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Centre Menu – Winter 2026: Week 1

Monday

Morning Tea: Freshly baked apple & gingerbread, served with sliced banana and water (DF GF option prepared for the same dish)

Lunch: Tuna pasta bake, fresh mixed salad, bread & butter served with water (DF GF option prepared for the same dish)

Afternoon Tea: Freshly baked date scones served with sliced navel orange and water (DF GF option prepared for the same dish)

Tuesday

Morning Tea: Orange, cranberry muesli bar served with stewed apples and water (DF GF version option)

Lunch: Korean chicken curry served on rice with a fresh salad, bread and butter water to drink. (DF GF option prepared for the same dish)

Afternoon Tea: Ham & cheese muffins served with freshly slice pear and water (DF GF version option)

Wednesday

Morning Tea: Freshly baked pumpkin bread served with sliced apples and water (DF GF version offered)

Lunch: Hearty tomato based winter vegetables and mixed bean pasta bake, served with fresh salad

Afternoon Tea: Homemade hummus served with julienne carrots, crackers and apple slices, water (DF GF)

Thursday

Morning Tea: Freshly baked pumpkin bread spreads and slice banana, water (DF GF)

Lunch: Beef or vegan sliders served with fresh mixed salad and water (DF GF)

Afternoon Tea: Freshly baked cheesy scones served with sliced apple and water (DF GF option offered)

Friday

Morning Tea: Freshly baked banana bread served with kiwifruit slices and water (DF GF version offered)

Lunch: Scrambled eggs on toast with baked beans, fresh salad and water (DF GF option)

Afternoon Tea: Apple & cinnamon slice with sliced orange and water. (DF GF version offered)

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Centre Menu - Winter 2026: Week 2

Monday

Morning Tea: Cranberry & orange muesli slice served with stewed apple and water (DF GF option offered)

Lunch: Macaroni cheese served with fresh mixed salad, water (DF GF option offered)

Afternoon Tea: Homemade hummus served with crackers and water (DF GF)

Tuesday

Morning Tea: Freshly baked banana bread served with apple slices and water (DF GF option offered)

Lunch: Korean chicken and vegetable stir fry with salad (DF GF, vegetable-based alternative offered)

Afternoon Tea: Freshly baked vegemite scrolls served with sliced oranges and water (DF GF option offered)

Wednesday

Morning Tea: Homemade chewy muesli slice served with stewed apple and water (DF GF option offered)

Lunch: Cheesy nachos and sour cream, and tortillas, served with salad and water (DF GF options)

Afternoon Tea: Freshly baked coconut & vanilla muffins served with sliced oranges, water (DF GF option)

Thursday

Morning Tea: Homemade Anzac biscuits served with freshly sliced oranges and water (DF GF)

Lunch: Margaretta pizza, served with a fresh mixed salad, water (DF GF option)

Afternoon Tea: Blueberry muffins served with fresh apple slices and water (DF GF option)

Friday

Morning Tea: Freshly baked ginger bread served with sliced kiwifruit and water (DF GF option offered).

Lunch: Pumpkin and coconut soup served with toast, fresh salad and water. (DF GF option offered)

Afternoon Tea: Freshly baked savoury muffins served with orange slices and water (DF GF option offered)