



Week one

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea- Milk and Water				
Fruit & Cheese platter Apple, banana, oranges with cubed hard cheese	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	Spaghetti Bolognese Beef mince, crushed tomatoes, grated carrot & zucchini, herbs, pasta, Cauliflower, carrots, sweet potato	Pumpkin & Sweet Potato Soup with homemade wholemeal rolls Pumpkins, legumes, garlic, stock wholemeal flour Carrot, Broccoli, beans	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	Wholemeal banana biscuits with veggie sticks & fruit Wholemeal flour, bananas, milk, banana, grapes, strawberries, cantaloupe	Fruit & Veggie platter Carrot, cucumber, cherry tomatoes, oranges, grapes, peaches, multigrain corn thins	Cheese, Crackers, fruit Cubed Cheese, corn Cruskits, apple, oranges, grapes	Wholemeal Banana & coconut cake & veggie sticks Wholemeal flour, bananas, milk, coconut, Carrot, cucumber, cherry tomatoes
Late Snack- Wholemeal sandwiches with vegemite & block cheese, fruit & veggie sticks				