

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	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
Morning Tea	Seasonal fruits & rice cakes with spreads <i>Milk / water to drink</i>	Baked beans on toast <i>Milk / water to drink</i>	Cereal with milk <i>Milk / water to drink</i>	English muffins with spreads <i>Milk / water to drink</i>	Fruit salad with Greek yoghurt <i>Milk / water to drink</i>
Lunch	Beef & chickpea curry; served with mash potatoes	Tuna & vegetable pie	Spaghetti Bolognese (<i>Favourite!</i>)	Chicken Chow Mein with rice noddles	Fried rice
Afternoon Tea	Variety sandwiches <i>Milk / water to drink</i>	Seasonal fruits and dates & honey loaf <i>Milk / water to drink</i>	Fresh fruits & variety sandwiches <i>Milk / water to drink</i>	Seasonal fruits & baked mozzarella sticks <i>Milk / water to drink</i>	Mixed veggie & cheese platter; corn on cob <i>Milk / water to drink</i>
Late snack	Variety of crackers or/and biscuits				

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	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
Morning Tea	Toast with condiments <i>Milk / water to drink</i>	Cereal with milk <i>Milk / water to drink</i>	Seasonal fruits & rice cakes with spreads <i>Milk / water to drink</i>	Baked beans on toast <i>Milk / water to drink</i>	Crumpets with butter <i>Milk / water to drink</i>
Lunch	"No nuts" – Pad Thai	Italian meatballs in Napolitana sauce, served with pasta (<i>Favourite!</i>)	Creamy tuna & sweet corn, served with rice	Devil sausages with mash potatoes (<i>NEW!</i>)	One pan – chicken & noodles
Afternoon Tea	Seasonal fruits and macaroni & cheese croquets <i>Milk / water to drink</i>	Mix fruit & Greek yoghurt <i>Milk / water to drink</i>	Variety sandwiches <i>Milk / water to drink</i>	Seasonal fruits & banana bread <i>Milk / water to drink</i>	Seasonal fruits & rice cakes with spreads <i>Milk / water to drink</i>
Late snack	Variety of crackers or/and biscuits				

