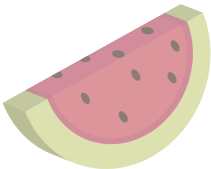


# LINDFIELD ACTIVITY CENTRE

## Year 2026 TERM 1 WEEK 1 MENU



*\*Fruit, veggies and water are available at all times\**

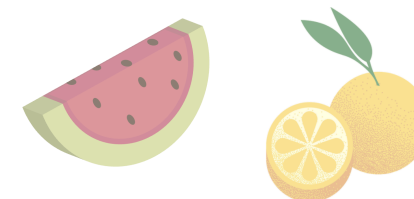
| 2026 TERM 1<br>WEEK 1 | 2/2 MONDAY  | 3/2 TUESDAY                                 | 4/2 WEDNESDAY                             | 5/2 THURSDAY                           | 6/2 FRIDAY   |
|-----------------------|---|---|---|--|--|
| Breakfast             | Cereal, Toast & Spreads<br><b>Wholemeal Pancake</b> | Cereal, Toast & Spreads<br><b>Avo Toast</b> | Cereal, Toast & Spreads<br><b>Yoghurt</b> | Cereal, Toast & Spreads<br><b>Milo</b> | Cereal, Toast & Spreads<br><b>Orange Juice</b>             |
| Afternoon<br>Tea      | Singapore Noodles                                   | Baked Korean<br>Chicken                     | Chicken Vermicelli<br>Noodle Salad        | Hot Buttered Corn<br>Rice              | Salad Sushi Rice<br>(Toppings: Cucumber,<br>Corn, Carrots) |
| Late Snack            | Pretzel & Cheese<br>blocks                          | Rice Crackers                               | Jelly                                     | Vanilla Wafers                         | Cruskets with Spread                                       |

 = Preparation  = Activity with Children  = Child Suggestion

|                           |  |  |  |  |  |
|---------------------------|--|--|--|--|--|
| Meal Prep for<br>next day |  |  |  |  | <b>Defrost mince in fridge<br/>for next Monday</b> |
|---------------------------|--|--|--|--|--|

# LINDFIELD ACTIVITY CENTRE

## Year 2026 TERM 1 WEEK 2 MENU



\*Fruit, veggies and water are available at all times\*

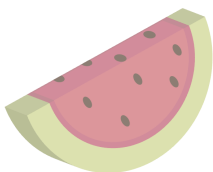
| 2026 TERM 1<br>WEEK 2 | 9/2 MONDAY                                | 10/2 TUESDAY  | 11/2 WEDNESDAY                              | 12/2 THURSDAY                               | 13/2 FRIDAY  |
|-----------------------|---|---|---|---|--|
| Breakfast             | Cereal, Toast & Spreads<br><b>Yoghurt</b> | Cereal, Toast & Spreads<br><b>Milo</b>                        | Cereal, Toast & Spreads<br><b>Smoothies</b> | Cereal, Toast & Spreads<br><b>Avo Toast</b> | Cereal, Toast & Spreads<br><b>Wholemeal Pancakes</b> |
| Afternoon<br>Tea      | Sausage Rolls                             | Udon Noodle Salad<br>(Toppings; Lettuce,<br>Cucumber, Carrot) | Garlic Noodles                              | Cous Cous Salad                             | Mexican Quesadillas                                  |
| Late Snack            | Pineapple <b>Smoothies</b>                | Corn thins with<br>Spreads<br>***                             | Strawberry Jam<br>Puff Twists               | Anzac Biscuits                              | Decorating<br>Arrowroots<br>***                      |

■ = Preparation ■ = Activity with Children ■ = Child Suggestion

|                           |  |               |  |  |  |
|---------------------------|--|---------------|--|--|--|
| Meal Prep for<br>next day |  | Prepare Jelly |  |  | Defrost chicken in<br>fridge for next Monday |
|---------------------------|--|---------------|--|--|--|

