

WEEK 1	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 Snack	<ul style="list-style-type: none"> • Fresh fruit platter • Water to drink 	<ul style="list-style-type: none"> • Cereal with milk • Water to drink 	<ul style="list-style-type: none"> • Fresh fruit platter • Water to drink 	<ul style="list-style-type: none"> • Toast with vegemite or/and cheese • Milk / water to drink 	<ul style="list-style-type: none"> • Fresh fruit platter • Water to drink
Lunch	<ul style="list-style-type: none"> • Pot pie with chicken, kale and mushroom • Greek yoghurt 	<ul style="list-style-type: none"> • Italian meatballs in Napolitana sauce • Greek yoghurt 	<ul style="list-style-type: none"> • Lentil dhal, served with rice • Greek yoghurt 	<ul style="list-style-type: none"> • Beef and bean burritos • Greek yoghurt 	<ul style="list-style-type: none"> • Tuna pasta salad • Greek yoghurt
Afternoon Snack	<ul style="list-style-type: none"> • Cruskits with hummus • Milk / water to drink 	<ul style="list-style-type: none"> • Fresh fruit platter • Water to drink 	<ul style="list-style-type: none"> • Variety sandwiches • Milk / water to drink 	<ul style="list-style-type: none"> • Fresh fruit platter • Water to drink 	<ul style="list-style-type: none"> • Mix platter with hummus • Water to drink
Late Snack	<ul style="list-style-type: none"> • Variety of crackers or/and biscuits 				

WEEK 2	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 Snack	<ul style="list-style-type: none"> • Cereal with milk • Water to drink 	<ul style="list-style-type: none"> • Fresh fruit platter • Water to drink 	<ul style="list-style-type: none"> • Toast with vegemite or/and cheese • Milk / water to drink 	<ul style="list-style-type: none"> • Fruit salad with custard • Water to drink 	<ul style="list-style-type: none"> • Cereal with milk • Water to drink
Lunch	<ul style="list-style-type: none"> • Mexican beef, served with rice • Greek yoghurt 	<ul style="list-style-type: none"> • Pad Thai • Greek yoghurt 	<ul style="list-style-type: none"> • Chicken stroganoff, served with mash potatoes • Greek yoghurt 	<ul style="list-style-type: none"> • Sweet corn tuna rice bake • Greek yoghurt 	<ul style="list-style-type: none"> • Macaroni pasta bake with beef • Greek yoghurt
Afternoon Snack	<ul style="list-style-type: none"> • Fresh fruit platter • Water to drink 	<ul style="list-style-type: none"> • Variety sandwiches • Milk / water to drink 	<ul style="list-style-type: none"> • Fresh fruit platter • Water to drink 	<ul style="list-style-type: none"> • Cruskits with variety of spreads • Milk / water to drink 	<ul style="list-style-type: none"> • Fresh fruit platter • Water to drink
Late Snack	<ul style="list-style-type: none"> • Variety of crackers or/and biscuits Mix platter vegetable 				

