

DINKY DI MENU – 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Make your own Toast	Make your own Toast	Make your own Toast	Make your own Toast	Make your own Toast
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 Toast	Make your own Toast	Make your own Toast	Make your own Toast	Make your own Toast
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 Toast	Make your own Toast	Make your own Toast	Make your own Toast	Make your own Toast
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 Toast	Make your own Toast	Make your own Toast	Make your own Toast	Make your own Toast
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



DINKY DI MENU – 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Make your own Toast	Make your own Toast	Make your own Toast	Make your own Toast	Make your own Toast
Morning Tea	Baked Beans and wholegrain Toast Fruit Milk and Water	English Muffins, Fruit. Milk and Water	Multigrain Toast Vegetable Sticks Milk and Water	Pikelets Fruit Milk and Water	Fruit Milk and Water
Lunch	Marinated chicken with brown rice with combined vegetables.	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.
Afternoon Tea	Yoghurt Vegetable Sticks Water	Crackers Vegetable Sticks Milk and Water	Yoghurt and Fruit Water	Vegetable Sticks Wholemeal crackers Milk and Water	Corn thins Vegetable Sticks Milk and 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 – 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Make your own Toast	Make your own Toast	Make your own Toast	Make your own Toast	Make your own Toast
Morning Tea	Weetbix Yoghurt Fruit Milk and Water	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
Lunch	Vegetarian pizza with garlic bread.	Mixed sandwiches on wholemeal - 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
Afternoon Tea	Vegetable Sticks Milk and Water	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
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 – 7

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Make your own Toast	Make your own Toast	Make your own Toast	Make your own Toast	Make your own Toast
Morning Tea	Baked Beans English Muffins Milk and Water	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
Lunch	Vegetarian wholemeal noodles.	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.
Afternoon Tea	Fruit and Vegetable Platter Milk and Water	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
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 – 8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Make your own Toast	Make your own Toast	Make your own Toast	Make your own Toast	Make your own Toast
Morning Tea	Weetbix Fruit Milk and Water	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
Lunch	Tuna patties with wholemeal pasta and side of vegetables.	Marinated chicken with fried rice with mixed vegetables	Lasagne and Salad	Curried sausages with rice.	Chicken schnitzel with baked vegetables.
Afternoon Tea	Vegetable Sticks Cheese Cubes Milk and Water	Fruit Milk and Water	Corn Thins Vegetable Sticks Milk and Water	Fruit, including dried fruit. Yoghurt Milk and Water	Fruit Crackers 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 – 9

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Make your own Toast	Make your own Toast	Make your own Toast	Make your own Toast	Make your own Toast
Morning Tea	Fruit Milk and Water	Baked Beans and wholegrain Toast Fruit Milk and Water	English Muffins, Fruit. Milk and Water	Multigrain Toast Vegetable Sticks Milk and Water	Pikelets Fruit Milk and Water
Lunch	Beef and salad wraps	Marinated chicken with brown rice with combined vegetables.	Sausages with vegetable potato bake	Wholemeal Spaghetti Bolognese with carrots, spinach, onion, tomato.	Beef Rissoles with baked vegetables. Sweet potato, potato, pumpkin, zucchini.
Afternoon Tea	Corn thins Vegetable Sticks Milk and Water	Yoghurt Vegetable Sticks Water	Crackers Vegetable Sticks Milk and Water	Yoghurt and Fruit Water	Vegetable Sticks Wholemeal crackers 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 – 10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Make your own Toast	Make your own Toast	Make your own Toast	Make your own Toast	Make your own Toast
Morning Tea	Baked beans English Muffins Milk and Water	Weetbix Yoghurt Fruit Milk and Water	Wholemeal Pikelets Fruit Milk and Water	Fruit and Vegetable Sticks Yoghurt Milk and Water	Weetbix Fruit Milk and Water
Lunch	Tuna pasta Side of vegetables	Vegetarian pizza with garlic bread.	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
Afternoon Tea	Fruit and Vegetable Sticks Milk and Water	Vegetable Sticks Milk and Water	Vegetable Sticks Cheese Cubes Milk and Water	Corn Thins and Cheese Milk and Water	Vegetable Sticks Dried Fruit and Dip 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 – 11

