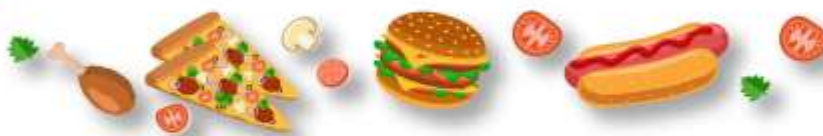


MENU

Week 1

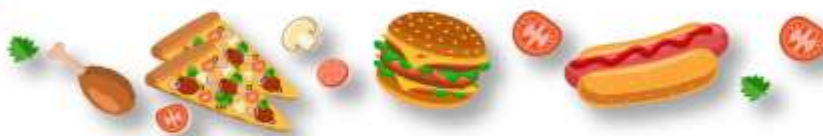
Days	Breakfast	Morning snack	Lunch	Afternoon snack
Monday	Weetbix	Crackers and cheese with fruit wedges	Mixed vegetable stew with rice	Bran muffin with fruit
Tuesday	All bran flakes	Carrot muffin and fruit	Spaghetti bolognaise with broccoli	Fruit salad and yoghurt
Wednesday	Cornflakes	Cheese sandwich and fruit	Butternut/vegetable soup with french loaf	Health muffin and fruit
Thursday	All bran flakes	Yoghurt and popcorn	Chicken strips with butternut mash and corn	Cheese sandwiches and fruit
Friday	Weetbix	Fruit sticks and yoghurt	Fish and chips	Banana bread and warm custard



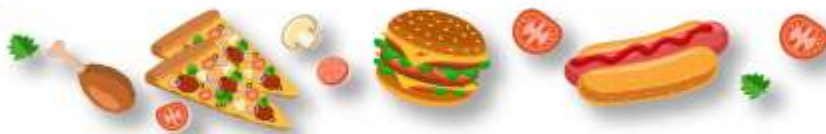
MENU

Week 2

Days	Breakfast	Morning snack	Lunch	Afternoon snack
Monday	Weetbix	Popcorn and fruit	Butternut and spinach lasagne with salad	Cheese sandwich and fruit
Tuesday	All bran flakes	Health muffin and fruit	Chicken stew with veggies and rice	Crackers with cheese and fruit wedges
Wednesday	Cornflakes	Chicken sandwich and fruit	Fish cakes with mash, and tomato and onion relish	Bran muffin and fruit
Thursday	All bran flakes	Yoghurt and fruit sticks	Cheesy pasta with butternut	Jam sandwich and fruit
Friday	Weetbix	Fruit and yoghurt	Cheese and tomato toasty with salad/chips	Jelly and warm custard



MENU



MENU

