



**Bee
Healthy**
by **Busy Bees.**

Weekly Menu

Week 1

Monday

Tuesday

Wednesday

Thursday

Friday

Morning Snack

Serve with milk
or water

Fruit Platter
with Yoghurt
Dip

Mango &
Coconut
Muffins

Berry
Crumble

Carrot
& Apple
Muffins

Fruit Platter
with Yoghurt
Dip

Lunch

Serve with water

Savoury
Baked Beans
with Pasta

Apricot
Chicken

Curried
Sausages

Tuna &
Pasta Bake

Beef
Stroganoff
with Pasta

Afternoon Snack

Serve with milk
or water

Cheese &
Spinach
Scrolls

Roast
Vegetable
Dip with
Vegetable
Sticks

Bliss Balls

Roast
Vegetable
Dip with
Vegetable
Sticks

ANZAC
Biscuits



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Weekly Menu

Week 2

Monday

Tuesday

Wednesday

Thursday

Friday

Morning Snack

Serve with milk
or water

Fruit Platter
with Yoghurt
Dip

Sultana
Scones

Pear & Date
Loaf

Fruit Platter
with Yoghurt
Dip

Apple Scrolls

Lunch

Serve with water

Hearty
Chicken &
Vegetable
Soup with
Wholemeal
Roll

Cheesy
Broccoli
Mornay

Sang Choy
Bow

Chicken &
Spinach
Lasagne

Asian Style
Fish with Rice

Afternoon Snack

Serve with milk
or water

Vegetable
Platter

Vegetable
Fritters

Cheese &
Spinach
Scrolls

Apple &
Carrot
Muffins

Roast
Vegetable
Dip with
Vegetable
Sticks



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Weekly Menu

Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

Morning Snack

Serve with milk
or water

Fruit Platter
with Yoghurt
Dip

Carrot &
Apple
Muffins

Fruit Platter
with Yoghurt
Dip

Cheese
Muffins

Fruit Platter
with Yoghurt
Dip

Lunch

Serve with water

Chicken
Singapore
Noodles

Pumpkin &
Ricotta Mac
'n' Cheese

Rainbow
Beef

Moroccan
Crumbed Fish
with Salad

Lentil
Bolognese
with Pasta

Afternoon Snack

Serve with milk
or water

Vegetable
Platter

ANZAC
Biscuits

Roast
Vegetable
Dip with
Vegetable
Sticks

Bliss Balls

Pear &
Date Loaf



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Weekly Menu

Week 4

Monday

Tuesday

Wednesday

Thursday

Friday

Morning Snack

Serve with milk
or water

Fruit Platter
with Yoghurt
Dip

Sultana
Scones

Mango &
Coconut
Muffins

Date Loaf

Fruit Platter
with Yoghurt
Dip

Lunch

Serve with water

Chicken
Paella

Sweet Potato
& Black Bean
Chilli

Moroccan
Lamb with
Couscous

Asian Style
Fish with Rice

Beef &
Kidney Bean
Nachos

Afternoon Snack

Serve with milk
or water

Oatmeal
Slice

Berry
Crumble

Roast
Vegetable
Dip with
Vegetable
Sticks

Fruit Platter
with Yoghurt
Dip

Carrot Cake



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Weekly Menu

Week

Monday

Tuesday

Wednesday

Thursday

Friday

**Morning
Snack**

Serve with milk
or water

Lunch

Serve with water

**Afternoon
Snack**

Serve with milk
or water