



Week three

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea- Milk and Water				
Fresh Fruit & Dried Fruit Apple, nectarine, banana & grapes, Sultanas, cranberries & apricots	Fruit & Veggie platter Banana, rockmelon, strawberries, cucumber, carrot, Wholegrain crackers	Fruit & Cheese platter Apple, banana, oranges with cubed hard cheese	Wholemeal Toast Wholemeal bread, Vegemite & Nutalex, apple and banana	Fresh Fruit Watermelon, nectarine, banana & grapes, whole grain crackers
Lunch				
Pumpkin Soup with homemade wholemeal rolls Pumpkins, legumes, garlic, stock (salt reduced) wholemeal flour	Chicken Tacos Chicken mince, home-made taco seasoning, cannellini beans, white rice. Wholegrain wraps Carrots, beans, broccoli	Beef Lasagne Beef, tomatoes, carrots, zucchini, pasta sheets. Broccoli, cauliflower, potato	Crumbed fish with Mashed Potato Whiting, bread crumbs, Potatoes, Zucchini, sweet potato, Carrots	Corned Beef with Roasted veggies Corned beef. Potato, carrots, pumpkin roasted.
Second Course				
Fresh Fruit Watermelon, Cantaloupe, Honey dew	Fresh Fruit Watermelon, Banana & oranges	Fruit & yoghurt Natural yoghurt with watermelon and apple	Fresh Fruit Watermelon, cantaloupe & oranges	Fruit & Yoghurt Natural yoghurt with banana and apple
Second Option- Wholemeal Sandwiches with Vegemite & block cheese				
Afternoon Tea- Milk and Water				
Cheese & Crackers Cream cheese & wholegrain crackers with veggies sticks- Carrot & Cucumber Babies- Fresh Fruit- Banana, pear, strawberries	Wholemeal vegemite scrolls Wholemeal bread with vegemite and hard cheese	Wholemeal Banana Cake with Veggie sticks Wholemeal flour, bananas, milk. Carrot, cucumber, cherry tomatoes	Fruit & Veggie platter Carrot, cucumber, cherry tomatoes, oranges, grapes, peaches, cubed cheese, multigrain corn thins.	Banana Oatmeal Fingers Rolled oats, banana, chia seeds cinnamon
Late Snack- Wholemeal sandwiches with vegemite & block cheese, fruit & veggie sticks				