

SAMPLE MENU

Children's Menu Based on the Australian Guide to Healthy Eating

Week 1	Breakfast	Morning Tea	Lunch	Afternoon Tea
Monday	Weet-Bix Rice Bubbles Toast with Spreads Milk / Water	Fruit Platter Milk / Water	Grilled Sausages Assorted Vegetables Fruit Salad / Yoghurt Whole Meal Bread Cheese / Apple Milk / Water	Anzac Biscuits Milk / Water
Tuesday	Weet-Bix Rice Bubbles Toast with Spreads Milk / Water	Fruit Platter Milk / water	Tuna Quiche / Salad Bread 'n' Butter Pudding Whole Meal Bread Cheese / Apple Milk / Water	Rice Cakes with Spreads Milk / Water
Wednesday	Weet-Bix Rice Bubbles Toast with Spreads Milk / Water	Fruit Platter Milk / Water	Stir Fry Chicken Vegetables / Boiled Rice Apricots / Yoghurt Whole Meal bread Cheese / Apple Milk / Water	Assorted Dips Crackers / Veggies Milk / Water
Thursday	Weet-Bix Rice Bubbles Toast with Spreads Milk / Water	Fruit Platter Milk / Water	Minestrone Soup Herb Damper Apple Crumble / Custard Whole Meal Bread Cheese / Apple Milk / Water	Whole meal Sandwiches Assorted Fillings Milk / Water
Friday	Weet-Bix Rice Bubbles Toast with Spreads Milk / Water	Fruit Platter Milk / Water	Spaghetti Bolognese Rice Custard / Fruit Whole Meal Bread Cheese / Apple Milk / Water	Choc Chip Muffins Milk / Water

A Late Snack is provided after 5.00pm