

Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8 am to 9 am	Pure Juice, Toast & Cereal (Cornflakes, Weetabix, Cheerios & Rice Krispies)	Pure Juice, Toast & Cereal (Cornflakes, Weetabix, Cheerios & Rice Krispies)	Pure Juice, Toast & Cereal (Cornflakes, Weetabix, Cheerios & Rice Krispies)	Pure Juice, Toast & Cereal (Cornflakes, Weetabix, Cheerios & Rice Krispies)	Pure Juice, Toast & Cereal (Cornflakes, Weetabix, Cheerios & Rice Krispies)
Snack 10:15 am	Crackers & cheese Milk	Croissants & Water	Fresh Fruit & Milk	Yoghurt & Water	Biscuits & Milk
Dinner 12 pm	Chicken Curry & Rice Water	Spaghetti Bolognaise Milk	Shepherd's Pie & Vegetables Water	Ham, Vegetables & Croq / Potatoes Milk	Chicken & Broccoli Bake Juice
Dessert	Apple Tart	Jelly & Ice Cream	Fairy Cakes	Fruit Salad	Choc Pancakes
Tea 3 pm	Beans on Toast Milk	Home made vegetable soup Water	Toasted Sandwich & Yoghurt Milk	Pasta Carbonara & Garlic Bread Water	Scrambled Egg & Brown Bread Milk
Snack 5 to 6 pm	Fruit Milk	Fruit Milk	Fruit Milk	Fruit Milk	Fruit Milk

Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8 am to 9 am	Pure Juice, Toast & Cereal (Cornflakes, Weetabix, Cheerios & Rice Krispies)	Pure Juice, Toast & Cereal (Cornflakes, Weetabix, Cheerios & Rice Krispies)	Pure Juice, Toast & Cereal (Cornflakes, Weetabix, Cheerios & Rice Krispies)	Pure Juice, Toast & Cereal (Cornflakes, Weetabix, Cheerios & Rice Krispies)	Pure Juice, Toast & Cereal (Cornflakes, Weetabix, Cheerios & Rice Krispies)
Snack 10:15 am	Fresh Fruit & Milk	Croissants & Water	Crackers & Jam Milk	Brown Bread & Cheese Water	Biscuit & Milk
Dinner 12 pm	Creamy Chicken Pasta Water	Roast Chicken, Potato & Veg. Milk	Mushroom Bake & Roast Potato Water	Beef Stew Milk	Tuna Bake Juice
Dessert	Yoghurt	Swiss Roll	Fresh Fruit Salad	Ice Cream & Wafers	Choc Dip Apples
Tea 3 pm	Spaghetti On Toast Milk	Salad Wraps Water	Mararoni Cheese & Garlic Bread , Milk	Sausage Rolls & Beans Water	Sandwiches & Yoghurt Milk
Snack 5 to 6 pm	Fruit Milk	Fruit Water	Fruit Milk	Fruit Water	Fruit Milk

Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8 am to 9 am	Pure Juice, Toast & Cereal (Cornflakes, Weetabix, Cheerios & Rice Krispies)	Pure Juice, Toast & Cereal (Cornflakes, Weetabix, Cheerios & Rice Krispies)	Pure Juice, Toast & Cereal (Cornflakes, Weetabix, Cheerios & Rice Krispies)	Pure Juice, Toast & Cereal (Cornflakes, Weetabix, Cheerios & Rice Krispies)	Pure Juice, Toast & Cereal (Cornflakes, Weetabix, Cheerios & Rice Krispies)
Snack 10:15 am	Crackers & Cheese Spread Water	Yoghurt Milk	Croissants or Pancakes Water	Fresh Fruit Milk	Biscuits Water
Dinner 12 pm	Vegetable Curry & Rice Milk	Ham, Veg. & Croquettes Water	Savoury Mince & Potatoes Milk	Lasagne & Vegetables Water	Chicken Rissotto Juice
Dessert	Swiss Roll	Fresh Fruit Salad	Apple Crumble & Ice Cream	Mousse	Ice Cream & Wafers
Tea 3 pm	Scrambled Egg & Waffles Water	Sausage Rolls & Spaghetti Milk	Pasta Carbonara & Garlic Bread Water	Homemade Pizza & Garlic Bread Milk	Sandwiches & Yoghurt Water
Snack 5 to 6 pm	Fruit Milk	Fruit Milk	Fruit Milk	Fruit Milk	Fruit Milk