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**Week Two**

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| Monday | Tuesday | Wednesday | Thursday | Friday |
| **Morning Tea- Milk and Water** | | | | |
| **Fresh Fruit**  Watermelon, nectarine, banana & grapes, whole grain crackers | **Wholemeal Toast**  Wholemeal bread, Vegemite & Nutalex, watermelon and banana | **Dried & Fresh Fruit platter**  Dried- Sultanas, cranberries, apricots, Fresh- apple, pear, oranges with multigrain corn thins | **Fresh Fruit**  Cantaloupe, pear, banana & grapes, whole grain crackers | **Fruit & Cheese platter**  Apple, banana, oranges with cubed hard cheese |
| **Lunch** | | | | |
| **Chilli Con Carne & Brown Rice**  Beef mince, Mexican spices, brown rice, Kidney beans, Carrots, Broccoli, Sweet potato | **Tuna pasta bake**  Tuna, pasta, tomatoes, cheese, carrots, pumpkin. | **Fried Rice**  White rice, peas, beans carrots, corn, egg, cannellini beans, salt reduced soy sauce | **Beef and Veggie meatballs**  Carrots, zucchini, onion, apple, minced beef, mixed herbs, egg, wholemeal flour  Cous cous | **Chicken noodle soup & home-made wholemeal bread rolls-**  Chicken mince, salt reduced stock, carrots, zucchini & noodles. |
| **Second course** | | | | |
| **Fruit & yoghurt**  Natural yoghurt with watermelon and apple | **Fresh Fruit**  Watermelon, Cantaloupe, Honey dew | **Fresh Fruit**  Watermelon, Cantaloupe, Honey dew | **Fruit & yoghurt**  Natural yoghurt with watermelon & strawberries | **Fresh Fruit**  Apple, orange, pineapple |
| **Second Option- Wholemeal Sandwiches with Vegemite & block cheese** | | | | |
| **Afternoon Tea- Milk and Water** | | | | |
| **Cheese, Crackers, fruit platter**  Cubed Cheese, corn Cruskits, apple, oranges, grapes, | **Fruit & Veggie platter**  Carrot, cucumber, cherry tomatoes, oranges, grapes, peaches, creamed cheese, multigrain corn thins. | **Wholesome Banana Bread**  Banana, eggs, milk, dates, wholemeal, coconut, cinnamon, chia seeds | **Wholemeal date and coconut cake**  Wholemeal flour, milk, egg, dates, desiccated coconut.  Grapes & oranges | **Fruit & Veggie platter**  Carrot, cucumber, cherry tomatoes, oranges, grapes, peaches, cubed cheese, multigrain corn thins. |
| **Late Snack- Wholemeal sandwiches with vegemite & block cheese, fruit & veggie sticks** | | | | |