# LINDFIELD ACTIVITY CENTRE

## Year 2026 TERM 1 WEEK 3 MENU

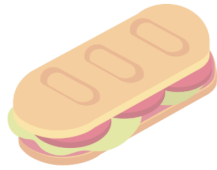


*\*Fruit, veggies and water are available at all times\**

| 2026 TERM 1<br>WEEK 3 | 16/2 MONDAY                                   | 17/2 TUESDAY                                   | 18/2 WEDNESDAY                              | 19/2 THURSDAY                          | 20/2 FRIDAY  |
|-----------------------|---|--|---|--|--|
| Breakfast             | Cereal, Toast & Spreads<br><b>Hash Browns</b> | Cereal, Toast & Spreads<br><b>Orange Juice</b> | Cereal, Toast & Spreads<br><b>Avo Toast</b> | Cereal, Toast & Spreads<br><b>Milo</b> | Cereal, Toast & Spreads<br><b>Granola Yogurt</b>   |
| Afternoon<br>Tea      | Teriyaki Chicken and<br>Rice                  | Okinawan Taco Rice                             | Fried Rice                                  | Bean Nachos                            | Ramen Noodle Salad<br>(Hiyashi Chuka Salad Noodle,<br>Toppings- lettuce, cucumber,<br>ham) |
| Late Snack            | Corn Chips                                    | Jatz and Cheese                                | Cinnamon Brown<br>Sugar Twists<br>***       | Cruskits with Spreads<br>***           | Rice Crackers  |

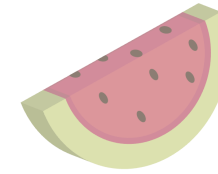
 = Preparation  = Activity with Children  = Child Suggestion

|                           |  |  |  |  |  |
|---------------------------|--|--|--|--|--|
| Meal Prep for<br>next day |  |  |  |  |  |
|---------------------------|--|--|--|--|--|



# LINDFIELD ACTIVITY CENTRE

## Year 2026 TERM 1 WEEK 4 MENU

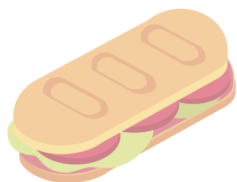


\*Fruit, veggies and water are available at all times\*

| TERM 1 WEEK 4 | 23/2 MONDAY                                    | 24/2 TUESDAY                                     | 25/2 WEDNESDAY                         | 26/2 THURSDAY                               | 27/2 FRIDAY                                 |
|---------------|--|--|--|---|---|
| Breakfast     | Cereal, Toast & Spreads<br><b>Orange Juice</b> | Cereal, Toast & Spreads<br><b>Granola Yogurt</b> | Cereal, Toast & Spreads<br><b>Milo</b> | Cereal, Toast & Spreads<br><b>Avo Toast</b> | Cereal, Toast & Spreads<br><b>Smoothies</b> |
| Afternoon Tea | Greek Pasta Salad                              | Cheese Toasties                                  | Udon Noodle Soup                       | Hot Chips                                   | Roasted Vegan Mayo Potato Salad             |
| Late Snack    | Saladas and Sultanas                           | Anzac Biscuits                                   | Honey Joys                             | Apple Crumble Slice                         | Fairy Bread                                 |

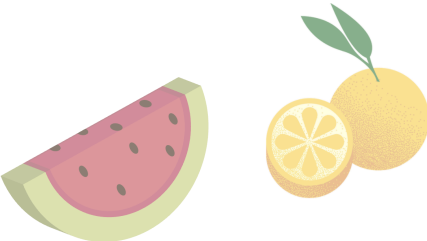
■ = Preparation ■ = Activity with Children ■ = Child Suggestion

|                        |                         |  |  |  |  |
|------------------------|-------------------------|--|--|--|--|
| Meal Prep for next day | Defrost mince in fridge |  |  |  |  |
|------------------------|-------------------------|--|--|--|--|



# LINDFIELD ACTIVITY CENTRE

## Year 2026 TERM 1 WEEK 5 MENU



*\*Fruit, veggies and water are available at all times\**

| TERM 1 WEEK 5 | 2/3 MONDAY   | 3/3 TUESDAY                                   | 4/3 WEDNESDAY                          | 5/3 THURSDAY                                   | 6/3 FRIDAY  |
|---------------|--|---|--|--|---|
| Breakfast     | Cereal, Toast & Spreads<br><b>Wholemeal Pancakes</b> | Cereal, Toast & Spreads<br><b>Hash Browns</b> | Cereal, Toast & Spreads<br><b>Milo</b> | Cereal, Toast & Spreads<br><b>Orange Juice</b> | Cereal, Toast & Spreads<br>Banana Pancake<br><b>Avo Toast</b> |
| Afternoon Tea | Chicken Tikka Masala<br>served with rice             | Curried vegetable<br>samosa                   | Cheese and Vegemite<br>Scrolls         | Pasta with Creamy<br>Zucchini Sauce            | Wedges  |
| Late Snack    | Shortbread Fingers                                   | Mango Lassi                                   | Pop Corn                               | Strawberry Wafers                              | Milo Slice  |

