

## 123 Grow Logan Central Menu

Week 1.	Morning Tea	Lunch	Afternoon Tea
Monday	FRUIT	Sandwiches with various spreads	Muesli Bars
Tuesday	FRUIT	Fish Fingers, Mash Potato and Veg	Saladas with various spreads
Wednesday	FRUIT	Sandwiches with various spreads	Fruit Muffins
Thursday	FRUIT	Shepards Pie	Cheese, crackers and Veg Sticks
Friday	FRUIT	Sandwiches with various spreads	Carrot Cake

Week 2.	Morning Tea	Lunch	Afternoon Tea
Monday	FRUIT	Pumpkin Pasta Bake	Saladas with various spreads
Tuesday	FRUIT	Sandwiches with various spreads	Anzac Biscuits
Wednesday	FRUIT	Pizza	Custard and Fruit
Thursday	FRUIT	Sandwiches with various spreads	Pear Upside Down Cake
Friday	FRUIT	Lasagne and Garlic Bread	Cheese, crackers and Veg Sticks

Week 3.	Morning Tea	Lunch	Afternoon Tea
Monday	FRUIT	Sandwiches with various spreads	Cornflake and Apricot Cookies
Tuesday	FRUIT	Macaroni and Cheese	Cheese, crackers and Veg Sticks
Wednesday	FRUIT	Sandwiches with various spreads	Sultana Cake
Thursday	FRUIT	Quiche and Salad	Saladas with various spreads
Friday	FRUIT	Sandwiches with various spreads	Weetbix Slice

Week 4.	Morning Tea	Lunch	Afternoon Tea
Monday	FRUIT	Chicken, Rice and Vege	Cheese, crackers and Veg Sticks
Tuesday	FRUIT	Sandwiches with various spreads	Apricot Bubble Biscuits
Wednesday	FRUIT	Sausages, Mash, Vege and gravy	Saladas with various spreads
Thursday	FRUIT	Sandwiches with various spreads	Scones
Friday	FRUIT	Tomato Pasta Bake	Fruit and Yoghurt

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Week 5.	Morning Tea	Lunch	Afternoon Tea
Monday	FRUIT	Sandwiches with various spreads	Pear Upside Down Cake
Tuesday	FRUIT	Tuna Pasta Bake	Saladas with various spreads
Wednesday	FRUIT	Sandwiches with various spreads	Anzac Biscuits
Thursday	FRUIT	Savoury Mince and Rice	Cheese, crackers and Veg Sticks
Friday	FRUIT	Sandwiches with various spreads	Scones

Week 6.	Morning Tea	Lunch	Afternoon Tea
Monday	FRUIT	Rissoles, Mash and Vege	Cheese, crackers and Veg Sticks
Tuesday	FRUIT	Sandwiches with various spreads	Cornflake and Apricot Cookies
Wednesday	FRUIT	Spaghetti Bolognese	Yoghurt and Fruit
Thursday	FRUIT	Sandwiches with various spreads	Weetbix Slice
Friday	FRUIT	Vegetable Lasagne and Bread	Saladas with various spreads

Week 7.	Morning Tea	Lunch	Afternoon Tea
Monday	FRUIT	Sandwiches with various spreads	Carrot Cake
Tuesday	FRUIT	Sausgae and Potato Hotpot	Cheese, crackers and Veg Sticks
Wednesday	FRUIT	Sandwiches with various spreads	Fruit Muffins
Thursday	FRUIT	Beef Noodle Stirfry	Saladas with various spreads
Friday	FRUIT	Sandwiches with various spreads	Muesli Bars

Week 8.	Morning Tea	Lunch	Afternoon Tea
Monday	FRUIT	Chicken Noodle Stirfry	Custards and Fruit
Tuesday	FRUIT	Sandwiches with various spreads	Sultana Cake
Wednesday	FRUIT	Zuchichini Stirfry	Cheese, crackers and Veg Sticks
Thursday	FRUIT	Sandwiches with various spreads	Apricot Bubble Biscuits
Friday	FRUIT	Fried Rice	Saladas with various spreads