

**Week Four**

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| Monday | Tuesday | Wednesday | Thursday | Friday |
| **Morning Tea- Milk and Water** |
| **Dried & Fresh Fruit platter**Dried- Sultanas, cranberries, apricots, Fresh- apple, pear, oranges with multigrain corn thins | **Wholemeal Toast**Wholemeal bread, Vegemite & Nutalex, watermelon and banana, cubed cheese | **Wholemeal English Muffins** Wholemeal bread, Vegemite & Nutalex, Pear and banana | **Fruit & Cheese platter**Apple, banana, oranges with cubed hard cheese | **Fresh Fruit** Apples, nectarine, banana & grapes, whole grain crackers |
| **Lunch** |
| **Chicken noodle soup & home-made wholemeal bread rolls-**Chicken mince, salt reduced stock, carrots, zucchini & noodles | **Lentil Bolognese with veggies**Red lentils, tomatoes, herbs, pasta, carrots, cauliflower, zucchini, broccoli | **Moroccan Beef Meatballs with brown rice**Beef, herbs, tomatoes, brown rice, potato, broccoli, beans | **Fish & Rice Patties**White fish, potato, sweet potato, carrot, rice | **Savory mince with brown rice**Beef, salt reduced gravy, carrots, potato, peas, brown rice |
| **Second Course** |
| **Fresh Fruit**Honey dew, cantaloupe & oranges | **Fresh Fruit**Apple, orange, Strawberries | **Fruit & yoghurt**Natural yoghurt with watermelon and berries | **Fresh Fruit**Watermelon, Cantaloupe, Honey dew | **Fresh Fruit**Apples, cantaloupe & oranges |
| **Second Option- Wholemeal Sandwiches with Vegemite & block cheese** |
| **Afternoon Tea- Milk and Water** |
| **Cheese & Crackers**Cream cheese & multigrain corn thins with veggies sticks- Carrot & Cucumber **Babies-** Fresh Fruit- Banana, pear, strawberries | **Apple oat squares with veggie sticks**Pureed apple, oatmeal, wholemeal flour, cinnamon. Carrots, cucumber. | **Banana Pikelets & fresh fruit**Bananas, wholemeal flour, milk. Apple, oranges, grapes. | **Crackers, fruit platter**corn Cruskits, apple, oranges, grapes | **Cheese & Crackers**Cream cheese & wholegrain crackers with veggies sticks- Carrot & Cucumber **Babies-** Fresh Fruit- Banana, pear, strawberries |
| **Late Snack- Wholemeal sandwiches with vegemite & block cheese, fruit & veggie sticks** |