

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"> • Toast with vegemite or/and 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
Lunch	<ul style="list-style-type: none"> • Beef stroganoff with rice and veggies • Greek yoghurt 	<ul style="list-style-type: none"> • One pot fettuccine minestrone with veggies • Greek yoghurt 	<ul style="list-style-type: none"> • Shepherd pie with veggies • Greek yoghurt 	<ul style="list-style-type: none"> • Creamy tuna past bake with corn • Greek yoghurt 	<ul style="list-style-type: none"> • Chicken Chow Mein with veggies • Greek yoghurt
Afternoon Snack	<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 condiments • Milk / water to drink 	<ul style="list-style-type: none"> • Fresh fruit platter • Water to drink 	<ul style="list-style-type: none"> • Mix veggie platter with hummus dip • 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 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
Lunch	<ul style="list-style-type: none"> • Tuna and macaroni bake with veggies • Greek yoghurt 	<ul style="list-style-type: none"> • Beef pie with veggies • Greek yoghurt 	<ul style="list-style-type: none"> • Roast chicken with mash and steamed veggies • Greek yoghurt 	<ul style="list-style-type: none"> • Eggplant and capsicum pasta • Greek yoghurt 	<ul style="list-style-type: none"> • Spaghetti Bolognese with veggies • Greek yoghurt
Afternoon Snack	<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 	<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
Late Snack	<ul style="list-style-type: none"> • Variety of crackers or/and biscuits Mix platter vegetable 				