

Weekly Menu

Term 3 Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholemeal & Multigrain Toast, Wholemeal Crumpets, Raisin Toast, Wholegrain English Muffins, Pancakes, Waffles Spreads Strawberry Jam, Plum Jam, Apricot Jam, Margarine, Vegemite, Honey Cereal Corn Flakes, Rice Bubbles, Weetbix, Fibre Plus, Berry Weetbix, Porridge, Muesli (untoasted/natural) Drink Reduced Fat Milk, Water, Smoothies				
Afternoon Snack	Seasonal Fruit & Vegetable Platter Rockmelon, Watermelon, Banana, Apple, Pear, Cucumber, Celery, Cucumber, Grapes, Oranges, Capsicum, Snow Peas, Cherry Tomatoes				
	Wholemeal Saladas, Rice Cakes, French Onion Dip	Jatz & Reduced Fat Free Cheese	Wholegrain 2 Minute Noodles	Loaded Nachos (Child Suggestion Yovanna)	Wholemeal Pikelets
Drink	Note: Water is freely available throughout the morning and afternoon sessions				

Please Note

- All meals provided to children is within the guidelines of Australian Dietary Guidelines
- No nut products are allowed
- Allergies are taken into consideration for each meal and a substitute is provided