

WEEK 3	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 Tea	<ul style="list-style-type: none"> • Fresh fruit platter • Water to drink 	<ul style="list-style-type: none"> • Toast with condiments and/or cheese • Milk / water to drink 	<ul style="list-style-type: none"> • Fresh fruit platter • Water to drink 	<ul style="list-style-type: none"> • Scrambled eggs with toast • Milk / water to drink 	<ul style="list-style-type: none"> • Fresh fruit platter • Water to drink
Lunch	<ul style="list-style-type: none"> • Cheesy chicken and corn pasta bake • Greek yoghurt 	<ul style="list-style-type: none"> • Tuna macaroni bake • Greek yoghurt 	<ul style="list-style-type: none"> • Sausage stew with mash potatoes and steamed veggies • Greek yoghurt 	<ul style="list-style-type: none"> • Eggplant and capsicum pasta • Green yoghurt 	<ul style="list-style-type: none"> • Beef Chow Mein • Greek yoghurt
Afternoon Tea	<ul style="list-style-type: none"> • Cheese and dry fruit platter • 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"> • Rice cakes with condiments • Milk / water to drink
Late Snack	<ul style="list-style-type: none"> • Variety of crackers or/and biscuits 				

WEEK 4	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 Tea	<ul style="list-style-type: none"> • Toast with condiments and/or cheese • Milk / water to drink 	<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"> • Pikelets • Milk / water to drink
Lunch	<ul style="list-style-type: none"> • Ham, roasted capsicum and feta macaroni • Greek yoghurt 	<ul style="list-style-type: none"> • Beef ragu with balsamic reduction • Greek yoghurt 	<ul style="list-style-type: none"> • Curried lentil and pumpkin soup • Greek yoghurt 	<ul style="list-style-type: none"> • Apricot chicken • Greek yoghurt 	<ul style="list-style-type: none"> • Tuna and macaroni bake • Greek yoghurt
Afternoon Tea	<ul style="list-style-type: none"> • Fresh fruit platter • Water to drink 	<ul style="list-style-type: none"> • Cheese and dry fruit platter • 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 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 				

