

DINKY DI MENU – 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Make your own Cereal	Make your own Cereal	Make your own Cereal	Make your own Cereal	Make your own Cereal
Morning Tea	English Muffins, Fruit, Milk and Water	Multigrain Toast Vegetable Sticks Milk and Water	Pikelets Fruit Milk and Water	Fruit Milk and Water	Baked Beans and wholegrain Toast Fruit Milk and Water
Lunch	Sausages with vegetable potato bake	Wholemeal Spaghetti Bolognese with carrots, spinach, onion, tomato.	Beef Rissoles with baked vegetables. Sweet potato, potato, pumpkin, zucchini.	Beef and salad wraps.	Marinated chicken with brown rice with combined vegetables.
Afternoon Tea	Crackers Vegetable Sticks Milk and Water	Yoghurt and Fruit Water	Vegetable Sticks Wholemeal crackers Milk and Water	Corn thins Vegetable Sticks Milk and Water	Yoghurt Vegetable Sticks Water
Supper	Crackers and Dried Fruit	Crackers and Dried Fruit	Crackers and Dried Fruit	Crackers and Dried Fruit	Crackers and Dried Fruit



DINKY DI MENU – 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Make your own Cereal	Make your own Cereal	Make your own Cereal	Make your own Cereal	Make your own Cereal
Morning Tea	Wholemeal Pikelets Fruit Milk and Water	Fruit and Vegetable Sticks Yoghurt Milk and Water	Weetbix Fruit Milk and Water	Baked beans English Muffins Milk and Water	Weetbix Yoghurt Fruit Milk and Water
Lunch	Mixed sandwiches. - Beef - Ham - Egg - Salad - Cheese	Beef stroganoff With wholemeal pasta. Side of peas and carrots	Quiche Both vegetarian option and non- vegetarian option.	Tuna pasta Side of vegetables	Vegetarian pizza with garlic bread.
Afternoon Tea	Vegetable Sticks Cheese Cubes Milk and Water	Corn Thins and Cheese Milk and Water	Vegetable Sticks Dried Fruit and Dip Milk and Water	Fruit and Vegetable Sticks Milk and Water	Vegetable Sticks Milk and Water
Supper	Rice Crackers and Dried Fruit	Rice Crackers and Dried Fruit	Rice Crackers and Dried Fruit	Rice Crackers and Dried Fruit	Rice Crackers and Dried Fruit



DINKY DI MENU – 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Make your own Cereal	Make your own Cereal	Make your own Cereal	Make your own Cereal	Make your own Cereal
Morning Tea	Vegetable Sticks and Wholemeal Pikelets Milk and Water	Yoghurt and Fruit Milk and Water	Wholegrain Toast Fruit Milk and Water	Fruit Cereal Milk and Water	Baked Beans English Muffins Milk and Water
Lunch	Beef and salad tacos and burritos.	Ravioli with garlic bread and a side of vegetables.	Homemade sausage rolls filled with vegetables with vegetable sticks.	Shepherd's pie With wholemeal bread.	Vegetarian wholemeal noodles.
Afternoon Tea	Fruit and Yoghurt Milk and Water	Vegetable Sticks Crackers Milk and Water	Corn Thins Cheese Vegetable Sticks Milk and Water	Vegetable Sticks Cheese cubes Milk and Water	Fruit and Vegetable Platter Milk and Water
Supper	Rice Crackers and Dried Fruit	Rice Crackers and Dried Fruit	Rice Crackers and Dried Fruit	Rice Crackers and Dried Fruit	Rice Crackers and Dried Fruit



DINKY DI MENU – 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Make your own Cereal	Make your own Cereal	Make your own Cereal	Make your own Cereal	Make your own Cereal
Morning Tea	Wholemeal Pikelets Vegetables Sticks Milk and Water	Fruit, including dried fruit. Yoghurt Milk and Water	Wholemeal English Muffins Vegetable Sticks Milk and Water	Baked Beans Wholegrain Toast Milk and Water	Weetbix Fruit Milk and Water
Lunch	Marinated chicken with fried rice with mixed vegetables	Lasagne and Salad	Curried sausages with rice.	Chicken schnitzel with baked vegetables.	Tuna patties with wholemeal pasta and side of vegetables.
Afternoon Tea	Fruit, including dried fruit. Milk and Water	Corn Thins Vegetable Sticks Milk and Water	Fruit Yoghurt Milk and Water	Fruit Crackers Milk and Water	Vegetable Sticks Cheese Cubes Milk and Water
Supper	Rice Crackers and Dried Fruit	Rice Crackers and Dried Fruit	Rice Crackers and Dried Fruit	Rice Crackers and Dried Fruit	Rice Crackers and Dried Fruit

