

Week B

	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) Pikelets	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) Baked Beans
Morning Tea	Jam Doughnuts	Savoury Danish	Ham and Cheese Scrolls	Butter Cake	Raspberry Jelly Cups		
Lunch	Mangolian Chicken Wings Served with Potato Salad	Oven Baked Cheese and Creamy Chicken Pasta Served with Vegetables	Ham, Tomato and Cheese Sandwiches	Chicken Korma Served with Steamed Jasmine Rice and Steamed Vegetables	Angus Beef Burger Served with Salad	Chicken Stew Served with Steamed Rice and Roast Potatoes	Lamb Savoury Mince Served with Garlic Bread
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	Thai Style Roast Chicken Spaghetti Bolognese Buttered Broccoli	Stirfry Chicken Noodle Seafood Laksa with Vermicelli Bok Choy Steamed Potatoes	Chimi Churri Chicken Beef Stew Steamed Basmati Rice Roast Potatoes Gravy	Lamb Savory Mince Spaghetti Chicken kebab Pilaf Rice Mixed Green Vegetables	Grilled Fish Chips Malaysian Sotong Curry Fried Rice Mixed Vegetables	Baked Chicken Pasta Stirfry Beef Egg Noodles	Roast Night
Dessert	Fruit Platter Dessert of the Day	Fruit Platter Dessert of the Day	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	Banana Bread	Chocolate Cake	Cheese and Biscuits	Doughnuts and Cream	Vanilla Cookies	Raisin Scones	Cheese and Biscuits

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