

**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, MacaroniPotato, 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** |