










WEEK 2		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)				
		Multigrain toast with assorted spreads 	Porridge with Pear & Cinnamon 	Wholegrain cereals 	Boiled egg & Toast 	Berry Smoothies 
	Drink	Reduced fat plain milk and water.				
AFTERNOON		Seasonal fruit and vegetable platter (e.g. apples, oranges, bananas, pears, grapes, carrots, cucumbers, capsicum. green beans, snow peas, cherry tomatoes)				
	Food	Mini Pizzas 	BBQ Chicken salad 	Sao crackers with assorted spreads 	Vegetarian meatballs with pasta 	Frozen Yogurt & Fruit Salad 
	Drink	Water	Low fat Milk / Soy Water	Water	Low Fat Milk / Water	Water
LATE	Food	Popcorn & dried fruits	Soy crisps & celery sticks	Rice crackers and dip	Vegetable sticks and rice crackers	Arrowroot biscuits
Note: water is also freely available throughout the morning and afternoon sessions. Dietary Codes: GF = Gluten-Free DF = Dairy-Free H= Halal V= Vegetarian						