

Sample Week Long Menu

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	---	Porridge Weetbix, Cornflakes Rices Fruit Yoghurt Toast & spreads	Porridge Weetbix, Cornflakes Rices Fruit Yoghurt Toast & spreads	Porridge Weetbix, Cornflakes Rices Fruit Yoghurt Toast & spreads	Porridge Weetbix, Cornflakes Rices Fruit Yoghurt Toast & spreads
Morning Tea	---	Fresh baked muffins	Scones with jam and cream	Apple turnovers	Muffin
Lunch	---	Hot dogs Salad Chips Bread & spreads	Pizza Salad Potato nuggets Bread & spreads	Mac Cheese Coleslaw Baby beetroot Bread & spreads	<i>Off site</i> Sandwich / Roll Cookie Packet of Chips Muesli bar Fruit
Afternoon Tea	Fruit	Fruit	Fruit	Fruit	---
Dinner	Crumbed Fish Chips Baby carrots Corn Peas Ice Cream Sundaes	Nacho chips Mince Cheese Sour Cream Salsa Corn Cobs Lamingtons	Burgers Potato Wedges Jelly Fruit Cream	Roast Chicken Roast Potatoes Corn Pumpkin Carrots Apple crumble Ice Cream	---
Supper	Cake	Cake	Cake	Cake	---