

Week D							
	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) Pancakes
Morning Tea	Cream Doughnuts	Chocolate Cake	Cheese and Chive Rolls	Fresh Fruit Slices	Fruit cake		
Lunch	Roast Chicken Roasted Potatoes and Vegetables	Meat and Sweet Potato Hot Pot with Steamed Rice	Chicken and Cheese Sandwiches	Cambodian Chicken Wing Served with Potato Salad	Beef Burger Served with Salad	BBQ Sausages Served with Steamed white Rice and Onion Gravy	Meat Pie with Roasted potato and Salad
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	Lamb Casserole with Beans Butter Chicken Masala Steamed Basmati Rice Baked Potatoes	Thai Green Chicken Curry BBQ Sausage Steamed Jasmine Rice Roasted Sweet Potatoes	Beef Lasagne Malaysian Style Chicken Laksa Steamed Jasmine Rice Steamed Potatoes	Honey Soy Chicken Pork Stew Steamed Basmati Rice Spicy Roasted Potatoes	Cambodian Fish Curry Salt and Pepper Squid Masala Fried Rice Chips	Chicken Carbonara Grilled Sausages Seasoned Buttered Vegetables Steamed Jasmine Rice Gravy	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	Scones and Berry Jam	Strawberry Muffins	Cheese and Biscuits	Cookies	Lime Jelly Cups	Berry Jam and Raisin Doughnut	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