

| WEEK 1        | MONDAY                                                                 | TUESDAY                                                                                           | WEDNESDAY                                                                 | THURSDAY                                                                     | FRIDAY                                                                   |
|---------------|------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|------------------------------------------------------------------------------|--------------------------------------------------------------------------|
| Breakfast     | Cereal<br>or/and<br>Toast with<br>vegemite/jam                         | Cereal<br>or/and<br>Toast with<br>vegemite/jam                                                    | Cereal<br>or/and<br>Toast with<br>vegemite/jam                            | Cereal<br>or/and<br>Toast with<br>vegemite/jam                               | Cereal<br>or/and<br>Toast with<br>vegemite/jam                           |
| Morning Tea   | Cereal with milk<br><i>Milk / water to drink</i>                       | Fruit salad with Greek<br>yoghurt<br><i>Milk / water to drink</i>                                 | Bagels with<br>condiments<br><i>Milk / water to drink</i>                 | Seasonal fruits & rice<br>cakes with spreads<br><i>Milk / water to drink</i> | Baked beans on toast<br><i>Milk / water to drink</i>                     |
| Lunch         | Cheesy tuna bake<br><i>(Favourite!)</i>                                | Veggie & beef pie<br>with potato gems                                                             | Chicken curry served<br>with rice                                         | Vegetable & lentil<br>Bolognaise                                             | Taco bake served with<br>rice                                            |
| Afternoon Tea | Seasonal fruits & pop-<br>corner chips<br><i>Milk / water to drink</i> | Mix cheese & veggie<br>platter with fetta &<br>spinach mini bites<br><i>Milk / water to drink</i> | Seasonal fruits &<br>house baked tea cake<br><i>Milk / water to drink</i> | Variety sandwiches<br><i>Milk / water to drink</i>                           | Mix of fresh fruit with<br>Greek yoghurt<br><i>Milk / water to drink</i> |
| Late snack    | <i>Variety of crackers or/and biscuits</i>                             |                                                                                                   |                                                                           |                                                                              |                                                                          |

| WEEK 2        | MONDAY                                                                   | TUESDAY                                                                      | WEDNESDAY                                                    | THURSDAY                                                                           | FRIDAY                                                                   |
|---------------|--------------------------------------------------------------------------|------------------------------------------------------------------------------|--------------------------------------------------------------|------------------------------------------------------------------------------------|--------------------------------------------------------------------------|
| Breakfast     | Cereal<br>or/and<br>Toast with<br>vegemite/jam                           | Cereal<br>or/and<br>Toast with<br>vegemite/jam                               | Cereal<br>or/and<br>Toast with<br>vegemite/jam               | Cereal<br>or/and<br>Toast with<br>vegemite/jam                                     | Cereal<br>or/and<br>Toast with<br>vegemite/jam                           |
| Morning Tea   | Fruit bread with<br>spreads<br><i>Milk / water to drink</i>              | Seasonal fruits & rice<br>cakes with spreads<br><i>Milk / water to drink</i> | Toast with<br>condiments<br><i>Milk / water to drink</i>     | Cereal with milk<br><i>Milk / water to drink</i>                                   | Mix of fresh fruit with<br>Greek yoghurt<br><i>Milk / water to drink</i> |
| Lunch         | Cheesy beef & rice<br>casserole                                          | Chicken with creamy<br>buttered noodles<br><i>(NEW!)</i>                     | Spinach and ricotta<br>pasta                                 | Beef & beans burritos                                                              | Curried tuna pasta<br>bake                                               |
| Afternoon Tea | Mix of fresh fruit with<br>Greek yoghurt<br><i>Milk / water to drink</i> | Variety sandwiches<br><i>Milk / water to drink</i>                           | Seasonal fruits &<br>popcorn<br><i>Milk / water to drink</i> | Seasonal fruits & rice<br>cakes with<br>condiments<br><i>Milk / water to drink</i> | Variety sandwiches<br><i>Milk / water to drink</i>                       |
| Late snack    | <i>Variety of crackers or/and biscuits</i>                               |                                                                              |                                                              |                                                                                    |                                                                          |

