



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

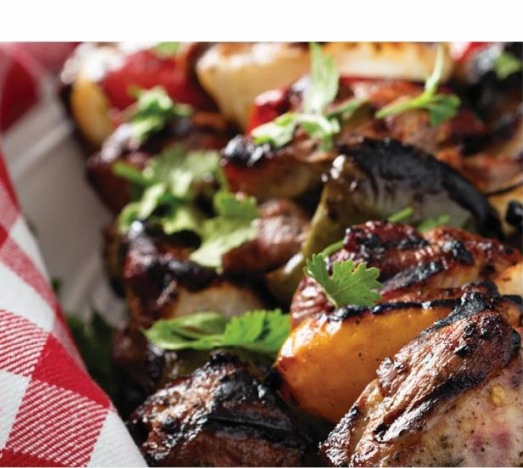
Weekly Menu



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Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Softened Weetbix & Milk OR Rolled Oats with Soft Fruit & Milk				
Morning Tea Serve with milk or water	Raisin Toast <i>with Milk</i>	Fresh Fruit <i>with Greek Yoghurt</i>	Sultana Scones <i>& Fresh Fruit</i>	Seasonal Fresh Fruit <i>Platter with Milk</i>	Veggie Sticks <i>with Hummus, Cheese Cubes & Wafer Crackers</i>
Lunch Serve with milk or water	Kids Thai Green Curry <i>with Chicken & Veggies</i>	Asian Lettuce Wraps <i>with Beef & Noodles</i>	Cottage Pie <i>with Veggies</i>	Sweet Corn & Zucchini Fritters <i>with Veggies & Bread Roll</i>	Crunchy Fish Fingers <i>with Potato Wedges & Veggies</i>
Vegetarian Lunch option	Kids Thai Green Curry <i>with Tofu & Veggies</i>	Asian Lettuce Wraps <i>with Tofu & Noodles</i>	Lentil Cottage Pie <i>with Veggies</i>	Sweet Corn & Zucchini Fritters <i>with Veggies & Bread Roll</i>	Crunchy Tofu Fingers <i>with Potato Wedges & Veggies</i>
Afternoon Tea Serve with milk or water	Custard <i>& Fresh Fruit</i>	Sandwiches & Wraps <i>Including Ham</i>	Frozen Pops (Fruit & Yoghurt) <i>with Crackers</i>	Blueberry & Oat Muffins	Mini Vegetarian Pizzas



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Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Softened Weetbix & Milk OR Rolled Oats with Soft Fruit & Milk				
Morning Tea Serve with milk or water	Fruit & Veggie Platter with Milk	Muesli & Greek Yoghurt Cups with Fruit Purée	Veggie Sticks with Hummus, Cheese Cubes & Wafer Crackers	Muesli & Greek Yoghurt Cups with Fruit Purée	Pear & Date Loaf
Lunch Serve with milk or water	Mini Meatloaf with Mash & Mixed Veggies	Vegetarian Burritos	Chicken Biryani	Crunchy Tuna Pasta Bake with Green Beans	Spaghetti Bolognese with Beef
Vegetarian Lunch option	Tofu, Lentil or TVP Mini Loaf with Mash & Mixed Veggies	Vegetarian Burritos	Chickpea Biryani	Hidden Tofu Pasta Bake with Green Beans	Spaghetti Bolognese with hidden Lentils
Afternoon Tea Serve with milk or water	Sandwiches & Wraps with Ham and Veggies	Banana Loaf with Milk	Apple & Carrot Muffins	Cheesy & Spinach Muffins	Custard & Fresh Fruit



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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Softened Weetbix & Milk OR Rolled Oats with Soft Fruit & Milk				
Morning Tea Serve with milk or water	Veggie Sticks <i>with Hummus, Cheese Cubes & Wafer Crackers</i>	Custard <i>& Fresh Fruit</i>	Seasonal Fresh Fruit <i>Platter with Milk</i>	Sultana Scones <i>& Fresh Fruit</i>	Fresh Fruit <i>with Greek Yoghurt</i>
Lunch Serve with milk or water	Spinach & Ricotta <i>Pasta Bake with Peas</i>	Creamy Fish Pie <i>with Potato & Veggies</i>	Mexican Beef & Black Bean Bowls <i>with Rice</i>	Beef Sliders <i>with Crunchy Veggies</i>	Chicken Tenders <i>with Roasted Veggies</i>
Vegetarian Lunch option	Spinach & Ricotta <i>Pasta Bake with Peas</i>	Creamy Tofu Pie <i>with Potato & Veggies</i>	Mexican Black Bean Bowls <i>with Rice</i>	Bean & Veggie Sliders <i>with Crunchy Veggies</i>	Baked Beans <i>with Roasted Veggies</i>
Afternoon Tea Serve with milk or water	Blueberry & Oat Muffins	Pear & Date Loaf	Raisin Toast <i>with Milk</i>	Mini Pizzas <i>Veggie options only</i>	Apple & Carrot Muffins



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Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Softened Weetbix & Milk OR Rolled Oats with Soft Fruit & Milk				
Morning Tea Serve with milk or water	Fresh Fruit & Wafer Crackers <i>with Milk</i>	Raisin Toast <i>with Fresh Fruit</i>	Fruit & Veggie Platter <i>with Milk</i>	Veggie Sticks <i>with Hummus, Cheese Cubes & Wafer Crackers</i>	Muesli & Greek Yoghurt Cups <i>with Fruit Purée</i>
Lunch Serve with milk or water	Salmon & Zucchini Slice <i>with Steamed Veggies & Mash</i>	Roast Chicken <i>with Roasted Veggies</i>	Cheesy Vegetable Lasagne <i>with Crunchy Veggies</i>	Lamb* & Veggie Kebabs <i>with Potato Wedges & Cucumber Sticks</i>	Beef Stroganoff <i>with Rice</i>
Vegetarian Lunch option	Tofu Curry <i>Vegetarian option of Fried Fish & Tomato Indian Curry from AW25 Menu</i>	Tofu Cakes <i>Vegetarian option of Fish Cakes & Wedges from AW25 Menu</i>	Cheesy Vegetable Lasagne <i>with Crunchy Veggies</i>	Halloumi & Veggie Kebabs <i>with Potato Wedges & Cucumber Sticks</i>	Scrambled Tofu Stroganoff <i>with Rice</i>
Afternoon Tea Serve with milk or water	Mini Pizzas <i>Ham & Veggie Options</i>	Cheesy & Spinach Muffins	Banana Loaf <i>with Milk</i>	Frozen Pops (Fruit & Yoghurt) <i>with Crackers</i>	Sandwiches & Wraps <i>Cheese</i>