



Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh Fruit Platter and yogurt With milk and water	Fresh Fruit Platter and yogurt With milk and water	Fresh Fruit Platter and yogurt With milk and water	Fresh Fruit Platter and yogurt With milk and water	Fresh Fruit Platter and yogurt With milk and water
Lunch	Butter Chicken, Green Beans and rice	Sausages with Mashed Potato and Vegetables	Beef Chow Mien with noodles and vegetables	Sandwiches, Ham, Vegemite, Salad, Cheese, Avocado, etc	Honey Soy chicken rice and vegetables
Afternoon Tea	Fresh fruit, crackers, tomato, and cheese Milk and water	Fresh fruit, Oat slice Milk and water	Fresh fruit and fruit sorbet Milk and water	Fresh fruit, Broccoli and cheese scrolls Milk and water	Fresh fruit, crackers, tomato, and cheese Milk and water





Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh Fruit Platter and yogurt With milk and water	Fresh Fruit Platter and yogurt With milk and water	Fresh Fruit Platter and yogurt With milk and water	Fresh Fruit Platter and yogurt With milk and water	Fresh Fruit Platter and yogurt With milk and water
Lunch	Sandwiches, Ham, Vegemite, Salad, Cheese, Avocado, etc	Chicken Cacciatore with Rice	Sandwiches, Ham, Vegemite, Salad, Cheese, Avocado, etc	Cottage Pie	Spaghetti Bolognese with Vegetables
Afternoon Tea	Fresh fruit, crackers, tomato, and cheese Milk and water	Fresh fruit, Homemade scones Milk and water	Fresh fruit and fruit sorbet Milk and water	Fresh fruit, and lemon cake Milk and water	Fresh fruit, crackers, tomato, and cheese Milk and water





Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh Fruit Platter and yogurt With milk and water	Fresh Fruit Platter and yogurt With milk and water	Fresh Fruit Platter and yogurt With milk and water	Fresh Fruit Platter and yogurt With milk and water	Fresh Fruit Platter and yogurt With milk and water
Lunch	Macaroni Beef with vegetables	Sandwiches, Ham, Vegemite, Salad, Cheese, Avocado, etc	Ham, cheese and vegetable pizza on Turkish bread	Beef stroganoff with vegetables and pasta	Sandwiches, Ham, Vegemite, Salad, Cheese, Avocado, etc
Afternoon Tea	Fresh fruit, crackers, tomato, and cheese Milk and water	Fresh fruit, homemade apple and cinnamon cake Milk and water	Fresh fruit and corn thins with spreads Milk and water	Fresh fruit, vegemite scrolls Milk and water	Fresh fruit, and pikelets Milk and water

