



Menu Week 1: My Stepping Stones

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice Of Muesli*, Oatbribs, Corn Flakes, Rice Bubbles* with Organic Milk*	Choice Of Muesli*, Oatbribs, Corn Flakes, Rice Bubbles* with Organic Milk*	Choice Of Muesli*, Oatbribs, Corn Flakes, Rice Bubbles* with Organic Milk*	Choice Of Muesli*, Oatbribs, Corn Flakes, Rice Bubbles* with Organic Milk*	Choice Of Muesli*, Oatbribs, Corn Flakes, Rice Bubbles* with Organic Milk*
Morning Tea	Porridge made with Rolled Oats* Organic Milk and Honey and Cinamon Organic Fruit* or Vegetables*	Fresh Oven Baked Wholemeal Apple* and Oat Muffins* Served with Creamy Organic Milk* Organic Fruit* or Vegetables*	Freshly toasted Raisin* bread*. Served with Creamy Organic Milk* Organic Fruit* or Vegetables*	Wholemeal English Muffins* Thickly Coated with ricotta* and Honey. Served with Creamy Organic Milk* Organic Fruit* or Vegetables*	Thick and Creamy Yoghurt* Topped with Fruit* Muesli* Organic Fruit* or Vegetables*
Lunch	Organic Moroccan Chicken* cooked with carrot, broccoli, Squash, Peas* and served with Natural Yogurt* on a bed of couscous*	Organic Spaghetti* with Beef* Bolognese. Served with Seasonal Organic Vegetables (Carrot, Zucchini, Eggplant)*	Fish Pie with Basa Fillet, Organic Vegetables (Celery, Carrot, Tomato)* and topped with Organic Mashed Potato*	Fried Wholegrain Rice* Tossed with Organic Seasonal Vegetables (Broccoli, Carrot, Snow Peas)*	MSS Special! Organic Lamb* Organic Spaghetti* tossed with Marinated Olives, Organic Capsicum, Cabbage* and Feta*.
Afternoon Tea	Ham/Chicken, Tasty Cheese* and Organic Tomato* Sandwiches on Fresh Wholemeal Bread*. Served with Fresh Organic Fruit* and Vegetables* Platter and Organic Milk*	Home Made Quinoa* Salad with Pumpkin, Onion, Capsicum* Served with Fresh Organic Fruit* and Vegetables* Platter and Organic Milk*	Home Made Organic Beef Kofta*, Organic Carrots and Cucumber* Home Made Hummus* Wholemeal Lebanese bread*, Fresh Organic Fruit* and Vegetables* Platter and Organic Milk*	Cheese* and Tomato* Puff Pastries*. Served With Fresh Organic Fruit* and Vegetables* Platter and Organic Milk*	Cream Cheese* and Organic Cucumber* Sandwiches on Fresh Wholemeal Bread*. Served with Fresh Organic Fruit* and Vegetables* Platter and Organic Milk*

- Water will be provided with all meals and throughout the day.
- Late afternoon snacks will be provided.