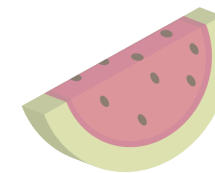
= Vegetarian Option     = Preparation     = Activity with Children     = Child Suggestion

|                        |  |  |  |  |   |
|------------------------|--|--|--|--|---|
| Meal Prep for next day |  |  |  |  | Defrost chicken in fridge for next Monday |
|------------------------|--|--|--|--|---|



# LINDFIELD ACTIVITY CENTRE

## Year 2026 TERM 1 WEEK 6 MENU



*\*Fruit, veggies and water are available at all times\**

| TERM 1 WEEK 6 | 9/3 MONDAY                                   | 10/3 TUESDAY                           | 11/3 WEDNESDAY   | 12/3 THURSDAY                                     | 13/3 FRIDAY                                      |
|---------------|--|--|--|---|--|
| Breakfast     | Cereal, Toast & Spreads<br><b>Avo Toasts</b> | Cereal, Toast & Spreads<br><b>Milo</b> | Cereal, Toast & Spreads<br><b>Hash Browns</b>              | Cereal, Toast & Spreads<br><b>Cheese Toasties</b> | Cereal, Toast & Spreads<br><b>Banana Pancake</b> |
| Afternoon Tea | Butter Chicken served with rice              | Home made Pesto Pasta                  | Sushi Roll<br>(Toppings: Cucumber, Chicken Katsu, Avocado) | Lemon Potato Salad                                | Vegetable Biryani                                |
| Late Snack    | Sao with spreads                             | Rice cake with spreads                 | Jelly  | Banana Bread                                      | Coconut Biscuit                                  |

■ = Preparation ■ = Activity with Children ■ = Child Suggestion

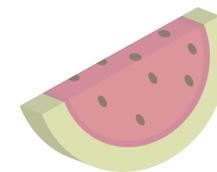
|                        |  |               |                         |  |  |
|------------------------|--|---------------|-------------------------|--|--|
| Meal Prep for next day |  | Prepare Jelly | Defrost mince in fridge |  |  |
|------------------------|--|---------------|-------------------------|--|--|

Polar Week (17/3- 23/3 Harmony Day, 17/3 St. Patrick's Day, 19-20/3 Eid al Fitr, 20/3 Happiness)



# LINDFIELD ACTIVITY CENTRE

## Year 2026 TERM 1 WEEK 7 MENU

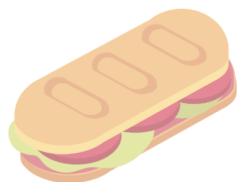


\*Fruit, veggies and water are available at all times\*

| Term 1 Week 7 | 16/3 Monday                                      | 17/3 Tuesday   | 18/3 Wednesday                                   | 19/3 Thursday                          | 20/3 Friday                                   |
|---------------|--|--|--|--|---|
| Breakfast     | Cereal, Toast & Spreads<br><b>Banana Pancake</b> | Cereal, Toast & Spreads<br><b>Smoothies</b>                      | Cereal, Toast & Spreads<br><b>Granola Yogurt</b> | Cereal, Toast & Spreads<br><b>Milo</b> | Cereal, Toast & Spreads<br><b>Hash Browns</b> |
| Afternoon Tea | Spanakopita<br>(Spinach and Feta Puff)           | Irish Pasties  | Mac and Cheese                                   | Bibimbap Rice                          | Korean Chap Chae Noodle                       |
| Late Snack    | Smartie Cookies                                  | Decorated Arrowroots<br>Biscuits for<br>St. Patrick's Day<br>*** | Fruits Puff Pastry                               | Vanilla Wafers                         | Corn Thins with Spread                        |

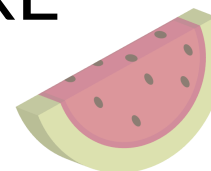
■ = Preparation ■ = Activity with Children ■ = Child Suggestion

|                        |  |  |                         |  |  |
|------------------------|--|--|-------------------------|--|--|
| Meal Prep for next day |  |  | Defrost mince in fridge |  |  |
|------------------------|--|--|-------------------------|--|--|



