

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"> • Fresh fruit platter • Milk / water to drink 	<ul style="list-style-type: none"> • Toast with condiments and/or cheese • 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"> • Spaghetti Bolognese (FAVE!) • Greek yoghurt 	<ul style="list-style-type: none"> • Fish fingers with potatoes and steamed veggies • Greek yoghurt 	<ul style="list-style-type: none"> • Cheesy pasta bake with bacon & chicken • Greek yoghurt 	<ul style="list-style-type: none"> • Savoury beef mince with rice • Green yoghurt 	<ul style="list-style-type: none"> • Mac 'N' bean cheesy bake (FAMILY RECIPIE!) • Greek yoghurt
Afternoon Tea	<ul style="list-style-type: none"> • Seasonal fruits & banana bread • 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 (FAVE!) • Milk / water to drink 	<ul style="list-style-type: none"> • Fresh fruit platter with homemade biscuits • Milk / water to drink 	<ul style="list-style-type: none"> • Rice cakes with condiments • Milk / 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"> • 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"> • Cereal with milk • Milk / water to drink
Lunch	<ul style="list-style-type: none"> • Tuna macaroni bake • Greek yoghurt 	<ul style="list-style-type: none"> • Chicken casserole with rice • Greek yoghurt 	<ul style="list-style-type: none"> • Beef Stroganoff with mash potatoes (FAVE!) • Greek yoghurt 	<ul style="list-style-type: none"> • Lentil and pumpkin soup with bread (FAVE!) • Greek yoghurt 	<ul style="list-style-type: none"> • Lasagne (FAVE!) • Greek yoghurt
Afternoon Tea	<ul style="list-style-type: none"> • Fresh fruit platter • Milk / water to drink 	<ul style="list-style-type: none"> • Fruit bread with condiments • Milk / water to drink 	<ul style="list-style-type: none"> • Fresh fruit platter with cake • Milk / water to drink 	<ul style="list-style-type: none"> • Cruskits with condiments • Milk / water to drink 	<ul style="list-style-type: none"> • Fresh fruit platter • Milk / water to drink
Late Snack	<ul style="list-style-type: none"> • Variety of crackers or/and biscuits 				