



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

Weekly Menu



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Week 1

Monday

Morning Snack

Serve with
milk or water

Fruit with
Greek
Yoghurt

Lunch

Serve with
water

Savoury
Baked Beans
with Pasta

Afternoon Snack

Serve with
milk or water

Carrot
& Apple
Muffins

Tuesday

Fruit Platter

Apricot
Chicken with
Rice or Pasta

Mixed
Sandwiches
(include
cheese)

Wednesday

Fruit &
Vegetable
Platter

Cottage Pie

Oat Bliss
Balls with
Vegetable
Sticks &
Cheese Cubes

Thursday

Fruit with
Greek
Yoghurt

Tuna &
Pasta Bake

Cheese &
Spinach
Scrolls

Friday

Vegetable
Sticks with
Hummus,
Cheese
Cubes & Rice
Cakes

Beef
Stroganoff
with Pasta

ANZAC
Biscuits &
Fruit



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Week 2

Monday

Morning Snack

Serve with
milk or water

Fruit &
Vegetable
Platter

Lunch

Serve with
water

Chicken
& Vegetable
Soup with
Wholemeal
Rolls

Afternoon Snack

Serve with
milk or water

Cheese
Muffins

Tuesday

Fruit with
Greek
Yoghurt

Cheesy
Broccoli
Mornay

Vegetable
Fritters

Wednesday

Vegetable
Sticks with
Hummus,
Cheese
Cubes & Rice
Cakes

Asian Style
Fish with Rice

Oatmeal
Slice

Thursday

Fruit with
Greek
Yoghurt

Beef &
Vegetable
Lasagne

Pear & Date
Loaf

Friday

Fruit Platter

San Choy
Bow

Vegetable
Fritters



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Week 3

Monday

Morning Snack

Serve with
milk or water

Vegetable
Sticks with
Hummus,
Cheese
Cubes & Rice
Cakes

Lunch

Serve with
water

Rainbow
Beef with
Rice

Afternoon Snack

Serve with
milk or water

Banana Loaf

Tuesday

Fruit with
Greek
Yoghurt

Moroccan
Crumbed Fish
with Roast
Vegetables

ANZAC
Biscuits &
Fruit

Wednesday

Fruit Platter

Chicken
Singapore
Noodles

Cheese &
Spinach
Scrolls

Thursday

Fruit &
Vegetable
Platter

Pumpkin &
Ricotta Mac
'n' Cheese

Oat Bliss
Balls with
Vegetable
Sticks &
Cheese Cubes

Friday

Fruit with
Greek
Yoghurt

Lentil
Bolognese
with Pasta

Sandwiches
(with cheese
+/- ham)



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Week 4

Monday

Morning Snack

Serve with
milk or water

Fruit Platter

Lunch

Serve with
water

Chicken
Paella

Afternoon Snack

Serve with
milk or water

Cheese
Muffins

Tuesday

Fruit &
Vegetable
Platter

Moroccan
Lamb with
Couscous

Berry
Crumble
with Greek
Yoghurt

Wednesday

Fruit with
Greek
Yoghurt

Sweet Potato
& Black Bean
Chilli

Vegetable
Fritters

Thursday

Vegetables
Sticks with
Hummus,
Cheese
Cubes & Rice
Cakes

Asian Style
Fish with Rice

Carrot
& Apple
Muffins

Friday

Fruit with
Greek
Yoghurt

Beef &
Kidney Bean
Nachos

Sultana
Scones &
Fruit