



Menu 1

BREAKFAST

Milk & Cereal

SNACK (10:00 AM)

Sunday	Monday	Tuesday	Wednesday	Thursday
Assorted pastries / Seasonal fruits	Assorted pastries / Veggie Sticks	Assorted pastries / Seasonal fruits	Assorted pastries / Veggie Sticks	Assorted pastries / Seasonal fruits

LUNCH (Week 1)

Sunday	Monday	Tuesday	Wednesday	Thursday
Shepherd's Pie Fresh plain yoghurt	Margarita Pizza Fresh plain yoghurt	Red lentil soup with croutons Fresh plain yoghurt	Fish fingers and potato wedges	Roasted vegetables with beef mince Fresh plain yoghurt

LUNCH (Week 2)

Sunday	Monday	Tuesday	Wednesday	Thursday
Pasta with Creamy and Mushroom Sauce Fresh plain yoghurt	Meatballs and vegetable rice Fresh plain yoghurt	Noodles with fresh vegetables Fresh plain yoghurt	Creamy Chicken and Vegetables Fresh plain yoghurt	Tuna Pasta Bake

LUNCH (Week 3)

Sunday	Monday	Tuesday	Wednesday	Thursday
Spaghetti Bolognese Fresh plain yoghurt	Tomato & Chicken Rice Fresh plain yoghurt	Sausages and baked beans Fresh plain yoghurt	Peas with minced beef and rice Fresh plain yoghurt	Fresh tomato soup with mozzarella cheese Fresh plain yoghurt

SNACK (2:30 PM)

Sunday	Monday	Tuesday	Wednesday	Thursday
Assorted pastries / Veggie Sticks	Assorted pastries / Seasonal fruits	Assorted pastries / Veggie Sticks	Assorted pastries / Seasonal fruits	Assorted pastries / Veggie Sticks

4:30 PM

Juice