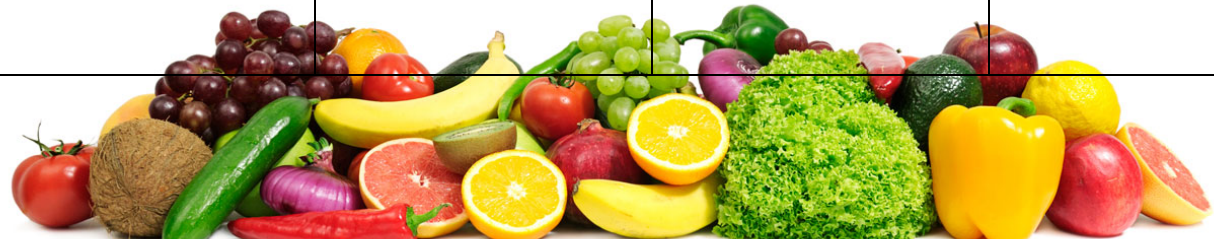


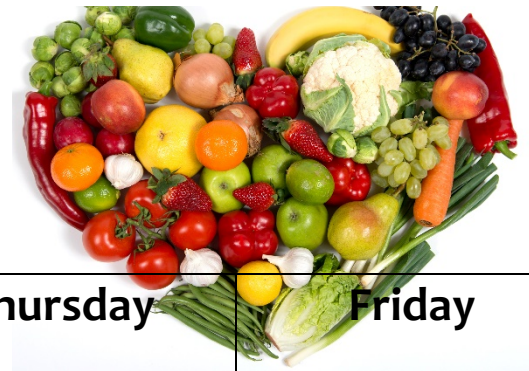
Week 1



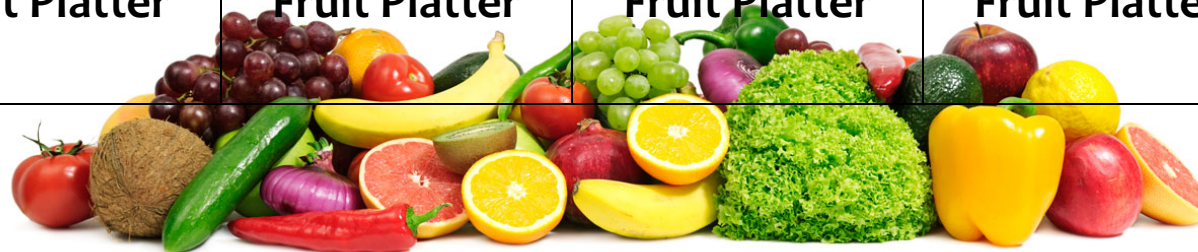
| Meal | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|--|----------------------------|----------------------------|--------------------|---|
| Morning Tea | Fruit and veg platter | Raisin bread & Fruit | Fruit & veg Platter | Spaghetti & Toast | Fruit & veg Platter |
| Lunch | Sandwiches Ham/chicken & tomato, lettuce & carrot | Cheesy baked beans Nacho's | Chicken noodle Stir fry | Shepherd's Pie | Pizza Cheese, tomato, ham, pineapple, mushroom and chicken |
| Afternoon Tea | Carrot Cake & Fruit | Rice Crackers with Dips | Vegemite & Cheese sandwich | Corn flake Cookies | Rice Cakes with Cream cheese |
| Late Snack | Fruit Platter | Fruit Platter | Fruit Platter | Fruit Platter | Fruit Platter |



Week 3



| Meals | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|------------------------------------|---|-------------------------|-----------------------|---|
| Morning Tea | Blueberry Pancakes & Fruit | Fruit & Veg platter | Savoury Muffins | Yoghurt & Fruit | Spaghetti & Toast |
| Lunch | Fish fingers, Mash Potato & vegies | Honey Chicken Noodle stir fry with Vegies | Spaghetti bolognaise | Baked pumpkin risotto | Sandwiches Ham/chicken & tomato, lettuce & carrot, vegemite |
| Afternoon Tea | Crackers, Cheese & Cabana | Banana Cake | Raisin Bread With Fruit | Rice Crackers & dips | Jam Drops & Fruit |
| Late Snack | Fruit Platter | Fruit Platter | Fruit Platter | Fruit Platter | Fruit Platter |



Week 2



| Meals | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|--|--------------------------------|--|----------------------------------|---|
| Morning Tea | Spaghetti & toast | Fruit & Veg Platter | Fruit & Veg Platter | Blueberry Pancakes | Raisin Bread |
| Lunch | Chicken & Spinach in Tomato sauce & Pasta | Beef Lasagne | Chicken Risotto | Beef Casserole & mash | Tuna Mornay & Rice with Vegies |
| Afternoon Tea | Anzac Biscuits & Fruit | Rice Cakes | Custard with Biscuits & Fruit | Sandwiches | Crackers, Cheese, Cabana & Fruit |
| Late Snack | Fruit Platter | Fruit Platter | Fruit Platter | Fruit Platter | Fruit Platter |





Week 4



| Meals | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------|--|---|--|--|---------------------------------------|
| Morning Tea | Toast & Fruit | Blueberry Pancakes & Fruit | Spaghetti & toast | Fruit Platter | Custard & Fruit |
| Lunch | Sausages, gravy, mash Potato & Vegies | Homemade Chicken Nuggets, cold pasta | Zucchini Slice and salad | Porcupine balls & Sweet potato mash | Fishcakes with rice and vegies |
| Afternoon Tea | Custard & Arrowroots | Crackers, Cheese, Cabana | Mixed berry muffins & Fruit | Raisin Bread | Rice cakes & Fruit |
| Late Snack | Fruit Platter | Fruit Platter | Fruit Platter | Fruit Platter | Fruit Platter |

