

WEEK 3	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)				
	Ham and Cheese Toasties 	Avocado Muffins 	Bacon & Tomato Omelette 	Wholegrain cereals 	Wholemeal Toast with Spreads 
	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 Salada crackers & toppings (Vegemite, Cheese, tomato)   DF = No Cheese	Berry and Tropical Smoothies  DF= No Milk	Spaghetti Bolognese  V= No Meat DF = No cheese	Home made sausage rolls &/or Spinach & ricotta rolls  VF = No meat	Toasted Corn Chips with Guacamole and Mild Salsa 
	Drink Water	Low fat Milk / Soy Water	Water	Low Fat Milk / cool cacao drink	Water
LATE	Food Dried Apricot, snowpeas & rice crackers	Carrot & Celery Sticks with Dip and Apple Slices	Multigrain/Plain crackers with cubed cheese & capsicum	Sultanas and Soy Crisps	Popcorn & Pretzels

Note: water is also freely available throughout the morning and afternoon sessions.

Dietary Codes: GF = Gluten-Free DF = Dairy-Free H= Halal V= Vegetarian