

















# Weekly Menu











## Vac Care Week 1





	<b>Monday</b> 3/1/22	<b>Tuesday</b> 4/1/22	<b>Wednesday</b> 5/1/22	<b>Thursday</b> 6/1/22	<b>Friday</b> 7/1/22
<b>Breakfast</b>	N/A 	Warm Milo 	Muffins 	Scrambled Eggs on Toast 	Avocado on Toast 
	Toast, cereal, milk and fresh fruit are available for breakfast every morning.				
<b>Afternoon Tea</b>	N/A 	<b>Nachos</b> House made Mexican lamb and vegetable salsa served with corn chips and fresh vegetables <i>Vegetarian option available</i> 	<b>Chicken Wraps</b> Chicken with tomato, lettuce, cheese and aoli on Wholemeal Wraps <i>Vegetarian option available</i> 	<b>Pizza Tater Tots</b> Tater Tots loaded with vegetables and chicken and a pizza sauce <i>Vegetarian option available</i> 	<b>Wedges</b> Wedges served with Sweet Chilli sauce and Sour Cream 
Fresh seasonal fruit is served everyday with afternoon tea. Fruit is also offered as a snack at 4.30pm and 5.30pm. Water is always available.					

 Fruit and/or vegetables
  Wholegrains & cereals
  Dairy
  Protein



## Vac Care Week 2

	<b>Monday</b> 10/1/22	<b>Tuesday</b> 11/1/22	<b>Wednesday</b> 12/1/22	<b>Thursday</b> 13/1/22	<b>Friday</b> 14/1/22
<b>Breakfast</b>	N/A 	N/A 	N/A 	Pizza Omelette 	Waffles with Berries 
	Toast, cereal, milk and fresh fruit are available for breakfast every morning.				
<b>Afternoon Tea</b>	N/A 	N/A 	N/A 	Burmese Chicken Curry with Coconut Rice House made curry with chicken and vegetable served with traditional coconut rice. <i>Vegetarian option available</i> 	Gimbap House made Korean rice roll made with lamb and vegetables <i>Vegetarian option available</i> 
Fresh seasonal fruit is served everyday with afternoon tea. Fruit is also offered as a snack at 4.30pm and 5.30pm. Water is always available.					

 Fruit and/or vegetables
  Wholegrains & cereals
  Dairy
  Protein













### Vac Care Week 3





	<b>Monday</b> 17/1/22	<b>Tuesday</b> 18/1/22	<b>Wednesday</b> 19/1/22	<b>Thursday</b> 20/1/22	<b>Friday</b> 21/1/22
<b>Breakfast</b>	Milo Cereal  ● ● ●	Mexican Breakfast Burritos  ● ● ● ●	Napoli Eggs  ● ● ●	French Toast with Berries  ● ● ● ●	Milo Cereal  ● ● ●
	Toast, cereal, milk and fresh fruit are available for breakfast every morning.				
<b>Afternoon Tea</b>	Spaghetti Bolognese Bolognese sauce made with lamb, onions and carrots  <i>Vegetarian option available</i>  ● ● ● ●	Fruit Salad with Yoghurt Seasonal fruits served with yoghurt  ● ● ● ●	Lamb Souvlaki Wraps Lamb Souvlaki wrapped with Tomato, Lettuce and served with a housemade Tzatziki  <i>Vegetarian option available</i>  ● ● ● ●	Asian Style Turkey Wraps Stir-fried turkey and vegetables served with lettuce together in a wholegrain wrap  <i>Vegetarian option available</i>  ● ● ● ●	Guacamole and Corn Chips Tomato and onion guacamole served on Corn Chips  ● ● ●
	Fresh seasonal fruit is served everyday with afternoon tea. Fruit is also offered as a snack at 4.30pm and 5.30pm. Water is always available.				

● Fruit and/or vegetables    ● Wholegrains & cereals    ● Dairy    ● Protein



## Vac Care Week 4

	<b>Monday</b> 24/1/22	<b>Tuesday</b> 25/1/22	<b>Wednesday</b> 26/1/22	<b>Thursday</b> 27/1/22	<b>Friday</b> 28/1/22
<b>Breakfast</b>	Hot Milo  	Waffles with Berries  	Australia Day  	Breakfast Burritos  	Eggs on Toast  
	Toast, cereal, milk and fresh fruit are available for breakfast every morning.				
<b>Afternoon Tea</b>	Pizza Scrolls  Puff pastry filled with chicken and Pizza toppings. <i>Vegetarian option available</i>  	Nachos  Nachos with a housemade chicken salsa, topped with tomato, lettuce and cheese <i>Vegetarian option available</i>  	Australia Day  	Australia Day BBQ  Sausage Sizzle with Sauces <i>Vegetarian option available</i>  	Sweet Potato Fries  Baked house made potato fries served with aoli  
Fresh seasonal fruit is served everyday with afternoon tea. Fruit is also offered as a snack at 4.30pm and 5.30pm. Water is always available.					

 Fruit and/or vegetables    
  Wholegrains & cereals    
  Dairy    
  Protein