

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	Spaghetti on toast <i>Milk / water to drink</i>	Cereal with milk <i>Milk / water to drink</i>	Fresh fruit platter <i>Milk / water to drink</i>	English muffins with condiments <i>Milk / water to drink</i>	Fresh fruit platter <i>Milk / water to drink</i>
Lunch	Lentil Dhal with rice	One-Pot Chicken Pie soup	Cheeseburger macaroni	Fish fingers with potato mash and veggies	Beef Chow Mein with rice noodles
Dessert	Jelly	Greek Yoghurt	Berry Mousse	Greek Yoghurt	Greek Yoghurt
Afternoon Tea	Fresh fruit platter <i>Milk / water to drink</i>	House baked muffins with fruits <i>Milk / water to drink</i>	Cruskits with condiments <i>Milk / water to drink</i>	Fresh fruit platter <i>Milk / water to drink</i>	Dim Sum with veggie sticks <i>Milk / water to drink</i>
Late snack	<i>Variety of crackers or/and biscuits</i>				

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	Cinnamon porridge <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>	Cereal with milk <i>Milk / water to drink</i>
Lunch	Chicken Stroganoff with rice	Cheesy pasta bake with tuna	Curry sausages with rice	Tomato, bacon and spinach pasta	Baked beans and potato pie
Dessert	Greek Yoghurt	Chocolate Custard	Jelly	Greek Yoghurt	Flummery
Afternoon Tea	Fruit platter <i>Milk / water to drink</i>	Cheese & biscuits board with veggie sticks and dip <i>Milk / water to drink</i>	Fruit salad with custard <i>Milk / water to drink</i>	Variety sandwiches <i>Milk / water to drink</i>	Fruit platter with pear & raspberry bread <i>Milk / water to drink</i>
Late snack	<i>Variety of crackers or/and biscuits</i>				