

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Breakfast is available from 6.30am until 7.30am every day. <b>Choose from:</b> Toast with vegemite spread, raisin toast, or Weetbix served with choice of water or milk.				
<b>FOOD</b>	<b>Raisin Toast with margarine</b>	<b>Fruit platter</b> - Apple - Mandarin - Orange - Pear	<b>Vanilla Yogurt with peaches</b>	<b>½ toasted muffin with tomato and cheese</b>	<b>Wholemeal toast with margarine and cheese spread</b>
<b>DRINK</b>	Water & Milk	Water & Milk	Water & Milk	Water & Milk	Water & Milk
<b>FOOD (Include ingredient details)</b>	<b>Minced Beef stroganoff with wholemeal pasta</b> Beef mince, onions, carrots, mushrooms, corn kernels, peas, green beans, tomato puree, beef stock, gravy powder, light sour cream, oil, wholemeal pasta	<b>Vegetable Slice with Wholemeal bread and margarine</b> onions, ham, carrots, zucchini, capsicums, celery, cheese, corn kernels, red kidney beans, SR flour, eggs and milk	<b>Apricot Chicken with wholemeal pasta</b> Chicken breasts, apricot nectar, chicken stock, french onion soup, rolled oats, frozen mixed vegetables, wholemeal pasta	<b>Nachos with Salsa</b> Beef mince, baked tortilla, onion, kidney beans, mexican powder, tomato paste, diced tomatoes, cucumber, capsicum, sour cream  Serve with salad	<b>Lasagne Al Forno</b> beef mince, tomato paste, mixed herbs, onions, garlic, milk, cornflour, eggs, canned chopped tomatoes, reduced fat cheese, lasagna sheets, oil.  Serve with salad
<b>DRINK</b>	Water	Water	Water	Water	Water
<b>FOOD</b>	<b>Fruit platter</b> - Apple, madarin, orange, pear	<b>Rice crackers with hummus</b> - capsicum, celery, cucumber and carrot.	<b>Weetbix slice</b>	<b>Fruit and Vegetable Platter</b> - pear, apple, carrot and celery sticks, sultanas with french onion dip	<b>Fruit platter</b> - apple, watermelon, pineapple with rice crackers and cheese slices
<b>DRINK</b>	Water & Milk	Water & Milk	Water & Milk	Water & Milk	Water & Milk
<b>LATE SNACK</b>	Fresh fruit and rice crackers or rice cakes served in the afternoon around 5.00pm			<b>WATER</b>	Water is freely available throughout the day
<b>ALLERGIES</b>	Children with allergies and/or food intolerances are provided a tailored version of the regular menu to suit their individual needs.				
<b>INFANTS</b>	Each meal is prepared in an age appropriate manner (Eg: mashed or cut in smaller sizes to make appropriate for the age group). We offer a range of pureed fruits, vegetables and combination of fruits/vegetables for children transitioning from bottles to the main menu (displayed in infants' room)				