



Week four

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				