

**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 flourCous 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** |