

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 <b>AND.....</b> Seasonal fruit and vegetable platter (e.g. apples, oranges, bananas, pears, grapes, carrots, cucumbers, capsicum, green beans, snow peas, cherry tomatoes)				
		Fruit kebabs 	Ham, Cheese and Tomato Croissants 	Assorted cereals 	Avocado muffins 	Scrambled Eggs on Toast 
	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	Beef and Couscous Salad 	Mini sliders with pulled pork & coleslaw 	Chicken Caesar Salad 	Toasted Pitta Breads with Carrot sticks & Dips 	Fruit smoothies & Plain scones 
		V= Couscous salad	V = No Meat H = Substitute Halal chicken/cheese	V = No Chicken DF = No cheese	DF= No Dip	DF = Soy Milk/No Milk
LATE	Drink	Water	Low fat Milk / Soy Water	Water	Low Fat Milk / warm cocoa drink	Water
	Food	Frozen berries and rice cakes	Frozen grapes & crackers	Cheese and crackers	Sultanas and biscuits	Popcorn and dried fruit

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