

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Cereal or/and Toast with vegemite/jam	Cereal or/and Toast with vegemite/jam	Cereal or/and Toast with vegemite/jam	Cereal or/and Toast with vegemite/jam	Cereal or/and Toast with vegemite/jam
<b>Morning Tea</b>	Cereal with milk <i>Milk / water to drink</i>	Fresh fruit platter <i>Milk / water to drink</i>	Toast with condiments <i>Milk / water to drink</i>	Fresh fruit platter <i>Milk / water to drink</i>	Spaghetti on toast <i>Milk / water to drink</i>
<b>Lunch</b>	Pasta bake with bacon and winter veggies	Potato & leek soup with bread rolls	Sweet chilli chicken with rice noodles	Curried sausages with potato mash <i>(children's fave!)</i>	Cheesy pasta bake with tuna
<b>Dessert</b>	Vanilla Custard	Greek Yoghurt	Icy Polls	Flummery	Chocolate Custard
<b>Afternoon Tea</b>	Fresh fruit platter with banana bread <i>Milk / water to drink</i>	House baked muffins with fruit smoothie <i>Milk / water to drink</i>	Apple crumble with custard <i>Milk / water to drink</i>	Pita bread with dips and veggie sticks <i>Milk / water to drink</i>	Seasonal fruits <i>Milk / water to drink</i>
<b>Late snack</b>	<i>Variety of crackers or/and biscuits</i>				

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<b>Morning Tea</b>	Fresh fruit platter <i>Milk / water to drink</i>	Cereal with milk <i>Milk / water to drink</i>	Greek Yoghurt with mixed berry compote <i>Milk / water to drink</i>	English muffins with spreads <i>Hot chocolate / milk / water to drink</i>	Fresh fruit platter <i>Milk / water to drink</i>
<b>Lunch</b>	Tuna & macaroni pasta bake	Curried beef with rice	Spinach and ricotta pasta	Curry chicken and vegetable rice	Lasagne <i>(children's fave!)</i>
<b>Dessert</b>	Greek Yoghurt	Jelly	Fruit salad	Greek Yoghurt	Flummery
<b>Afternoon Tea</b>	Cruskits with condiments <i>Milk / water to drink</i>	Seasonal fruits with zucchini & corn pikelets <i>Milk / water to drink</i>	Variety sandwiches <i>Milk / water to drink</i>	Fruit platter <i>Milk / water to drink</i>	Cheese & biscuits board with veggie sticks and dip <i>Milk / water to drink</i>
<b>Late snack</b>	<i>Variety of crackers or/and biscuits</i>				