	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Crunch platter with fruit, cheese and crackers	Savoury waffles with fruit	Weetbix with milk and/or yoghurt and banana	Blueberry French toast and fruit	Oat coconut slice with fruit
LUNCH	Beef and vegetable fried rice	Tuna and vegetable pasta bake	Massaman curry with lentils and brown rice or noodles	Honey soy chicken stir fry with vegetables and rice	Spaghetti bolognese with vegetables
AFTERNOON TEA	Date chia oat bar with fruit	Apricot oat slice with fruit	Pizza scrolls with fruit	Choco Coconut Chia Slice with fruit	Banana bread with fruit

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Breakfast trifle		strawberry muesli	fruit, cheese and	Cheese and cauliflower waffles with fruit
LUNCH	Hokkien noodle with eggs and mixed vegetables	Spinach soup on farfelle	panang curry on rice	,	Chicken and pumpkin pasta
AFTERNOON TEA	Whole meal toast dippers with creamy corn dip and fruit	-	•		Mixed fruit slice with fruit and vegetables

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Marmite and cheese toasties with fruit	Mango muesli slice with fresh fruit	Crunch Platter with cheese, crackers, fruit and vegetables	Vanilla waffle with fruit	Weetbix with milk and/or yoghurt and bananas
LUNCH	Chicken congee with vegetables	Italian beef and rice pilaf	Chicken and tuna cheese sandwich	Beef stroganoff	Egg and mix vegetable fried rice
AFTERNOON TEA	Blueberry oat slice with fruit	Whole meal toast dippers, homemade hummus and fruit	Homemade muesli bar with fruit	Homemade Blueberry Jam on toast	Berry cream cheese muffins with fruit

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	French toast with fruit	Oatmeal pancakes with fruit	Breakfast trifle with banana	Cocoa date bar with fruit	Mango waffles with fruit
LUNCH	Tuna seaweed soy sauce fried rice	Potato onion soup and bread	Whole meal sandwiches with egg, mix vegs, cheese and salad	Mac and cheese with mixed vegetables	Beef and vegetable pasta bake
AFTERNOON TEA	Banana muffins with fruit	Mix berry bread with fruit	Choc-chia oat bar with fruit	Mango lassi and corn thins	Crunch Platter with cheese, crackers, fruit and vegetables