

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Cereal choose from: Weetbix, rice bubbles and cornflakes served with milk or water				
MORNING TEA	Food	Mixed Fruit Platter	Bruschetta with Toast	Avocado and Tomato Toast	English Muffins	Banana Smoothie
	Drink	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
LUNCH	Food	Beef and Lentil Bolognese Fruit	Egg Curry With Peas and Jasmine Rice Fruit	Turkey Taco's Fruit	Roast Chicken With pumpkin and potato Fruit	Hamburger Patties With beetroot and mixed salad Fruit
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Rice Cakes with Cheese	Carrot Muffins	Focaccia with Rosemary and cheese sticks	Fruit Platter	Chicken and Cheese Sandwiches
	Drink	Water	Water	Water	Water	Water
Late Snack		Crackers and Cheese				

Note: water is also available freely throughout the day

Week 2		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Cereal choose from: Weetbix, rice bubbles and cornflakes served with milk or water				
MORNING TEA	Food	Muesli with milk mixed seed	Crumpets Bananas and honey	French toast	Cheese Toast	Yoghurt and Fruit
	Drink	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
LUNCH	Food	Chicken Stir Fry and Hokkien noddles Fruit	Pastiitsio Fruit	Special Fried Brown Rice with mixed Vegies and Quinoa Fruit	Beef Mince with cracked spicy Burghul Fruit	Crumbed whiting with Couscous Fruit
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Banana and Cinnamon Muffins	Chicken and Cheese sandwiches	Rice Cake with cream cheese	Crustkit with cucumber & cheese	Tatziki dip & cracker's
	Drink	Water	Water	Water	Water	Water
Late Snack		Crackers and Cheese				

Note: water is also available freely throughout the day

Week 3		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Cereal choose from: Weetbix, rice bubbles and cornflakes served with milk or water				
MORNING TEA	Food	Mango Lassi and Fruit	Crumpets with Honey	Fresh Fruit Sticks	Yoghurt With Pumpkin, Chia and Flax seeds	Toast served with Avocado
	Drink	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
LUNCH	Food	Ricotta and Spinach Tortellini with a Tomato based sauce Fruit	Homemade chicken Schnitzel bites with Vegetables Fruit	Lamb Kofta with Israeli Couscous Fruit	Beef Bolognese with Spiral Pasta Fruit	Lemon pepper Tuna with Quinoa Fruit
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Raisin Bread with Apple and Banana	Salada Biscuits with Cheese & Fruit	Radi (Carrot and Cucumber) Dip and Roti Bread	Cheese and Lettuce Sandwiches	Dried Apricot, Sultanas with Cheese and Crackers
	Drink	Water	Water	Water	Water	Water
Late Snack		Crackers and Cheese				

Note: water is also available freely throughout the day

Week 4		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Cereal choose from: Weetbix, rice bubbles and cornflakes served with milk or water				
MORNING TEA	Food	Fried egg sandwiches	Banana and yoghurt	Wholemeal cheese and chicken sandwiches	Carrot cheese and cucumber crackers	Fruit Platter
	Drink	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
LUNCH	Food	Curried Chickpea and Potato Curry	Salmon Patties with Beans, Brown Rice & Served with Vegetables	Spaghetti and Meatballs	Chicken Vegie Stir Fry with Hokkein Noddles	Vegetable and Meat Pie with Mashed Potato
	Drink	Fruit	Fruit	Fruit	Fruit	Fruit
AFTERNOON TEA	Food	Water	Water	Water	Water	Water
	Food	Homemade oat muesli cookies with fruit	Cheese sandwiches	Fruit salad with Yogurt	Homemade Pita bread with linseeds oats and cheese	Custard with banana's
Drink	Water	Water	Water	Water	Water	
Late Snack		Crackers and Cheese				

Note: water is also available freely throughout the day

