

WEEK TWO



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 6:30am to 8:00am					
MORNING TEA With Water or Milk	SEASONAL FRESH FRUIT PLATTER	SEASONAL FRESH FRUIT PLATTER	SEASONAL FRESH FRUIT PLATTER	SEASONAL FRESH FRUIT PLATTER	SEASONAL FRESH FRUIT PLATTER
LUNCH With Water	CHICKEN AND NOODLE SOUP With wholemeal bread and canola spread	TUNA MORNAY With peas, sweetcorn, cheese, milk and pasta	LAMB CURRY AND RICE With seasonal vegetables	FRIED RICE With onions, carrot, ham, zucchini and soy sauce	PASTA BOLOGNAISE With carrot, zucchini, onion, tomato and garlic
AFTERNOON TEA With Water	PIZZA MUFFINS	CARROT CAKE	FRENCH ONION DIP	HOMEMADE MUSELI BARS	VEGEMITE PITA BREAD

LATE SNACK: Crackers with Water