

**Bee  
Healthy**  
by **Busy Bees.**

# Weekly Menu



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Week 1

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Breakfast**

Softened Weetbix & Milk OR Rolled Oats with Soft Fruit & Milk

**Morning Tea**

Serve with  
milk or water

**Greek Yoghurt**  
*with Fresh Fruit*

**Toasted Raisin  
Bread**  
*with Fresh Fruit*

**Mini Vegetarian  
Pizzas**

**Fun Rice Cakes**  
*with Fruit & Veggies*

**Fruit & Veggie  
Platter**

**Lunch**

Serve with  
milk or water

**Hulk Pasta**  
*with Chicken &  
Spinach Pesto*

**Asian Lettuce  
Wraps**  
*with Beef &  
Noodles*

**Mac 'n' Cheese**  
*with Pumpkin &  
Ricotta*

**Cheesy Jacket  
Potatoes**  
*with Tuna or Beans  
& Crunchy Veggies*

**Mexican Bowls**  
*with Beef & Rice*

**Vegetarian**

Lunch option

**Hulk Pasta**  
*with Butter Beans  
& Spinach Pesto*

**Asian Lettuce  
Wraps**  
*with "Veggie" Beef  
& Noodles*

**Mac 'n' Cheese**  
*with Pumpkin &  
Ricotta*

**Cheesy Jacket  
Potatoes**  
*with Beans &  
Crunchy Veggies*

**Mexican Bowls**  
*with Beans & Rice*

**Afternoon  
Tea**

Serve with  
milk or water

**Oatmeal Slice**

**Mini Vegetarian  
Pizzas**

**Pikelets with Jam  
& Fresh Fruit**

**Fresh Fruit**  
*with Crackers*

**Sandwiches &  
Wraps**  
*with no Ham*



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**Week 2**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Breakfast**

Softened Weetbix & Milk OR Rolled Oats with Soft Fruit & Milk

**Morning Tea**

Serve with milk or water

**Mini Vegetarian Pizzas**

**Fun Rice Cakes**  
*with Fruit & Veggies*

**Fruit & Veggie Platter**

**Fresh Fruit**  
*with Crackers*

**Greek Yoghurt**  
*with Fresh Fruit*

**Lunch**

Serve with milk or water

**Kids Chilli**  
*with Sweet Potato & Black Beans*

**Crunchy Fish Fingers**  
*with Potato Wedges & Veggies*

**Rainbow Stir-fry**  
*with Beef & Noodles*

**Kids Thai Green Curry**  
*with Chicken & Veggies*

**Cottage Pie**  
*with Veggies*

**Vegetarian**

Lunch option

**Kids Chilli**  
*with Sweet Potato & Black Beans*

**Crunchy Tofu Fingers**  
*with Potato Wedges & Veggies*

**Rainbow Stir-fry**  
*with "Veggie" Beef & Noodles*

**Kids Thai Green Curry**  
*with Tofu & Veggies*

**Cottage Pie**  
*with "Veggie" Beef & Veggies*

**Afternoon Tea**

Serve with milk or water

**Fresh Fruit**  
*with Crackers*

**Rice Pudding**  
*with Fruit Purée*

**Banana Loaf**

**Sandwiches & Wraps**  
*with Ham and Veggies*

**Apple & Carrot Muffins**

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Week 3

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Breakfast**

Softened Weetbix & Milk OR Rolled Oats with Soft Fruit & Milk

**Morning Tea**

Serve with  
milk or water

**Fruit & Veggie  
Platter**

**Fresh Fruit  
with Crackers**

**Greek Yoghurt  
with Fresh Fruit**

**Toasted Raisin  
Bread  
with Fresh Fruit**

**Mini Vegetarian  
Pizzas**

**Lunch**

Serve with  
milk or water

**Mexican Nachos  
with Beef, Beans &  
Rice**

**Spanish Chicken  
Paella**

**Spaghetti  
Bolognese  
with Beef**

**Pumpkin Soup  
with Fresh-Baked  
Damper**

**Crunchy Pasta  
Bake  
with Tuna**

**Vegetarian**

Lunch option

**Mexican Nachos  
with Beans & Rice**

**Fried Rice  
with Egg**

**Spaghetti  
Bolognese  
with "Secret" Lentils**

**Pumpkin Soup  
with Fresh-Baked  
Damper**

**Crunchy Pasta  
Bake  
with "Secret" Tofu**

**Afternoon Tea**

Serve with  
milk or water

**Sandwiches &  
Wraps  
with no Ham**

**Oatmeal Slice**

**Blueberry Muffins**

**Muesli & Yoghurt  
Cups  
with Fruit Purée**

**ANZAC Biscuits  
with Fresh Fruit**



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# Weekly Menu



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**Week 4**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Breakfast**

Softened Weetbix & Milk OR Rolled Oats with Soft Fruit & Milk

**Morning Tea**

Serve with  
milk or water

**Toasted Raisin  
Bread**  
with Fresh Fruit

**Fresh Fruit**  
with Crackers

**Fun Rice Cakes**  
with Fruit & Veggies

**Fruit & Veggie  
Platter**

**Mini Vegetarian  
Pizzas**

**Lunch**

Serve with  
milk or water

**Stroganoff**  
with Beef & Rice

**Cheesy Vegetable  
Lasagne**

**Indian Tomato  
Curry**  
with Fried Fish

**Loaded Jacket  
Potatoes**  
with Beef

**Singapore Noodles**  
with Chicken

**Vegetarian**

Lunch option

**Stroganoff**  
with "Secret" Tofu &  
Rice

**Cheesy Vegetable  
Lasagne**

**Indian Tomato  
Curry**  
with Chickpeas

**Loaded Jacket  
Potatoes**  
with Cannellini  
Beans

**Singapore Noodles**  
with Egg

**Afternoon  
Tea**

Serve with milk or  
water

**Muesli & Yoghurt  
Cups**  
with Fruit Purée

**Mini Vegetarian  
Pizzas**

**Fresh Fruit**  
with Crackers

**Sandwiches &  
Wraps**  
with Ham and  
Veggies

**Peach & Cinnamon  
Slice**