

Week 1

	Breakfast	Morning tea	Lunch	Afternoon tea	Late snack
Monday	Weetbix Cornies or Ricies Toast with Marmite or Jam Milk / Water	Fresh Fruit Healthy Platter Milk / Water	Dhall and Steamed Rice	Fresh Fruit Banana Muffin Milk / Water	Crackers
Tuesday	Weetbix Cornies or Ricies Toast with Marmite or Jam Milk / Water	Fresh Fruit Yoghurt Milk and Water	Greek Style Lamb Kumara	Fresh Fruit Cheese Scones Milk / Water	Crackers
Wednesday	Weetbix Cornies or Ricies Toast with Marmite or Jam Milk / Water	Fresh Fruit Cheese Toasties Milk / Water	Roast Chicken Mashed Potato and Mixed Vege	Fresh Fruit Apple Cinnamon Muffin Milk / Water	Crackers
Thursday	Weetbix Cornies or Ricies Toast with Marmite or Jam Milk / Water	Fresh Fruit Healthy Platter Milk / Water	Macaroni and Cheese	Fresh Fruit Fruit Pancakes Milk / Water	Crackers
Friday	Weetbix Cornies or Ricies Toast with Marmite or Jam Milk / Water	Fresh Fruit Cheese/Marmite Scrolls Milk / Water	Beef Cottage Pie	Fresh Fruit Berry Muffin Milk / Water	Crackers



