











WEEK 4		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Food	Children may select from the following options: 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)				
		Banana pancakes with reduced fat yoghurt  GF= Gluten-Free	Toasted cheese and tomato sandwiches on wholegrain bread  GF= Gluten-Free Bread	Cooked tomato and mushrooms on wholegrain toast  GF= Gluten-Free Bread	Scrambled eggs on wholegrain toast  GF= Gluten-Free Bread	Jaffles (wholegrain bread) with baked beans/spaghetti  GF= Gluten-Free Bread
	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	Wholegrain crackers, reduced fat cheese, hummus dip, carrot, cucumber, celery sticks  GF= Gluten-Free Crackers	Fried rice (brown rice, carrot, capsicum, spring onion, peas, corn, egg)  GF= Gluten-Free Sauce	Mixed sandwiches on wholegrain bread (egg and lettuce, tuna and tomato, chicken and salad)  GF= Gluten-Free Bread H/V = No Meat DF = Dairy-Free spreads	Mini pizza faces (wholemeal English muffins, tomato paste, tomato slices, capsicum strips, mushrooms, pineapple and cheese)  GF = Gluten-Free Bread H/V = No ham/meat DF = Don't use cheese	Carrot muffins with a dollop of reduced fat yoghurt  FG= Use Gluten-Free Mix DF= Dairy Free margarine DF = No yoghurt
	LATEE	Mixed berries and Multigrain crisps	Sliced apple & carrot sticks	Arrowroot biscuits & Celery sticks	Sultanas & rice cakes	Popcorn & pretzel sticks