

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Fruit platter milk or water	Fruit platter milk or water	Fruit platter milk or water	Fruit platter milk or water	Fruit platter milk or water
Lunch	Yogurt mixed sandwiches milk or water	Italian Beef and pasta milk or water	Yogurt Mixed sandwiches milk or water	Chicken Parmi with vegetables milk or water	Yogurt Mixed sandwiches milk or water
Afternoon Snack	Vegetable platter rice crackers and cheese	Cruskits with assorted spreads	Vegetable Platter rice crackers and cheese	vegetable platter and dip	Banana Bread

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Fruit platter milk or water	Fruit platter milk or water	Fruit platter milk or water	Fruit platter milk or water	Fruit platter milk or water
Lunch	Beef stroganoff with pasta side greens milk or water	Yogurt Mixed sandwiches milk or water	Chicken and Mushroom risotto milk or water	Yogurt Mixed sandwiches milk or water	Honey soy chicken with noodles milk or water
Afternoon Snack	Cruskits with assorted spreads	Vegetable and cheese scrolls	Vegetable Platter rice crackers and cheese	iron rich muffins	Banana Bread

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Fruit platter milk or water	Fruit platter milk or water	Fruit platter milk or water	Fruit platter milk or water	Fruit platter milk or water
Lunch	Yogurt mixed sandwiches milk or water	Beef tacos milk or water	Yogurt Mixed sandwiches milk or water	Chicken Parmi with vegetables milk or water	Yogurt Mixed sandwiches milk or water
Afternoon Snack	Vegetable platter rice crackers and cheese	Cruskits with assorted spreads	Vegetable Platter with saltanas and cheese	Fruit salad and custard	Banana Bread

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Fruit platter milk or water	Fruit platter milk or water	Fruit platter milk or water	Fruit platter milk or water	Fruit platter milk or water
Lunch	Beef potato and pumpkin bake milk or water	Yogurt Mixed sandwiches milk or water	sweet chicken and vegetable pasta milk or water	Yogurt Mixed sandwiches milk or water	Honey soy chicken with noodles milk or water
Afternoon Snack	fruit salad and custard	Vegetable Platter rice crackers and cheese	Cruskits with assorted spreads	vegetable and cheese scrolls	Vegetable Platter rice crackers and cheese