

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"> • Cereal with 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 	<ul style="list-style-type: none"> • Cereal with milk • Water to drink
Lunch	<ul style="list-style-type: none"> • Sweet corn tuna with rice • Greek yoghurt 	<ul style="list-style-type: none"> • Spinach and ricotta pasta bake • Greek yoghurt 	<ul style="list-style-type: none"> • Bean bolognaise • Greek yoghurt 	<ul style="list-style-type: none"> • Vegetable and chicken curry with rice • Greek yoghurt 	<ul style="list-style-type: none"> • Shepherd pie with vegetables • 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"> • Milk to drink • Fruit mix 	<ul style="list-style-type: none"> • Cruskits with condiments • Milk 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 				

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"> • 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 • Greek yoghurt 	<ul style="list-style-type: none"> • Chicken schnitzel with mash potato • Greek yoghurt 	<ul style="list-style-type: none"> • Tuna A La Tima • Greek yoghurt 	<ul style="list-style-type: none"> • Cantonese beef & Hokkien noodles stir-fry • Greek yoghurt 	<ul style="list-style-type: none"> • Vegetable lentil bolognaise • Greek yoghurt
Afternoon Snack	<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"> • 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
Late Snack	<ul style="list-style-type: none"> • Variety of crackers or/and biscuits Mix platter vegetable 				