

Week 4		Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST		Choose from: cereal (Weetbix, rice bubbles, cornflakes) served with milk/ water				
Morning Tea	FOOD	Fresh fruit platter (apples, mandarins, oranges, pears, rockmelon, cucumber)  Rice crackers with cheese	Toasted cheese sandwiches	Fruit smoothies	Fresh fruit platter (apples, bananas, oranges, pears, rockmelon, cucumber)  Raisin toast	Fresh fruit platter (apples, mandarins, oranges, pears, watermelon, kiwi fruit)  Crispbread with spreads
	DRINK	Milk/ Water	Milk/ Water	Milk/ Water	Milk/ Water	Milk/ Water
Lunch	FOOD	Vegetarian fried rice with corn on the cob and wholemeal bread  (Main ingredients: rice, carrot, red capsicum, onion, peas, corn, eggs)	Pasta bolagnaise  (Main ingredients: beef mince, onion, carrot, zucchini, lentils, tomato, pasta)	Mini pizzas on wholemeal pita  (Main ingredients: pita bread, cheese, tomato, ham, pineapple, corn, olives)	Beef burgers with cheese and salad  (Main ingredients: beef mince, onion, cheese, carrot, lettuce, tomato)	Roasted teriyaki chicken and vegetables with hokkien noodles and light soy sauce  (Main ingredients: chicken, onion, carrot, broccoli, hokkien noddles, soy sauce)
	DRINK	Milk/ Water	Milk/ Water	Milk/ Water	Milk/ Water	Milk/ Water
Afternoon Tea	FOOD	Fruity crumble with custard	Fresh fruit platter (apples, mandarins, oranges, pears, watermelon)  Air popped pop corn	Fresh fruit and vegetable platter with (apples, oranges, pears, watermelon)  Banana and sultana cake	Lebanese bread with carrot sticks, cucumber and hommus	Pikelets with spreads
	DRINK	Milk/ Water	Milk/ Water	Milk/ Water	Milk/ Water	Milk/ Water
LATE SNACK		Choose from crackers, corn cakes and cheese served with water				

