Week C							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Hi Fibre Bread / Wholemeal Bread	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) Chocolate Crossaints
Morning Tea	Berry Jam Scones	Ginger Nut Biscuits	Fresh Fruit Slices	Oat Slices	Fairy Bread		
Lunch	Malaysian Chicken Laksa Noodles	Roast Beef Roast Pumpkin Roast Root Vegetables	Corn Relish and Beef Wrap	Butter Chicken Masala Served with Basmati Rice and Vegetables	Chicken Parmi Burger Served with Salad	Beef Stew Served with Steamed Jasmine Rice	Thai Chicken and Vegetable Curry Served with Basmati Rice
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	Tuna Pasta Bake BBQ Sausages Roast Potatoes Roast Sweet Potato Onion Gravy	Marinated Chicken Wings Pork Stew Jasmine Rice Steamed Potatoes	Lamb Shepherd's Pie Massaman Chicken Curry Pilaf Rice Buttered Greens	Thai Red Beef Curry Chicken Soup - with Garlic Bread Steamed Jasmine Rice	Baked Fish Szechuan Squid Steamed Basmati Rice Chips Gravy	Taco Night	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	Chocolate Chip Cookies	Cheese and Biscuits	Vanilla Scones	Orange Jelly Cups	Cinnamon Scrolls	Cheese and Biscuits	Muffins

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					