

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 <b>AND.....</b>  Seasonal fruit and vegetable platter (e.g. apples, oranges, bananas, pears, grapes, carrots, cucumbers, capsicum, green beans, snow peas, cherry tomatoes)				
		Wholemeal Toast &/or Cereals 	Tiger Toast 	Ham & Cheese Omelette 	French Toast with Mixed Fruit 	Wholegrain Cereals 
	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 Burrito Bowls  V = No Chicken GF = Gluten-Free rice H = Halal chicken	Vegetable, Cheese & Cracker Platter  DF= No Cheese	Tuna/Egg/Cucumber Finger sandwiches  V = No Tuna	Toasted Pitta Bruschettas  GF = Gluten-Free wraps	Beef Lasagne Cups  V = No Beef DF = No Cheese
	Drink	Water	Low fat Milk / Soy Water	Water	Low Fat Milk / cool cacao drink	Water
LATE	Food	Yoghurt & mixed berries	Dried fruits & multigrain crisps	Pretzels & carrot sticks	Diced apple & sultanas	Popcorn & Soy crisps

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