Menu Week 2: My Stepping Stones

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice Of Muesli [*] , Oatbribs, Corn Flakes, Rice Bubbles [*] with Organic Milk [*]	Choice Of Muesli [*] , Oatbribs, Corn Flakes, Rice Bubbles [*] with Organic Milk [*]	Choice Of Muesli [*] , Oatbribs, Corn Flakes, Rice Bubbles [*] with Organic Milk [*]	Choice Of Muesli [*] , Oatbribs, Corn Flakes, Rice Bubbles [*] with Organic Milk [*]	Choice Of Muesli [*] , Oatbribs, Corn Flakes, Rice Bubbles [*] with Organic Milk [*]
Morning Tea	Ryvita [*] thickly spread with Cottage Cheese [*] /Salmon or Vegemite. Served with Creamy Organic Milk [*] Organic Fruit [*] or Vegetables [*]	Cantonese Still Noodles [*] with Organic Pork [*] , Capsicum, Snow Peas and Cabbage [*] and Vermicelli Noodles [*] Organic Fruit [*] or Vegetables [*]	Fresh Whole meal Toast [*] with melted tasty cheese [*] Organic Fruit [*] or Vegetables [*]	Baked Beans on Fresh Wholemeal Toast [*] . Served with Creamy Organic Milk [*] Organic Fruit [*] or Vegetables [*]	Bircher Muesli with Rolled Oats, Organic Milk, Apple and Apricot Organic Fruit [*] or Vegetables [*]
Lunch	Organic Lamb [*] Wraps, Tomato, Cucumber, Lettuce [*] , Yoghurt [*] /Home Made Hummus on Fresh Wholemeal Lebanese Bread [*]	Chili con Carne with Organic Beef [*] and Vegetables (Tomato, Carrot, Celery) [*] Served with Wholegrain Rice [*]	Oven Baked Seasonal Organic Vegetable (Pumpkin, Eggplant, Zucchini) [*] and Organic Penne [*] Topped With Stretchy Mozzarella	Thai Chicken [*] Noodles with Organic Seasonal Vegetables (Lemongrass, Ginger, Coriander) [*] served with Vermicelli Noodles [*]	Kangaroo or Lamb [*] Pizza [*] Topped with a Home Made Spinach, Eggplant, Zucchini and Tomato sauce. Capsicum, Mushroom, Marinated Olives [*] and Mozzarella [*]
Afternoon Tea	Corn Thins [*] with Tasty Cheese [*] and Olives [*] Organic Fruit [*] and Vegetables [*] Platter and Milk [*] .	Tasty Cheese [*] and Vegemite Sandwiches on Fresh Wholemeal Bread [*] . Served with Fresh Organic Fruit [*] and Vegetables [*] Platter and Organic Milk [*]	Home Made Sugar Free Oat Biscuits. Organic Fruit [*] and Vegetables [*] Platter and Milk [*] .	Home Made Whole Meal Sugar Free Banana/Pumpkin Bread [*] . Served with Fresh Organic Fruit [*] and Vegetables [*] Platter and Organic Milk [*]	Thick and Creamy Yoghurt [*] Served with Fresh Organic Fruit [*] and Vegetables [*] Platter and Organic Milk [*]

- Water will be provided with all meals and throughout the day.
- Late afternoon snacks will be provided.

Menu Week 3: My Stepping Stones



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice Of Muesli*, Oatbrites, Corn Flakes, Rice Bubbles* with Organic Milk*	Choice Of Muesli*, Oatbrites, Corn Flakes, Rice Bubbles* with Organic Milk*	Choice Of Muesli*, Oatbrites, Corn Flakes, Rice Bubbles* with Organic Milk*	Choice Of Muesli*, Oatbrites, Corn Flakes, Rice Bubbles* with Organic Milk*	Choice Of Muesli*, Oatbrites, Corn Flakes, Rice Bubbles* with Organic Milk*
Morning Tea	Fresh Whole meal Toast* with melted tasty cheese* Organic Fruit* or Vegetables*	Wholemeal English Muffins* Thickly Coated with ricotta* and Honey. Served with Creamy Organic Milk* Organic Fruit* or Vegetables*	Porridge made with Rolled Oats* Organic Milk and Honey Organic Fruit* or Vegetables*	Freshly toasted Raisin* bread*. Served with Creamy Organic Milk* Organic Fruit* or Vegetables*	Ryvita* thickly spread with Cottage Cheese*/Salmon or Vegemite. Served with Creamy Organic Milk* Organic Fruit* or Vegetables*
Lunch	Organic Beef* Mince Meat Balls. Served on Organic Spaghetti* with Organic Vegetables Sauce (Carrot, Eggplant, Zucchini)*	Shepherd's Pie Filled with Organic Lamb* Seasonal Organic Vegetables (Peas, Corn, capsicum)* and Topped with Creamy organic Potato	Organic Teriyaki Beef* Stir Fry Tossed with Organic Capsicum, Snow Peas, Broccoli*. Served with Wholegrain Rice*	Red Lentils slow cooked with Organic Pumpkin, Sweet Potato, Cabbage, Spinach, and Mushroom*. Served on Wholegrain Rice*	Organic Apple Chicken* on a bed of couscous*. Served with Seasonal Vegetables (Carrot, Broccoli, Cauliflower)*
Afternoon Tea	Thick and Creamy Yoghurt* Served with Fresh Organic Fruit* and Vegetables* Platter and Organic Milk*	Cream Cheese* and Organic Cucumber* Sandwiches on Fresh Wholemeal Bread*. Served with Fresh Organic Fruit* and Vegetables* Platter and Organic Milk*	Home Made Quinoa* Salad with Pumpkin, Onion, Capsicum* Served with Fresh Organic Fruit* and Vegetables* Platter and Organic Milk*	Cheese* and Vegemite Puff Pastries*. Served With Fresh Organic Fruit* and Vegetables* Platter and Organic Milk*	Home Made Organic Beef Kofta*, Organic Carrots and Cucumber* Home Made Hummus* Wholemeal Lebanese bread*, Fresh Organic Fruit* and Vegetables* Platter and Organic Milk*

