carrot sticks for hummus. Pack pikelets, sausages, vege patties – ready to reheat on BBQ. Make vege pasta salad for Day 3.
Day 3	Weetbix Muesli Tin fruit Fruit juice Bananas Milk Toast & spreads (incl peanut butter/honey) Baked beans/eggs	Chocolate milks Carrots, dipping crackers & hummus Baking, Savoury muffins/scrolls Bliss balls Fruit	Sausages (on BBQ) Vege patties (on BBQ) Bread Vege pasta salad Baking Fruit	Pikelets(warm in BBQ) Cheese & crackers Fruit	Dinner out or takeaways	Get breakfast orders Prepare food ready for next day – make toasties and pack what’s required.

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Day 4	Weetbix Muesli Tin fruit Fruit juice Bananas Milk Toast & spreads (incl peanut butter/honey) Baked beans/eggs	Chocolate milks Cheese toasties Bliss balls Fruit	Wraps: Fillings (Lettuce, cheese, tomato, cucumber, ham, egg, falafel, avocado) Baking Fruit	Creamy rice Baking Muesli bars Fruit	Nachos Rice Green salad Dessert: Ice Cream & fruit salad	Prepare fillings for wraps – eggs, lettuce, cheese, tomato, cucumber, falafel Prepare Nachos Cook rice Make green salad Purchase ice cream. Get breakfast orders Prepare food for next day – cut up carrot sticks for hummus.
Day 5	Weetbix Muesli Tin fruit Fruit juice Bananas Milk Toast & spreads (incl peanut butter/honey) Baked beans/eggs	Up & Go's Carrots, dipping crackers & hummus Pink Iced Buns Fruit	Sushi Pasta salad Fruit	Creamy rice Pikelets Fruit	Burgers (Incl vege patties) Extra salad Dessert: Ambrosia	Pick up iced buns If lunch catered, collect or make sushi/pasta salad Order cooked chickens for tomorrow's dinner Make pikelets Cook burger patties Prepare burger fillings & put out for girls to make own Prepare extra salad bits Get breakfast orders Make muffins/scrolls for the morning
Day 6	Weetbix Muesli Tin fruit Fruit juice Bananas Milk Toast & spreads (incl peanut butter/honey) Baked beans/eggs	Muffins/scrolls Chocolate milks Fruit	Corn fritters Sausages & bread Baking Fruit	Muesli bars Baking – seedy/muesli slice Cheese & crackers	Roast Chicken Roast Veges Coleslaw Carrot cake & yoghurt	Make corn fritters Cook sausages Cut up and roast veges Pick up cooked chickens from New World Prep coleslaw (large bag from New World) Get breakfast orders

Day 7	Weetbix Muesli Tin fruit Fruit juice Bananas Milk Toast & spreads (incl peanut butter/honey) Baked beans/eggs	Cheese rolls Up and Gos Fruit	Rolls: Fillings (Lettuce, cheese, tomato, cucumber, ham, egg, falafel, avocado) Baking Fruit	Creamy rice Chocolate milks Muffins/scrolls Fruit	BBQ Dinner (Sausages, Meatballs, Steak) Salad x 2 Rolls	Prepare fillings for lunch rolls Make/buy muffins/scrolls Check what leftover food there is for following days food – Wraps/rolls/Sandwiches
Day 8	Weetbix Muesli Tin fruit Fruit juice Bananas Milk Toast & spreads (incl peanut butter/honey) Baked beans/eggs	Leftovers	Leftovers			

Notes:

- Grocery Order to be completed through New World for above Menu if required
- Fresh bread/milk/rolls will need to be purchased from New World throughout week and other menu items daily as per menu eg. Ice Cream/Hot Chickens
- Baking to be supplied from families to compliment the Menu (including Bliss Balls)
- Chicken Casserole pre-made by families for Dinner 1.
- Cheeserolls supplied by families