

Week A

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Porridge & Flavoured Yoghurt Corn Flakes / Weetbix /Nutrigrain /Coco Pops Whole Fruit , Stewed & Poached Fruit Hi Fibre Bread / Wholemeal Bread Spreads: Vegemite/Honey/Berry Jam Hot Beverages : Tea , Coffee Fruit Juices : Apple, Orange,Blackcurrent,Mango (Any Two kinds) Poached Egg	Porridge & Flavoured Yoghurt Corn Flakes / Weetbix /Nutrigrain /Coco Pops Whole Fruit , Stewed & Poached Fruit Hi Fibre Bread / Wholemeal Bread Spreads: Vegemite/Honey/Berry Jam Hot Beverages : Tea , Coffee Fruit Juices : Apple, Orange,Blackcurrent,Mango (Any Two kinds) Bacon Rashes	Porridge & Flavoured Yoghurt Corn Flakes / Weetbix /Nutrigrain /Coco Pops Whole Fruit , Stewed & Poached Fruit Hi Fibre Bread / Wholemeal Bread Spreads: Vegemite/Honey/Berry Jam Hot Beverages : Tea , Coffee Fruit Juices : Apple, Orange,Blackcurrent,Mango (Any Two kinds) Boiled Egg	Porridge & Flavoured Yoghurt Corn Flakes / Weetbix /Nutrigrain /Coco Pops Whole Fruit , Stewed & Poached Fruit Hi Fibre Bread / Wholemeal Bread Spreads: Vegemite/Honey/Berry Jam Hot Beverages : Tea , Coffee Fruit Juices : Apple, Orange,Blackcurrent,Mango (Any Two kinds) Chicken Sausages	Porridge & Flavoured Yoghurt Corn Flakes / Weetbix /Nutrigrain /Coco Pops Whole Fruit , Stewed & Poached Fruit Hi Fibre Bread / Wholemeal Bread Spreads: Vegemite/Honey/Berry Jam Hot Beverages : Tea , Coffee Fruit Juices : Apple, Orange,Blackcurrent,Mango (Any Two kinds) Scrambled Egg	Porridge & Flavoured Yoghurt Corn Flakes / Weetbix /Nutrigrain /Coco Pops Whole Fruit , Stewed & Poached Fruit Hi Fibre Bread / Wholemeal Bread Spreads: Vegemite/Honey/Berry Jam Hot Beverages : Tea , Coffee Fruit Juices : Apple, Orange,Blackcurrent,Mango (Any Two kinds) Spaghetti in Tomato Sauce	Porridge & Flavoured Yoghurt Corn Flakes / Weetbix /Nutrigrain /Coco Pops Whole Fruit , Stewed & Poached Fruit Hi Fibre Bread / Wholemeal Bread Spreads: Vegemite/Honey/Berry Jam Hot Beverages : Tea , Coffee Fruit Juices : Apple, Orange,Blackcurrent,Mango (Any Two kinds) Pancake
Morning Tea	Raisin Scones	Chocolate Cookies	Bluberry Muffin	Vanilla Mud Cake	Banana Bread		
Lunch	Beef Lasagna Served with Salad	Butter Chicken Masala Served with White Jasmine Rice and Seasonal Veggies	Chicken and Chipolate Sausage, Salad and Cheese Wrap	Tuna Pasta Bake served with Cheese and Vegetables	Cheese and Bacon bits Hot Dog	Srilankan Chicken Curry Served with Steamed Basmati Rice and Vegetables	Spaghetti Bolognese
Afternoon Tea	Fresh Fruits Bread with Jam/Vegemite/Honey	Fresh Fruits Bread with Jam/Vegemite/Honey	Fresh Fruits Bread with Jam/Vegemite/Honey	Fresh Fruits Bread with Jam/Vegemite/Honey	Fresh Fruits Bread with Jam/Vegemite/Honey		
Dinner	Chicken Korma Grilled Sausage Steamed Jasmine Rice Roast Potatoes Mixed Vegetables Onion Gravy	Pork Stew Stirfry Chicken Pumpkin Roast Steamed Basmati Rice Steamed Silver Beet	Wallaby Curry Carbonara Sweet Potato Roast Steamed Basmati Rice Spiced Cauliflower	Marinated Lemon and Garlic - Chicken Drumstick Hot Pot Steamed Basmati Rice Buttered Greens	Battered Fish and Chips Salt and Pepper Squid Fried Rice Steamed Greens Gravy	Taco Night	Roast Night
Dessert	Fruit Platter Chocolate Cake	Fruit Platter Rice pudding	Fruit Platter Dessert of the Day	Fruit Platter Dessert of the Day	Fruit Platter Ice Cream and Cones	Fruit Platter Dessert of the Day	Fruit Platter Dessert of the Day
Supper	Cheese and Biscuits	Cheese and Chive Rolls	Fruit Cake	Strawberry Jelly Cups	Chocolate Chip Cookies	Berry Muffins	Scones with Cream

Dessert Of The Day
Chocolate Mousse
Rice Pudding
Chocolate Mud Cake
Poached Peach and Cream
Vanilla Mud Cake
Custard Fruit Salad
Orange, Lime, Strawberry, Raspberry Jelly
Brownies
Berry Muffin
Strawberry Sponge Cake