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**Week Three**

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| Monday | Tuesday | Wednesday | Thursday | Friday |
| **Morning Tea- Milk and Water** | | | | |
| **Wholemeal English muffins**  Wholemeal bread, Vegemite & Nutalex, pear and banana | **Dried & Fresh Fruit platter**  Dried- Sultanas, cranberries, apricots, Fresh- apple, pear, oranges with multigrain corn thins | **Fruit & Cheese platter**  Apple, banana, oranges with cubed hard cheese | **Wholemeal Toast**  Wholemeal bread, Vegemite & Nutalex, watermelon and banana & cubed cheese | **Fresh Fruit**  Apples, nectarine, banana & grapes, carrots, cucumber, whole grain crackers |
| **Lunch** | | | | |
| **Creamy tomato & tuna pasta**  Tuna, creamed corn tomatoes, carrots, Macaroni  Potato, sweet potato, broccoli | **Pumpkin & Sweet Potato Soup with homemade wholemeal rolls**  Pumpkins, legumes, garlic, stock wholemeal flour Carrot, Broccoli, beans. | **Beef Lasagne**  Beef, tomatoes, carrots, zucchini, pasta sheets.  Broccoli, cauliflower, potato | **Apricot chicken**  Chicken, salt reduced stock, apricot nectar, onion, carrots. | **Beef Casserole with cous cous**  Beef, salt reduced gravy, salt reduced stock, carrots, potato, cous cous |
| **Second Course** | | | | |
| **Fresh fruit**  Apple, orange, strawberries | **Fresh Fruit**  Watermelon, Cantaloupe, Honey dew | **Fruit & yoghurt**  Natural yoghurt with watermelon and apple | **Fresh Fruit**  Apples, cantaloupe & oranges | **Fruit & yoghurt**  Natural yoghurt with watermelon and berries |
| **Second Option- Wholemeal Sandwiches with Vegemite & block cheese** | | | | |
| **Afternoon Tea- Milk and Water** | | | | |
| **Apple pikelets**  Pureed apple, eggs buttermilk cinnamon oatmeal wholemeal flour | **Fruit & Veggie platter**  Carrot, cucumber, cherry tomatoes, oranges, grapes, peaches, multigrain corn thins | **Wholemeal banana biscuits with veggie sticks & fruit**  Wholemeal flour, bananas, milk, banana, grapes, strawberries, cantaloupe | **Wholemeal Banana & coconut cake & veggie sticks**  Wholemeal flour, bananas, milk, coconut, Carrot, cucumber, cherry tomatoes | **Cheese, Crackers, fruit**  Cubed Cheese, corn Cruskits, apple, oranges, grapes, |
| **Late Snack- Wholemeal sandwiches with vegemite & block cheese, fruit & veggie sticks** | | | | |