

WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Food	Children may select from the following options: Toast/Bread, choice of cereals: Weetbix, porridge, muesli (untoasted/natural), high fibre cereal flakes, congee. Serve with reduced fat milk AND..... Seasonal fruit and vegetable platter (e.g. apples, oranges, bananas, pears, grapes, carrots, cucumbers, capsicum, green beans, snow peas, cherry tomatoes)				
		Assorted Cereals 	Omelette with Bacon & Mushroom  V = No Bacon	Muesli, Low Fat Yoghurt & Fruits 	Baked Beans on Wholemeal Toast 	Fruit Smoothies / Cereals  DF = Soy Milk
	Drink	Reduced fat plain milk and water.				
AFTERNOON TEA	Seasonal fruit and vegetable platter (e.g. apples, oranges, bananas, pears, grapes, carrots, cucumbers, capsicum. green beans, snow peas, cherry tomatoes)					
	Food	Chicken OR Tuna & Cucumber Sushi  V= Tuna Only	Toasted Tortilla Crisps with Paprika, Carrots sticks & Hommus Dip  GF= Gluten-Free flatbread	BBQ Chicken salad  V = No Chicken	Vegetable Platter with Crackers & Spinach Dip  GF= Gluten-Free Crackers	Low Fat Yoghurt with Mixed Berries  DF= Dairy-Free Yoghurt
	Drink	Water	Low fat Milk / Soy Water	Water	Freshly squeezed Juice/ Water	Water
LATE	Food	Crispbreads & dried fruits	Cherry Tomatoes & Celery Sticks	Popcorn & Soya Crisps	Apple slices & Sultanas	Carrot sticks, crackers & cubed cheese

Note: water is also freely available throughout the morning and afternoon sessions.
Dietary Codes: GF = Gluten-Free DF = Dairy-Free H= Halal V= Vegetarian