

## Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (served till 7.30am)	Cereal with Milk Toast Weetabix, Cornflakes	Cereal with Milk Toast Weetabix, Cornflakes	Cereal with Milk Toast Weetabix, Cornflakes	Cereal with Milk Toast Weetabix, Cornflakes	Cereal with Milk Toast Weetabix, Cornflakes
Morning Tea	Seasonal Fruit with Cheese & Crackers Apple, Grapes, Watermelon, Kiwi Fruit, Banana, Strawberries & Rockmelon	Seasonal Fruit with Cheese & Crackers Apple, Grapes, Watermelon, Blueberries, Pineapple, Banana & Strawberries	Seasonal Fruit with Cheese & Crackers Apple, Grapes, Raspberries, Watermelon, Banana & Strawberries	Seasonal Fruit with Cheese & Crackers Apple, Grapes, Kiwi Fruit, Watermelon, Pears, Banana & Strawberries	Seasonal Fruit with Cheese & Crackers Apple, Grapes, Pineapple, Pears, Watermelon, Banana & Strawberries
Lunch	<p><b>Vegetarian Spaghetti</b></p> <p>Spaghetti pasta, tomato paste, tomato herb sauce, soy sauce, Worcestershire sauce, mushrooms, red &amp; green capsicum, onion, zucchini, fresh basil, fresh coriander, fresh parsley, fresh oregano, fresh spinach, garlic, zucchini &amp; veggie stock.</p> <p>A glass of Milk</p>	<p><b>Chicken, spinach &amp; pumpkin pasta</b></p> <p>Pumpkin, spinach, pasta, chicken mince, pumpkin soup &amp; cheese.</p> <p>A glass of milk.</p>	<p><b>Garlic Fish, mash and mixed veges</b></p> <p>Basa fillet fish, garlic, butter, mashed potato, cauliflower, broccoli, corn, peas, beans and carrots.</p> <p>A glass of milk.</p>	<p><b>Sandwich Platter</b></p> <p>Wholemeal bread, butter, ham, tomato, cheese, lettuce, vegemite, jam, chicken, spaghetti, curried egg.</p> <p>A glass of milk.</p>	<p><b>Curried Sausages &amp; brown rice</b></p> <p>Sausages, onions, carrots, garlic, curry powder, fruit chutney, chicken stock, peas, eggs, spinach, corn &amp; brown rice.</p> <p>A glass of milk.</p>
Afternoon Tea	<p><b>Vanilla yogurt with strawberries and bananas.</b></p> <p>Vanilla yoghurt, strawberries and banana's.</p>	<p><b>Grazing Platter</b></p> <p>Cheese, grapes, cherry tomatoes, crackers, pretzels, ham, cranberries, kabana and sultanas with watermelon.</p>	<p><b>Banana &amp; Sugar Free Chocolate Chip Muffins</b></p> <p>Sugar free chocolate chips, flour, eggs, oil, milk with watermelon.</p>	<p><b>Strawberry sheet Pan Cake</b></p> <p>Flour, eggs, vanilla essence, blueberries, strawberries &amp; milk with watermelon.</p>	<p><b>Rice Cakes with vegemite, cream cheese &amp; Banana</b></p> <p>Rice Cakes, vegemite, Cream Cheese or Banana with watermelon.</p>
Late snack	Fruit Platter				