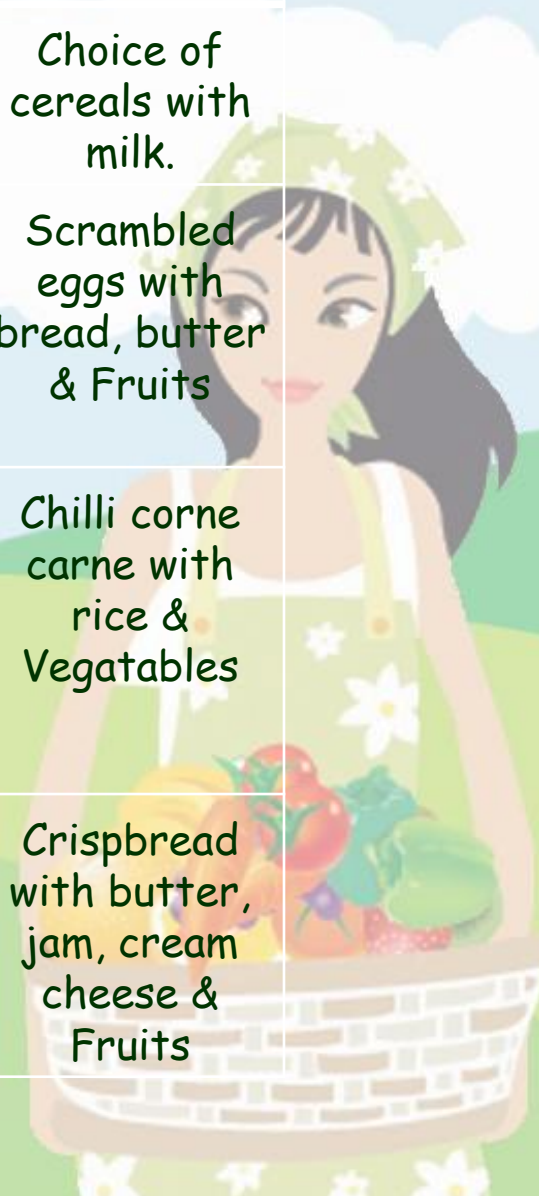


WEEK 1 MENU.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereals with milk.	Choice of cereals with milk.	Choice of cereals with milk.	Choice of cereals with milk.	Choice of cereals with milk.
AM Snack	Crackers with cream cheese, jam, butter & Fruits	Pancakes with jam, butter & Fruits	Breadsticks with dip & Fruits	Natural Yoghurt & Fruits	Scrambled eggs with bread, butter & Fruits
Lunch	Pasta with Tuna tomato sauce & Vegetables	Chicken Stir fry with noodles & Vegetables	Pasta Bolognese & Vegetables	Fish pie with mash & Vegetables	Chilli corne carne with rice & Vegetables
PM Snack	Ham and Cheese Wraps & Fruits	Bagels with butter, jam, cream cheese & Fruits	Brioche with butter, jam & Fruits	Tuna sandwiches & Fruits	Crispbread with butter, jam, cream cheese & Fruits



