



## Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Tea- Milk and Water</b>				
<b>Fresh Fruit</b> Watermelon, nectarine, banana & grapes, whole grain crackers	<b>Wholemeal Toast</b> Wholemeal bread, Vegemite & Nutalex, watermelon and banana	<b>Dried &amp; Fresh Fruit platter</b> Dried- Sultanas, cranberries, apricots, Fresh- apple, pear, oranges with multigrain corn thins	<b>Fresh Fruit</b> Cantaloupe, pear, banana & grapes, whole grain crackers	<b>Fruit &amp; Cheese platter</b> Apple, banana, oranges with cubed hard cheese.
<b>Lunch</b>				
<b>Chilli Con Carne &amp; Brown Rice</b> Beef mince, Mexican spices, brown rice, Kidney beans, Carrots, Broccoli, Sweet potato	<b>Fried Rice</b> White rice, peas, beans carrots, corn, egg, cannellini beans, salt reduced soy sauce	<b>Tuna pasta bake</b> Tuna, pasta, tomatoes, Cheese, carrots pumpkin.	<b>Beef and Veggie meatballs</b> Carrots, zucchini, onion, apple, minced beef, mixed herbs, egg, wholemeal flour Cous cous	<b>Chicken noodle soup &amp; home-made wholemeal bread rolls-</b> Chicken mince, salt reduced stock, carrots, zucchini & noodles.
<b>Second course</b>				
<b>Fresh Fruit salad &amp; yoghurt</b> Natural yoghurt with watermelon and apple	<b>Fresh Fruit</b> Watermelon, Cantaloupe, Honey dew	<b>Fresh Fruit</b> Watermelon, Cantaloupe, Honey dew	<b>Fresh Fruit salad &amp; yoghurt</b> Natural yoghurt with watermelon & strawberries	<b>Fresh Fruit</b> Apple, orange, pineapple
<b>Second Option- Wholemeal Sandwiches with Vegemite &amp; block cheese</b>				
<b>Afternoon Tea- Milk and Water</b>				
<b>Wholemeal Banana Bread</b> Banana, eggs, milk, dates, wholemeal, coconut, cinnamon	<b>Fruit &amp; Veggie platter</b> Carrot, cucumber, cherry tomatoes, oranges, grapes, peaches, creamed cheese, multigrain corn thins.	<b>Cheese, Crackers, fruit platter</b> Cubed Cheese, corn Cruskits, apple, oranges, grapes	<b>Wholemeal date and coconut cake</b> Wholemeal flour, milk, egg, dates, desiccated coconut. Grapes & oranges	<b>Fruit &amp; Veggie platter</b> Carrot, cucumber, cherry tomatoes, oranges, grapes, peaches, cubed cheese, multigrain corn thins.
<b>Late Snack- Wholemeal sandwiches with vegemite &amp; block cheese, fruit &amp; veggie sticks</b>				