# LINDFIELD ACTIVITY CENTRE

## Year 2026 TERM 1 WEEK 8 MENU



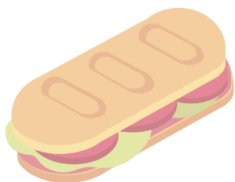
\*Fruit, veggies and water are available at all times\*

| TERM 1 WEEK 8 | 23/3 MONDAY                                       | 24/3 TUESDAY                                  | 25/3 WEDNESDAY                            | 26/3 THURSDAY                                | 27/3 FRIDAY                            |
|---------------|---|---|---|--|--|
| Breakfast     | Cereal, Toast & Spreads<br><b>Cheese Toasties</b> | Cereal, Toast & Spreads<br><b>Hush Browns</b> | Cereal, Toast & Spreads<br><b>Yoghurt</b> | Cereal, Toast & Spreads<br><b>Avo Toasts</b> | Cereal, Toast & Spreads<br><b>Milo</b> |
| Afternoon Tea | Napoletana Pasta                                  | Garlic Cheese Pizza                           | Ramen Noodle Soup                         | Miso Corn Butter Rice                        | Teriyaki Beef served with Rice         |
| Late Snack    | Rice Cake with Spread                             | Jelly   | Rice Bubbles Slice                        | Cinnamon Brown Sugar Puffs<br>***            | Cruskits with spread                   |

■ = Preparation ■ = Activity with Children ■ = Child Suggestion

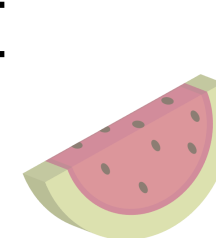
|                        |                         |  |  |  |  |
|------------------------|-------------------------|--|--|--|--|
| Meal Prep for next day | Prepare Jelly in fridge |  |  |  |  |
|------------------------|-------------------------|--|--|--|--|





# LINDFIELD ACTIVITY CENTRE

## Year 2026 TERM 1 WEEK 9 MENU

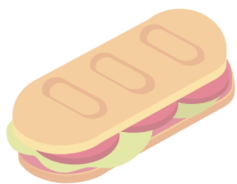


*\*Fruit, veggies and water are available at all times\**

| Term 1 Week 9    | 30/3 Monday                                 | 31/3 Tuesday                                      | 1/4 Wednesday                                 | 2/4 Thursday                                   | 3/4 Friday            |
|------------------|---|---|---|--|-----------------------|
| Breakfast        | Cereal, Toast & Spreads<br><b>Smoothies</b> | Cereal, Toast & Spreads<br><b>Granola Yoghurt</b> | Cereal, Toast & Spreads<br><b>Hash Browns</b> | Cereal, Toast & Spreads<br><b>Oranji Juice</b> | <b>Easter Holiday</b> |
| Afternoon<br>Tea | Stir Fry Udon Noodle                        | Fried Rice  | Pasta Bake                                    | Pepperoni Pizza                                |                       |
| Late Snack       | Saladas with Cheese<br>Cubes                | Rocky Road  | Jatz with sultanas                            | Anzac Biscuits                                 |                       |

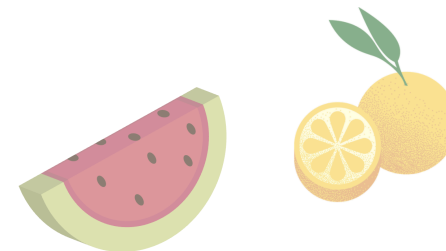
■ = Preparation ■ = Activity with Children ■ = Child Suggestion

|                           |  |  |  |                           |  |
|---------------------------|--|--|--|---------------------------|--|
| Meal Prep for<br>next day |  |  |  | Defrost chicken in fridge |  |
|---------------------------|--|--|--|---------------------------|--|



# LINDFIELD ACTIVITY CENTRE

## Year 2026 TERM 1 WEEK 10 MENU



\*Fruit, veggies and water are available at all times\*

| Term 1 Week 10   | 6/4 Monday            | 7/4 Tuesday                                    | 8/4 Wednesday                          | 9/4 Thursday  | 10/4 Friday                                       |
|------------------|-----------------------|--|--|---|---|
| Breakfast        | <b>Easter Holiday</b> | Cereal, Toast & Spreads<br><b>Orange Juice</b> | Cereal, Toast & Spreads<br><b>Milo</b> | Cereal, Toast & Spreads<br><b>Wholemeal Pancake</b> | Cereal, Toast & Spreads<br><b>Cheese Toasties</b> |
| Afternoon<br>Tea |                       | Spaghetti Bolognese<br>***                     | Ham & Cheese Scrolls                   | Udon Noodle Soup                                    | Sausage Sizzles                                   |
| Late Snack       |                       | Corn Chips                                     | Pop Corn                               | Carrot Cake   | Decorating<br>Arrowroot<br>***                    |

■ = Preparation ■ = Activity with Children ■ = Child Suggestion

|                           |  |  |  |  |  |
|---------------------------|--|--|--|--|--|
| Meal Prep for<br>next day |  |  |  |  |  |
|---------------------------|--|--|--|--|--|