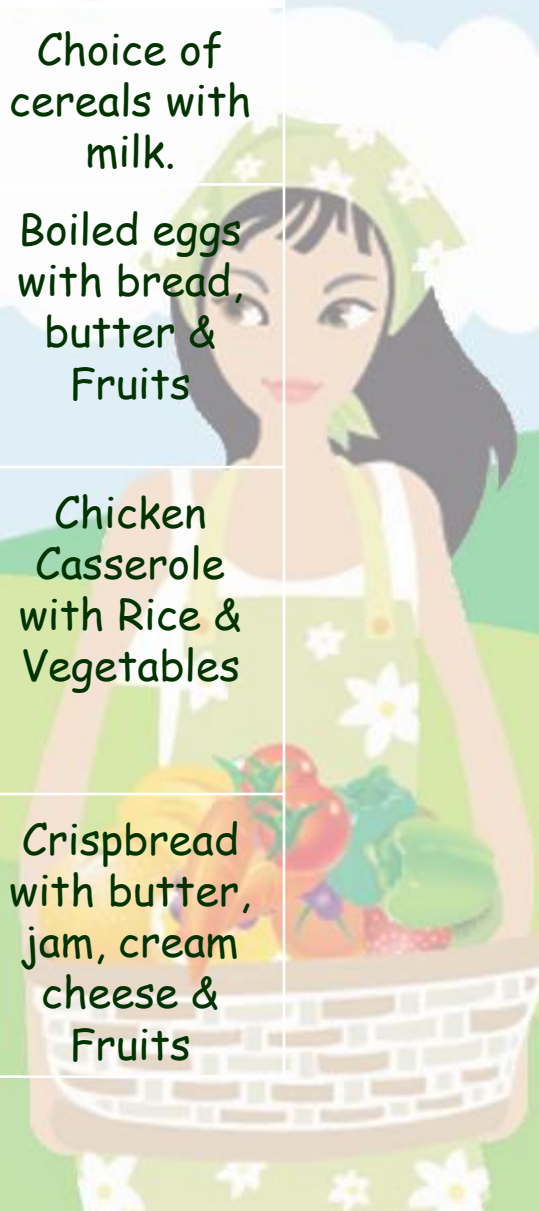
WEEK 2 MENU.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereals with milk.	Choice of cereals with milk.	Choice of cereals with milk.	Choice of cereals with milk.	Choice of cereals with milk.
AM Snack	Breadsticks with dip & Fruits	Fromage Frais & Fruits	Crackers with cream cheese, jam, butter & Fruits	Natural Yoghurt & Fruits	Rice cakes with cream cheese, jam, butter & Fruits
Lunch	Pasta with Tomato sauce & Vegetables	Roast beef with mash and gravy & Vegetables	Savory mince with Pasta & Vegetables	Beef Lasagne & Vegetables	Chicken curry with rice & Vegetables
PM Snack	Chicken noodle soup with Toast & Fruits	Tuna sandwiches & Fruits	Rye crisp bread with butter, jam & Fruits	Turkey ham wraps & Fruits	Pancakes with jam, butter & Fruits



WEEK 3 MENU.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereals with milk.	Choice of cereals with milk.	Choice of cereals with milk.	Choice of cereals with milk.	Choice of cereals with milk.
AM Snack	Pancakes with jam, butter & Fruits	Crackers with cream cheese, jam, butter & Fruits	Breadsticks with dip & Fruits	Natural Yoghurt & Fruits	Boiled eggs with bread, butter & Fruits
Lunch	Pasta with Tuna tomato sauce & Vegetables	Ham with mash and gravy & Vegetables	Pasta bake & Vegetables	Pork Casserole with Rice & Vegetables	Chicken Casserole with Rice & Vegetables
PM Snack	Rice cakes with cream cheese, jam, butter & Fruits	Brioche with butter, jam & Fruits	Turkey ham with Wholemeal bread roll & Fruits	Pizza & Fruits	Crispbread with butter, jam, cream cheese & Fruits



WEEK 4 MENU.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereals with milk.	Choice of cereals with milk.	Choice of cereals with milk.	Choice of cereals with milk.	Choice of cereals with milk.
AM Snack	Breadsticks with dip & Fruits	Rice cakes with cream cheese, jam, butter & Fruits	Natural Yoghurt & Fruits	Crackers with cream cheese, jam, butter & Fruits	Fromage Frais & Fruits
Lunch	Pasta Carbonara & Vegetables	Shepards pie with mash & Vegetables	Turkey mince with Rice & Vegetables	Pasta bake & Vegetables	Roast chicken with mash and gravy & Vegetables
PM Snack	Tomato soup with Baguette & Fruits	Pancakes with jam, butter & Fruits	Brioche with butter, jam & Fruits	Rye crisp bread with butter, jam & Fruits	Tuna wraps & Fruits

