

WEEK 3	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 Tea	<ul style="list-style-type: none"> • Bagels with condiments • 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 	<ul style="list-style-type: none"> • Baked beans on wholemeal toast • Milk / water to drink
Lunch	<ul style="list-style-type: none"> • Spaghetti Bolognese pasta bake • Greek yoghurt 	<ul style="list-style-type: none"> • Chicken stroganoff with mash potato • Greek yoghurt 	<ul style="list-style-type: none"> • Vegetarian fried rice • Greek yoghurt 	<ul style="list-style-type: none"> • Tuna macaroni bake • Green yoghurt 	<ul style="list-style-type: none"> • Beef chop suey with rice noodles • Greek yoghurt
Afternoon Tea	<ul style="list-style-type: none"> • Seasonal fruits • Water to drink 	<ul style="list-style-type: none"> • Mixed berry smoothies with raisin toast • Water to drink 	<ul style="list-style-type: none"> • Seasonal fruits and scones • Water to drink 	<ul style="list-style-type: none"> • Variety sandwiches • Water to drink 	<ul style="list-style-type: none"> • Apple crumble with custard • Water to drink
Late Snack	<ul style="list-style-type: none"> • Variety of crackers or/and biscuits 				

WEEK 4	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 Tea	<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"> • Toast with condiments • Milk / water to drink 	<ul style="list-style-type: none"> • Fresh fruit platter • Milk / water to drink
Lunch	<ul style="list-style-type: none"> • Sweet corn tuna with rice • Greek yoghurt 	<ul style="list-style-type: none"> • Italian meatballs in Napolitana sauce with pasta • Greek yoghurt 	<ul style="list-style-type: none"> • Roast chicken with mash potatoes and steamed veggies • Greek yoghurt 	<ul style="list-style-type: none"> • Curry sausage with rice • Greek yoghurt 	<ul style="list-style-type: none"> • Veggie filled lentil Bolognese • Greek yoghurt
Afternoon Tea	<ul style="list-style-type: none"> • Baked beans on wholemeal toast • Water to drink 	<ul style="list-style-type: none"> • Seasonal fruit and zucchini & corn pikelets • 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 drink 	<ul style="list-style-type: none"> • Corn chips with dip and veggie sticks • Water to drink
Late Snack	<ul style="list-style-type: none"> • Variety of crackers or/and biscuits 				