







WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>BREAKFAST</b>	<b>Food</b> 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 with spreads) 	Scrambled eggs and wholemeal toast 	Cereals 	Cheesy melts 	Cereals 	
<b>Drink</b>	Reduced fat plain milk and water.					
<b>AFTERNOON TEA</b>	Seasonal fruit and vegetable platter (e.g. apples, oranges, bananas, pears, grapes, carrots, cucumbers, capsicum. green beans, snow peas, cherry tomatoes)					
	<b>Food</b> Saos with cheese and tomato  GF= Gluten free crackers DF=no cheese	Teriyaki chicken stir-fry with vegetables  V=no meat GF=gluten free sauce	Vegetable Platter with crackers  GF= Gluten free crackers	Lasange  GF – Gluten free pasta V = pasta with sauce	Vegetarian spring rolls 	
	<b>Drink</b>	Water	Low fat Milk / Soy Water	Water	Low Fat Milk / cool cacao drink	Water
<b>LATE</b>	Food	Grainwaves crisps & dried apricots	Celery sticks & hommus dip	Carrot sticks and sultanas	Popcorn & apple slices	Pretzels & dried apple pieces

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