

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	<ul style="list-style-type: none"> <li>Cereal</li> <li>Toast with vegemite and/or jam</li> </ul>	<ul style="list-style-type: none"> <li>Cereal</li> <li>Toast with vegemite and/or jam</li> </ul>	<ul style="list-style-type: none"> <li>Cereal</li> <li>Toast with vegemite and/or jam</li> </ul>	<ul style="list-style-type: none"> <li>Cereal</li> <li>Toast with vegemite and/or jam</li> </ul>	<ul style="list-style-type: none"> <li>Cereal</li> <li>Toast with vegemite and/or jam</li> </ul>
Morning Tea	<ul style="list-style-type: none"> <li>Fresh fruit platter</li> <li>Water to drink</li> </ul>	<ul style="list-style-type: none"> <li>Cereal with milk</li> <li>Water to drink</li> </ul>	<ul style="list-style-type: none"> <li>Fresh fruit platter</li> <li>Water to drink</li> </ul>	<ul style="list-style-type: none"> <li>Wholemeal toast with baked beans</li> <li>Milk / water to drink</li> </ul>	<ul style="list-style-type: none"> <li>Fresh fruit platter</li> <li>Water to drink</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>Mac 'N' bean cheesy bake</li> <li>Greek yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>Sausage stew with mash potato and veggies</li> <li>Greek yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>Curry chicken and veggies</li> <li>Greek yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>Beef chop suey</li> <li>Green yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>Tuna sweet corn rice</li> <li>Greek yoghurt</li> </ul>
Afternoon Tea	<ul style="list-style-type: none"> <li>Cruskits with condiments</li> <li>Milk / water to drink</li> </ul>	<ul style="list-style-type: none"> <li>Fresh fruit platter</li> <li>Water to drink</li> </ul>	<ul style="list-style-type: none"> <li>Mix cheese platter with steamed corn cobs</li> <li>Milk / water to drink</li> </ul>	<ul style="list-style-type: none"> <li>Fresh fruit platter</li> <li>Water to drink</li> </ul>	<ul style="list-style-type: none"> <li>Variety sandwiches</li> <li>Milk / water to drink</li> </ul>
Late Snack	<ul style="list-style-type: none"> <li>Variety of crackers or/and biscuits</li> </ul>				

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Morning Tea	<ul style="list-style-type: none"> <li>Toast with condiments and/or cheese</li> <li>Milk / water to drink</li> </ul>	<ul style="list-style-type: none"> <li>Fresh fruit platter</li> <li>Water to drink</li> </ul>	<ul style="list-style-type: none"> <li>Scrambled eggs with toast</li> <li>Milk / water to drink</li> </ul>	<ul style="list-style-type: none"> <li>Fresh fruit platter</li> <li>Water to drink</li> </ul>	<ul style="list-style-type: none"> <li>Cereal with milk</li> <li>Water to drink</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>Cheesy chicken and corn pasta bake</li> <li>Greek yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>Chilli con carne with rice and veggies</li> <li>Greek yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>Curried lentil and pumpkin soup with bread</li> <li>Greek yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>Tuna and macaroni bake with veggies</li> <li>Greek yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>Moroccan beef with potatoes</li> <li>Greek yoghurt</li> </ul>
Afternoon Tea	<ul style="list-style-type: none"> <li>Fresh fruit platter</li> <li>Water to drink</li> </ul>	<ul style="list-style-type: none"> <li>Variety sandwiches</li> <li>Milk / water to drink</li> </ul>	<ul style="list-style-type: none"> <li>Fresh fruit platter</li> <li>Water to drink</li> </ul>	<ul style="list-style-type: none"> <li>Fruit bread with butter</li> <li>Milk / water drink</li> </ul>	<ul style="list-style-type: none"> <li>Fresh fruit platter</li> <li>Water to drink</li> </ul>
Late Snack	<ul style="list-style-type: none"> <li>Variety of crackers or/and biscuits</li> </ul>				

