

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"> 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"> Spaghetti on toast Milk / water to drink 	<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
Lunch	<ul style="list-style-type: none"> Pad Thai with rice noodles Greek yoghurt 	<ul style="list-style-type: none"> Tuna pasta salad Greek yoghurt 	<ul style="list-style-type: none"> Cottage pie Greek yoghurt 	<ul style="list-style-type: none"> Italian pasta bake with chicken Greek yoghurt 	<ul style="list-style-type: none"> Curried beef with mash potato Greek yoghurt
Afternoon Snack	<ul style="list-style-type: none"> Seasonal fruits with pancakes Water to drink 	<ul style="list-style-type: none"> Variety sandwiches Water to drink 	<ul style="list-style-type: none"> Fruit salad with custard and jelly Water to drink 	<ul style="list-style-type: none"> Rice cakes with condiments Water to drink 	<ul style="list-style-type: none"> Seasonal fruits and spring rolls 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"> Fresh fruit platter Milk / water to drink 	<ul style="list-style-type: none"> Raisin toast Milk / water to drink 	<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
Lunch	<ul style="list-style-type: none"> Tomato, bacon and spinach pasta Greek yoghurt 	<ul style="list-style-type: none"> Lentil dhal with rice Greek yoghurt 	<ul style="list-style-type: none"> Tuna macaroni bake Greek yoghurt 	<ul style="list-style-type: none"> Beef & bean burritos Greek yoghurt 	<ul style="list-style-type: none"> Rainbow pasta salad Greek yoghurt
Afternoon Snack	<ul style="list-style-type: none"> Variety sandwiches Water to drink 	<ul style="list-style-type: none"> Seasonal fruits and pinwheels Water to drink 	<ul style="list-style-type: none"> Pita bread with dip and veggie sticks Water to drink 	<ul style="list-style-type: none"> Seasonal fruits Water to drink 	<ul style="list-style-type: none"> Cruskits with condiments Water to drink
Late Snack	<ul style="list-style-type: none"> Variety of crackers or/and biscuits 				