
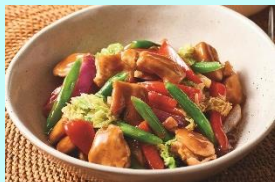



WEEK 4		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Food	Children may select from the following options: Toast/Bread, choice of cereals: Weetbix, porridge, muesli (untoasted/natural), high fibre cereal flakes, congee. Serve with reduced fat milk AND..... Seasonal fruit and vegetable platter (e.g. apples, oranges, bananas, pears, grapes, carrots, cucumbers, capsicum, green beans, snow peas, cherry tomatoes)				
		Wholemeal Toast &/or Cereals 	Scrambled Eggs 	Wholemeal toast with vegemite / melted cheese 	Bacon & Mushroom Omelette 	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	Honey Soy Chicken Stir fry & Noodles  V = No chicken GF = Gluten-Free noodles & sauce	Multigrain bread crackers, vegetable sticks & dips  DF = No dip	Frozen Yoghurt & Fruit salad  DF = Dairy-Free yoghurt	English Muffins with Cottage cheese / tomato/ ham/cucumber  V = No Ham GF = Gluten-Free bread	Vegetarian Nachos & Salsa  DF = No cheese
	Drink	Water	Low fat Milk / Soy Water	Water	Low Fat Milk / cool cacao drink	Water
LATE	Food	Popcorn & Dried fruits	Home-made blueberry muffins	Carrot sticks, dips & Rice crackers	Pretzels & Sultanas	Tropical smoothies

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