- Water will be provided with all meals and throughout the day.
- Late afternoon snacks will be provided.



Menu Week 4: My Stepping Stones

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice Of Muesli*, Oatbribs, Corn Flakes, Rice Bubbles* with Organic Milk*	Choice Of Muesli*, Oatbribs, Corn Flakes, Rice Bubbles* with Organic Milk*	Choice Of Muesli*, Oatbribs, Corn Flakes, Rice Bubbles* with Organic Milk*	Choice Of Muesli*, Oatbribs, Corn Flakes, Rice Bubbles* with Organic Milk*	Choice Of Muesli*, Oatbribs, Corn Flakes, Rice Bubbles* with Organic Milk*
Morning Tea	Baked Beans on Fresh Wholemeal Toast*. Served with Creamy Organic Milk* Organic Fruit* or Vegetables*	Home Made Cheese Croissants* served with Creamy Organic Milk* Organic Fruit* or Vegetables*	Bircher Muesli with Rolled Oats, Organic Milk, Apple and Apricot Organic Fruit* or Vegetables*	Cantonese Still Noodles* with Organic Lamb*, Capsicum, Snow Peas and Cabbage* and Vermicelli Noodles* Organic Fruit* or Vegetables*	Fresh Wholemeal Toast* with Vegemite or cream cheese* Organic Fruit* or Vegetables*
Lunch	Creamy Seafood Pasta with Basa Fillet*, Leek, Cabbage, Pumpkin, Peas* with Italian Casarecce*	Slow Cooked Organic Lamb* Casserole Filled with Organic Kumara, Potato, Carrot, Tomato*. On a Bed Of Wholegrain Rice*	Sandwich Platter with Ham, Chicken*, Tomato, Cucumber, Carrot, Lettuce* and Cheese on Fresh Wholemeal Bread*	Minestrone Soup with Organic Vegetables (Carrot, Celery, Leek, Tomato, Peas)* and Organic Pasta*	Organic Beef* and Red Kidney Bean Nachos Topped with Lettuce Tomato, onion* and Mozzarella*. Served with Wholemeal Lebanese Bread*
Afternoon Tea	Kangaroo or Lamb* Pizza*. Topped with a Home Made Spinach, Eggplant, Zucchini and Tomato sauce. Capsicum, Mushroom, Marinated Olives* and Mozzarella* Served with Organic Fruit* and Vegetables* Platter and milk*.	Lebanese Bread Wraps Spread with Cream Cheese* and filled with Cucumber*. Served with Organic Fruit* and Vegetables* Platter and milk*.	Home Made Whole Meal Sugar Free Banana/Pumpkin Bread*. Served with Fresh Organic Fruit* and Vegetables* Platter and Organic Milk*	Tasty Cheese* and Organic Tomato* Sandwiches on Fresh Wholemeal Bread*. Served with Fresh Organic Fruit* and Vegetables* Platter and Organic Milk*	Home Made Wholemeal Carrot, Leek, Capsicum, Corn and Shallot* Pancakes*. Served With Fresh Organic Fruit* and Vegetables* Platter and Organic Milk*

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