



Menu

Week 3

	Breakfast	Morning tea	Lunch	Afternoon tea	Late snack
Monday	Weetbix Cornies or Ricies Toast with Marmite or Jam Milk / Water	Fresh Fruit Cinnamon Scrolls Milk / Water	Beef and Kumara Gratin	Fresh Fruit Apple Shortcake Milk / Water	Crackers
Tuesday	Weetbix Cornies or Ricies Toast with Marmite or Jam Milk / Water	Fresh Fruit Choc Chip Waffles Milk and Water	Chicken Chow Mein	Fresh Fruit Muesli Slice Milk / Water	Crackers
Wednesday	Weetbix Cornies or Ricies Toast with Marmite or Jam Milk / Water	Fresh Fruit Healthy Platter Milk / Water	Butter Chicken Steamed Rice and Peas	Fresh Fruit Date Chew Milk / Water	Crackers
Thursday	Weetbix Cornies or Ricies Toast with Marmite or Jam Milk / Water	Fresh Fruit Yoghurt Milk / Water	Roast Pumpkin, Vegetable and Chickpea Medley	Fresh Fruit Cheese Scones Milk / Water	Crackers
Friday	Weetbix Cornies or Ricies Toast with Marmite or Jam Milk / Water	Fresh Fruit Healthy Platter Milk / Water	Lamb Shepherds Pie with Mixed Veges	Fresh Fruit Carrot Muffins Milk / Water	Crackers