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Make your own Toast	Make your own Toast	Make your own Toast	Make your own Toast	Make your own Toast
Morning Tea	Fruit Cereal Milk and Water	Baked Beans English Muffins Milk and Water	Vegetable Sticks and Wholemeal Pikelets Milk and Water	Yoghurt and Fruit Milk and Water	Wholegrain Toast Fruit Milk and Water
Lunch	Shepherd's pie With wholemeal bread.	Vegetarian wholemeal noodles.	Beef and salad tacos and burritos.	Ravioli with garlic bread and a side of vegetables.	Homemade sausage rolls filled with vegetables with vegetable sticks.
Afternoon Tea	Vegetable Sticks Cheese cubes Milk and Water	Fruit and Vegetable Platter Milk and Water	Fruit and Yoghurt Milk and Water	Vegetable Sticks Crackers Milk and Water	Corn Thins Cheese 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 – 12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Make your own Toast	Make your own Toast	Make your own Toast	Make your own Toast	Make your own Toast
Morning Tea	Baked Beans Wholegrain Toast Milk and Water	Weetbix Fruit Milk and Water	Wholemeal Pikelets Vegetables Sticks Milk and Water	Fruit, including dried fruit. Yoghurt Milk and Water	Wholemeal English Muffins Vegetable Sticks Milk and Water
Lunch	Chicken schnitzel with baked vegetables.	Tuna patties with wholemeal pasta and side of vegetables.	Marinated chicken with fried rice with mixed vegetables	Lasagne and Salad	Curried sausages with rice.
Afternoon Tea	Fruit Crackers Milk and Water	Vegetable Sticks Cheese Cubes Milk and Water	Fruit, including dried fruit. Milk and Water	Corn Thins Vegetable Sticks Milk and Water	Fruit Yoghurt 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 – 13

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Make your own Toast	Make your own Toast	Make your own Toast	Make your own Toast	Make your own Toast
Morning Tea	Pikelets Fruit Milk and Water	Fruit Milk and Water	Baked Beans and wholegrain Toast Fruit Milk and Water	English Muffins, Fruit. Milk and Water	Multigrain Toast Vegetable Sticks Milk and Water
Lunch	Beef Rissoles with baked vegetables. Sweet potato, potato, pumpkin, zucchini.	Beef and salad wraps	- Marinated chicken with brown rice with combined vegetables.	Sausages with vegetable potato bake	Wholemeal Spaghetti Bolognese with carrots, spinach, onion, tomato.
Afternoon Tea	Vegetable Sticks Wholemeal crackers Milk and Water	Corn thins Vegetable Sticks Milk and Water	Yoghurt Vegetable Sticks Water	Crackers Vegetable Sticks Milk and Water	Yoghurt and Fruit 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 – 14

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Make your own Toast	Make your own Toast	Make your own Toast	Make your own Toast	Make your own Toast
Morning Tea	Weetbix Fruit Milk and Water	Baked beans English Muffins Milk and Water	Weetbix Yoghurt Fruit Milk and Water	Wholemeal Pikelets Fruit Milk and Water	Fruit and Vegetable Sticks Yoghurt Milk and Water
Lunch	- Quiche Both vegetarian option and non- vegetarian option	Tuna pasta Side of vegetables	Vegetarian pizza with garlic bread.	Mixed wholemeal sandwiches. - Beef - Ham - Egg - Salad - Cheese	Beef stroganoff With wholemeal pasta. Side of peas and carrots
Afternoon Tea	Vegetable Sticks Dried Fruit and Dip Milk and Water	Fruit and Vegetable Sticks Milk and Water	Vegetable Sticks Milk and Water	Vegetable Sticks Cheese Cubes Milk and Water	Corn Thins and Cheese 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 – 15

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

