

**Week One**

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| Monday | Tuesday | Wednesday | Thursday | Friday |
| **Morning Tea- Milk and Water** |
| **Fresh Fruit & Dried Fruit** Apple, nectarine, banana & grapes, Sultanas, cranberries & apricots | **Fruit & Veggie platter**Banana, rockmelon, strawberries, cucumber, carrot, Wholegrain crackers | **Fruit & Cheese platter**Apple, banana, oranges with cubed hard cheese | **Wholemeal Toast**Wholemeal bread, Vegemite & Nutalex, apple and banana | **Fresh Fruit** Watermelon, nectarine, banana & grapes, whole grain crackers |
| **Lunch** |
| **Pumpkin Soup with homemade wholemeal rolls**Pumpkins, legumes, garlic, stock (salt reduced) wholemeal flour | **Chicken Tacos**Chicken mince, home-made taco seasoning, cannellini beans, white rice. Wholegrain wrapsCarrots, beans, broccoli | **Spaghetti Bolognese**Beef mince, crushed tomatoes, grated carrot & zucchini, herbs, pasta,Cauliflower, carrots, sweet potato  | **Crumbed fish with Mashed Potato**Whiting, bread crumbs, Potatoes, Zucchini, sweet potato, Carrots | **Corned Beef with Roasted veggies**Corned beef. Potato, carrots, pumpkin roasted.  |
| **Second Course** |
| **Fresh Fruit**Watermelon, Cantaloupe, Honey dew  | **Fresh Fruit**Watermelon, Banana & oranges | **Fruit & yoghurt**Natural yoghurt with watermelon and apple | **Fresh Fruit**Watermelon, cantaloupe & oranges | **Fruit & Yoghurt**Natural yoghurt with banana and apple |
| **Second Option- Wholemeal Sandwiches with Vegemite & block cheese** |
| **Afternoon Tea- Milk and Water** |
| **Cheese & Crackers**Cream cheese & wholegrain crackers with veggies sticks- Carrot & Cucumber**Babies-** Fresh Fruit- Banana, pear, strawberries | **Wholemeal vegemite scrolls**Wholemeal bread with vegemite and hard cheese | **Wholemeal Banana Cake with Veggie sticks**Wholemeal flour, bananas, milk. Carrot, cucumber, cherry tomatoes | **Fruit & Veggie platter**Carrot, cucumber, cherry tomatoes, oranges, grapes, peaches, cubed cheese, multigrain corn thins. | **Banana Oatmeal Fingers**Rolled oats, banana, chia seeds cinnamon |
| **Late Snack- Wholemeal sandwiches with vegemite & block cheese, fruit & veggie sticks** |