

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Breakfast is available from 6.30am until 7.30am every day. Choose from: Toast with vegemite spread, raisin toast, or Weetbix served with choice of water or milk.				
FOOD	Vanilla Yogurt with peaches	Fruit Platter Bananas, watermelon, sultanas, cheese pieces	Fruit Platter Watermelon, orange, apple, pear, mandarin, bananas.	Fruit Platter Apples, watermelon, pear, orange, mandarin	Yogurt with frozen berries
	DRINK	Water & Milk	Water & Milk	Water & Milk	Water & Milk
FOOD (Include ingredient details)	Zucchini Slice served with bread and butter. Zucchini, onions, lean ham, reduced fat cheese, SR wholemeal flour, carrot, capsicum	Chicken Chow mein Chicken breast, onions, celery, cabbage, mixed frozen vegetables, can of mixed beans, chicken noodle soup, rice. Served with baguette bread with margarine	Spaghetti Bolognese served with baguette bread with margarine Beef mince, onions, carrots, celery, garlic, tomato paste, mixed herbs, diced tomatoes, oil, spaghetti pasta	Mustard Chicken serve with pasta Chicken breast, carrots, broccoli, capsicum, zucchini, onion, oil, margarine, plain flour, golden syrup, milk, mustard, wholemeal pasta	Lamb burgers Lamb mince, oil, wheatgerm, carrots, hamburger buns, margarine, cucumbers, lettuce, cheese slice
	DRINK	Water	Water	Water	Water
FOOD	Mixed Sandwiches Cheese & Tomato Cucumber and cream cheese Grated carrot and cream cheese	Banana Muffins	Mini pizzas on english muffins English muffins, pizza sauce, pineapple, capsicum, carrot, ham, pepperoni, cheese	Pikelets with margarine, with Frozen berries	Fruit and Vegetable platter - Carrots, cucumber, celery, apple, pear, sultanas,
	DRINK	Water & Milk	Water & Milk	Water & Milk	Water & Milk
LATE SNACK	Fresh fruit and rice crackers or rice cakes served in the afternoon around 5.00pm			WATER	Water is freely available throughout the day
ALLERGIES	Children with allergies and/or food intolerances are provided a tailored version of the regular menu to suit their individual needs.				
INFANTS	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)				