

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	<ul style="list-style-type: none"> • Cereal • Toast with vegemite and/or jam 	<ul style="list-style-type: none"> • Cereal • Toast with vegemite and/or jam 	<ul style="list-style-type: none"> • Cereal • Toast with vegemite and/or jam 	<ul style="list-style-type: none"> • Cereal • Toast with vegemite and/or jam 	<ul style="list-style-type: none"> • Cereal • Toast with vegemite and/or jam
Morning Snack	<ul style="list-style-type: none"> • Fresh fruit platter • Milk / water to drink 	<ul style="list-style-type: none"> • Cereal with milk • Milk / water to drink 	<ul style="list-style-type: none"> • Fresh fruit platter • Milk / water to drink 	<ul style="list-style-type: none"> • Scrambled eggs with toast • Milk / water to drink 	<ul style="list-style-type: none"> • Fresh fruit platter • Milk / water to drink
Lunch	<ul style="list-style-type: none"> • Beef pie with hidden veggies • Greek yoghurt 	<ul style="list-style-type: none"> • Lentil Dhal with rice (FAVE!) • Greek yoghurt 	<ul style="list-style-type: none"> • Sausage stew with mash potato and steamed veggies • Greek yoghurt 	<ul style="list-style-type: none"> • Tuna Mornay • Greek yoghurt 	<ul style="list-style-type: none"> • Chicken and mushroom risotto • Greek yoghurt
Afternoon Snack	<ul style="list-style-type: none"> • Variety sandwiches • Milk / water to drink 	<ul style="list-style-type: none"> • Fresh fruit platter with orange cake • Milk / water to drink 	<ul style="list-style-type: none"> • Mix cheese & dry fruit platter with corn cobs • Milk / water to drink 	<ul style="list-style-type: none"> • Fresh fruit platter • Milk / water to drink 	<ul style="list-style-type: none"> • Cruskits with condiments • Milk / water to drink
Late Snack	<ul style="list-style-type: none"> • Variety of crackers or/and biscuits 				

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	<ul style="list-style-type: none"> • Cereal • Toast with vegemite and/or jam 	<ul style="list-style-type: none"> • Cereal • Toast with vegemite and/or jam 	<ul style="list-style-type: none"> • Cereal • Toast with vegemite and/or jam 	<ul style="list-style-type: none"> • Cereal • Toast with vegemite and/or jam 	<ul style="list-style-type: none"> • Cereal • Toast with vegemite and/or jam
Morning Snack	<ul style="list-style-type: none"> • Cereal with milk • Milk / water to drink 	<ul style="list-style-type: none"> • Fresh fruit platter • Milk / water to drink 	<ul style="list-style-type: none"> • Croissants with vegemite and/or cheese • Milk / water to drink 	<ul style="list-style-type: none"> • Fresh fruit platter • Milk / water to drink 	<ul style="list-style-type: none"> • Toast with condiments and/or cheese • Milk / water to drink
Lunch	<ul style="list-style-type: none"> • Creamy vegetable and rice bake • Greek yoghurt 	<ul style="list-style-type: none"> • Beef nachos • Greek yoghurt 	<ul style="list-style-type: none"> • Sweet corn & tuna rice bake • Greek yoghurt 	<ul style="list-style-type: none"> • Chicken curry with mash • Greek yoghurt 	<ul style="list-style-type: none"> • Beef Chow Mein • Greek yoghurt
Afternoon Snack	<ul style="list-style-type: none"> • Fresh fruit platter with muffins • Milk / water to drink 	<ul style="list-style-type: none"> • Variety sandwiches • Milk / water to drink 	<ul style="list-style-type: none"> • Fresh fruit platter • Milk / water to drink 	<ul style="list-style-type: none"> • Mix veggie platter with dip • Milk / water to drink 	<ul style="list-style-type: none"> • Fresh fruit platter and pancakes • Milk / Water to drink
Late Snack	<ul style="list-style-type: none"> • Variety of crackers or/and biscuits Mix platter vegetable 				