



## Week two

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Tea- Milk and Water</b>				
<b>Fresh Fruit</b> Apples, nectarine, banana & grapes, whole grain crackers	<b>Dried &amp; Fresh Fruit platter</b> Dried- Sultanas, cranberries, apricots, Fresh- apple, pear, oranges with multigrain corn thins	<b>Wholemeal English Muffins</b> Wholemeal bread, Vegemite & Nutalex, Pear and banana	<b>Fruit &amp; Cheese platter</b> Apple, banana, oranges with cubed hard cheese	<b>Wholemeal Toast</b> Wholemeal bread, Vegemite & Nutalex, watermelon and banana, cubed cheese
<b>Lunch</b>				
<b>Chicken noodle soup &amp; home-made wholemeal bread rolls-</b> Chicken mince, salt reduced stock, carrots, zucchini & noodles	<b>Lentil Bolognese with veggies</b> Red lentils, tomatoes, herbs, pasta, carrots, cauliflower, zucchini, broccoli	<b>Fish &amp; Rice Patties</b> White fish, potato, sweet potato, carrot, rice	<b>Moroccan Beef Meatballs with brown rice</b> Beef, herbs, tomatoes, brown rice, potato, broccoli, beans	<b>Savory mince with brown rice</b> Beef, salt reduced gravy, carrots, potato, peas, brown rice
<b>Second Course</b>				
<b>Fresh Fruit</b> Honey dew, cantaloupe & oranges	<b>Fresh Fruit</b> Apple, orange, Strawberries	<b>Fruit &amp; yoghurt</b> Natural yoghurt with watermelon and berries	<b>Fresh Fruit</b> Watermelon, Cantaloupe, Honey dew	<b>Fresh Fruit</b> Apples, cantaloupe & oranges
<b>Second Option- Wholemeal Sandwiches with Vegemite &amp; block cheese</b>				
<b>Afternoon Tea- Milk and Water</b>				
<b>Cheese &amp; Crackers</b> Cream cheese & multigrain corn thins with veggies sticks- Carrot & Cucumber <b>Babies-</b> Fresh Fruit- Banana, pear, strawberries	<b>Apple oat squares with veggie sticks</b> Pureed apple, oatmeal, wholemeal flour, cinnamon. Carrots, cucumber.	<b>Crackers, fruit platter</b> corn Cruskits, apple, oranges, grapes	<b>Banana Pikelets &amp; fresh fruit</b> Bananas, wholemeal flour, milk. Apple, oranges, grapes.	<b>Cheese &amp; Crackers</b> Cream cheese & wholegrain crackers with veggies sticks- Carrot & Cucumber <b>Babies-</b> Fresh Fruit- Banana, pear, strawberries
<b>Late Snack- Wholemeal sandwiches with vegemite &amp; block cheese, fruit &amp; veggie sticks</b>				

