































\*Sandwich Selections: (Hummus, Cheese, Tuna, Vegemite & Eg

# WeekOne

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Tea</b>	<p>Wheatmeal bread toasted with spreads &amp; 2 x Fresh fruit. Water</p> 	<p>Herb &amp; Garlic brown rice crackers &amp; cheese sticks &amp; 2 x Fresh fruit. Water</p> 	<p>Wheatmeal mousetraps with cheese &amp; vegemite 2 x Fresh fruit Water</p> 	<p>Wheaten crackers &amp; cheese sticks 2 x Fresh fruit. Water</p> 	<p>Cheese on wheatmeal toast &amp; 2 x Fresh fruit Water</p> 
<b>Lunch</b>	<p>Macaroni cheese w/ chick peas &amp; mixed vegies (corn, carrots, peas, green beans) &amp; Water/Milk</p> 	<p>Selection of wheatmeal sandwiches * Carrot and cucumber sticks &amp; Water/Milk</p> 	<p>Chicken Rice Risotto w/ mixed vegies (corn, carrots, peas, green beans) Water &amp; Milk</p> 	<p>Devilled mince w/ mixed vegies (carrots, corn, peas, green beans) and mashed potato. Water/Milk</p> 	<p>Spaghetti Bolognese w/ carrot, cheese + mixed vegies (corn, carrots, pea green beans) &amp; Water</p> 
<b>Afternoon Tea</b>	<p>Carrot cake &amp; 2 x Fresh fruit. Water</p> 	<p>English Muffin &amp; 2 x Fresh fruit. Water</p> 	<p>Carrot/capsicum &amp; cucumber/celery sticks Multigrain brown rice crackers w/ Hummus &amp; 2 x Fresh Fruit. Water</p> 	<p>Dairy free Pikelets with jam 2 x fresh fruit. Water</p> 	<p>Yoghurt &amp; 2 x Fresh fruit Water</p> 
















# WeekTwo

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	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Tea</b>	<p>Wheatmeal Toast with margarine &amp; vegemite 2 x Fresh fruit Water</p> 	<p>English Muffin &amp; 2 x Fresh fruit Water</p> 	<p>Cheese Bread 2 x Fresh fruit &amp; Water</p> 	<p>Cheese on wheatmeal toast &amp; 2 x Fresh fruit Water</p> 	<p>Wheaten crackers with vegemite + cheese 2 x Fresh fruit &amp; Water</p> 
<b>Lunch</b>	<p>Tuna Pasta w/ mixed vegies (corn, carrots, peas, green beans &amp; grated cheese) Water/ Milk</p> 	<p>Selection of wholemeal sandwiches * Carrot &amp; cucumber sticks Water &amp; Milk</p> 	<p>Beef Chow Mein with corn, peas, carrots &amp; green beans w/ baked egg noodles. Water/ Milk</p> 	<p>Chicken Pie, chick peas w/ mixed vegies (corn, peas, carrots, green beans) and mashed potato Water &amp; Milk</p> 	<p>Apple Nacho's w/ beans and vegetables (carrots, peas, corn, green beans) w/ Rice crackers or flat bread Wa</p> 
<b>Afternoon Tea</b>	<p>Sea Salt brown rice crackers 2 x Fresh fruit Water</p> 	<p>Anzac Biscuits 2 x Fresh fruit &amp; Water</p> 	<p>Carrot/capsicum &amp; cucumber/celery sticks w/ hummus, and Multigrain brown rice crackers Water</p> 	<p>Fruit Muffins 2 x Fresh fruit &amp; Water</p> 	<p>English Muffin &amp; 2 x Fresh fruit Water</p> 

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# Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Tea</b>	<p>Wheatmeal Toast with margarine &amp; vegemite &amp; 2 x Fresh fruit Water</p> 	<p>Herb &amp; Garlic Brown Rice crackers Fresh fruit &amp; Water</p> 	<p>Wholemeal mousetraps with cheese &amp; vegemite 2 x Fresh fruit &amp; Water</p> 	<p>Wheaten crackers 2x Fresh fruit &amp; Water</p> 	<p>Cheese on wheatmeal toast &amp; 2 x Fresh fruit. Water</p> 
<b>Lunch</b>	<p>Macaroni Cheese w/ lentils &amp; mixed vegies(carrot, corn, peas, green beans) Water &amp; Milk</p> 	<p>Selection of wholemealsandwiches * Carrot &amp; cucumber sticks Water &amp; Milk</p> 	<p>Chicken and Corn Soup w/ fresh bread Water</p> 	<p>Beef Pasta w/ mixed vegies (Carrot, corn, peas, green beans &amp; grated cheese) Water &amp; Milk</p> 	<p>Crispy coated Chicken w/ mixed vegies (carrot, corn, peas, green beans) and mashed potato. Water</p> 
<b>Afternoon Tea</b>	<p>Carrot cake &amp; 2 x Fresh fruit. Water</p> 	<p>English Muffin &amp; Fresh fruit Water</p> 	<p>Celery/cucumber &amp; carrot/capsicum sticks w/ hummus Multigrain brown rice crackers w/ cheese sticks. Water</p> 	<p>Fruit muffins &amp; 2 x Fresh fruit Water</p> 	<p>Yoghurt 2x Fresh fruit &amp; Water</p> 

# Week Four

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Tea</b>	<p>Wheatmeal bread toasted with Margarine &amp; vegemite 2 x Fresh fruit Water</p> 	<p>Wheaten Crackers w/ cheese slices. 2x Fresh fruit. Water</p> 	<p>English Muffin &amp; 2 x Fresh fruit Water</p> 	<p>Cheese on toast &amp; 2 x Fresh fruit Water</p> 	<p>Wheaten crackers with vegemite &amp; cheese &amp; 2 x Fresh fruit. Water</p> 
<b>Lunch</b>	<p>Apple Nacho's w/ beans and vegetables (carrots, peas, corn, green beans) w/ Rice crackers or flat bread. Water &amp; Milk</p> 	<p>Selection of wholemeal sandwiches * Carrot &amp; cucumber sticks Water &amp; Milk</p> 	<p>Wholemeal Tuna Pasta with grated Cheese carrot &amp; peas. Water &amp; Milk</p> 	<p>Chicken Chow Mein with egg noodles (if permitted) &amp; mixed veg (carrots, peas, corn &amp; green beans) Water</p> 	<p>Beef &amp; bread Lasagna with cheese, carrot, corn, pea, green beans. Water</p> 
<b>Afternoon Tea</b>	<p>Sea Salt brown rice crackers 2 x Fresh fruit Water</p> 	<p>Wholegrain rice crackers 2 x Fresh fruit Water</p> 	<p>Dairy Free Pikelets with jam 2 x Fresh fruit. Water</p> 	<p>Cucumber/celery/ carrot/capsicum &amp; cheese sticks w/ hummus and Multigrain brown rice crackers &amp; Water</p> 	<p>English Muffin &amp; 2 x Fresh fruit. Water</p> 