

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Pikelets with fresh fruit	Yogurt and fresh fruit	Mouse traps and fresh fruit	Weet-bix, milk and fresh fruit	Crackers and cheese, fresh fruit
Lunch	Macaroni cheese with salad	Spaghetti bolognaise with grated carrot and courgette	Fish and egg pie with seasonal vegetables	Chicken rice risotto	Pita bread, salad, cooked meats and corn cobs
Afternoon Tea	Hummus, vegetables and crackers with fresh fruit	Honey and jam sandwiches with fresh fruit	Banana loaf and fresh fruit	Cheese & vege muffins with fresh fruit	Fruity oat crunch with fresh fruit

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Weet-bix and milk with fresh fruit	Waffles and fresh fruit	Crumpets and cheese with fresh fruit	Yoghurt and fresh fruit	Crackers and cheese, fresh fruit
Lunch	Cowboy Casserole with Mince & Macaroni	Cheese & courgette pizza with carrot sticks and corn cobs	Shepherds pie with seasonal vegetables	Sweet and sour chicken with rice	Bread rolls, salad, boiled eggs and cooked meat
Afternoon Tea	Fruit muffins with fresh fruit	Hummus, veges and crackers with fresh fruit	Anzac biscuits and fresh fruit	Coconut loaf with fresh fruit	Pikelets with fresh fruit

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Weet-bix and milk with fresh fruit	Cheesy tortilla triangles and fresh fruit	Yoghurt and fresh fruit	Fruit toast and fresh fruit	Crackers and cheese, fresh fruit
Lunch	Quiche with potatoes and spinach	Special fish pie with broccoli and cauliflower	Meatloaf, mashed potatoes and seasonal veges	Chicken chop suey	Pita bread, salad, cooked meat and corn cobs
Afternoon Tea	Scones & jam with fresh fruit	Carrot cake with fresh fruit	Spaghetti baskets and fresh fruit	Veges, hummus and crackers with fresh fruit	Fruit/savory muffins with fresh fruit

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Yoghurt and fresh fruit	Muffin Splits with fresh fruit	Weet-bix, milk and fresh fruit	Waffles and fresh fruit	Crackers and cheese, fresh fruit
Lunch	Pita bread nachos with salad	Roast chicken, mashed potatoes and seasonal veges	Lasagne with seasonal vegetables	Chicken fried rice	Bread rolls, salad, boiled eggs and cooked meats
Afternoon Tea	Cheese & vege muffins with fresh fruit	Vegetables, hummus and crackers with fresh fruit	Fruit loaf and fresh fruit	Pizza snacks with fresh fruit	Scones and jam with fresh fruit