

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"> Cereal with milk Water to drink 	<ul style="list-style-type: none"> Fresh fruit platter Water to drink 	<ul style="list-style-type: none"> Baked beans 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 beans with rice (<i>Abi's family recipe</i>) Greek yoghurt 	<ul style="list-style-type: none"> Tuna pasta salad Greek yoghurt 	<ul style="list-style-type: none"> Beef Bolognese, served with shells pasta Greek yoghurt 	<ul style="list-style-type: none"> Chicken and mushroom risotto Green yoghurt 	<ul style="list-style-type: none"> Bacon, tomato and spinach pasta Greek yoghurt
Afternoon Tea	<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 spreads 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
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"> Cereal with milk Water to drink
Lunch	<ul style="list-style-type: none"> Tuna and macaroni pasta bake Greek yoghurt 	<ul style="list-style-type: none"> Curried beef, served with mash potatoes Greek yoghurt 	<ul style="list-style-type: none"> Vegetarian fried rice Greek yoghurt 	<ul style="list-style-type: none"> Lasagne Greek yoghurt 	<ul style="list-style-type: none"> Sweet and sour chicken, served with rice Greek yoghurt
Afternoon Tea	<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 corn cobs Milk / water drink 	<ul style="list-style-type: none"> Fruit salad with custard Water to drink
Late Snack	<ul style="list-style-type: none"> Variety of crackers or/and biscuits 				