











WEEK 4		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 	Muesli and Frozen berries 	Ham, cheese and tomato ommettes 	Crumpets 	Sausage & Egg 
	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 & Broccoli Pesto Pasta  V= Broccoli Pesto pasta H= Halal chicken used	Assorted Sandwiches  GF= Gluten-Free bread V= No Meat DF = Nuttlex spread	Chicken Noodle Salad  V = noodle salad H= Halal chicken used	Bacon, Lettuce & Tomato on wholemeal Bread GF=  Gluten-Free bread V= Cheese, Lettuce & Tomato	Muesli, Greek Yogurt and fruit cups  DF = Muesli and Fruit cup
	Drink	Water	Low fat Milk / Soy Water	Water	Low Fat Milk / warm cocoa drink	Water
LATE	Food	Dried fruits & vege chips	Sliced carrot, cucumber and crackers with dips	Cruskits with sliced cheese and tomato	Rice cakes and apple	Dried fruits & popcorn

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