

Week 1

<b>Breakfast</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Porridge	Cereal (Rice bubbles, Corn flakes or Weetbix)	Cheese Toasties	Cereal (Rice bubbles, Corn flakes or Weetbix)	Scrambled Eggs
Cereal (Rice bubbles, Corn flakes or Weetbix)	Wholemeal or Raisin toast with 1 tea spoon honey or jam, margarine, cheese spread and vegemite	Cereal (Rice bubbles, Corn flakes or Weetbix)	Wholemeal or Raisin toast with 1 tea spoon honey or jam, margarine, cheese spread and vegemite	Cereal (Rice bubbles, Corn flakes or Weetbix)
Wholemeal or Raisin toast with 1 tea spoon honey or jam, margarine, cheese spread and vegemite		Wholemeal or Raisin toast with 1 tea spoon honey or jam, margarine, cheese spread and vegemite		Wholemeal or Raisin toast with 1 tea spoon honey or jam, margarine, cheese spread and vegemite
Water or lite Milk	Water or lite Milk	Water or lite Milk	Water or lite Milk	Water or lite Milk
<b>Afternoon Tea</b>				
Vanilla and Strawberry Yogurt with Muesli	Sandwiches with Vegemite, Jam, Honey, Cheese, Cheese and Tomato and Egg	Veggie Sticks with Hummus Dip with Rice Crackers (Green Beans, Carrots, Cucumber, Cherry Tomatoes and Capsicum)	Tomato and Basil Pasta with tofu, peas, corn and carrot	Homemade banana bread
Fresh fruit and Veggie sticks	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit and Veggie sticks
Water	Water	Water	Water	Water

Source; Eat smart play smart and NSW Healthy School Canteens

Lactose free, vegetarian, halal, kosher and vegan option are available on request. Please see to Nominated supervisor/Educator for further information

Week 2

<b>Breakfast</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p>Cereal (Rice bubbles, Corn flakes or Weetbix)</p> <p>Wholemeal or Raisin toast with 1 tea spoon honey or jam, margarine, cheese spread and vegemite</p> <p>Water or lite Milk</p>	<p>Baked beans on toast</p> <p>Wholemeal or Raisin toast with 1 tea spoon honey or jam, margarine, cheese spread and vegemite</p> <p>Water or lite Milk</p>	<p>Cereal (Rice bubbles, Corn flakes or Weetbix)</p> <p>Wholemeal or Raisin toast with 1 tea spoon honey or jam, margarine, cheese spread and vegemite</p> <p>Water or lite Milk</p>	<p>Scrambled eggs</p> <p>Cereal (Rice bubbles, Corn flakes or Weetbix)</p> <p>Wholemeal or Raisin toast with 1 tea spoon honey or jam, margarine, cheese spread and vegemite</p> <p>Water or lite Milk</p>	<p>Cereal (Rice bubbles, Corn flakes or Weetbix)</p> <p>Wholemeal or Raisin toast with 1 tea spoon honey or jam, margarine, cheese spread and vegemite</p> <p>Water or lite Milk</p>
<b>Afternoon Tea</b>				
<p>Salad wraps with carrot, cucumber, lettuce, tomato, cheese, egg and tuna</p> <p>Fresh fruit</p> <p>Water</p>	<p>Chicken noodle and corn soup</p> <p>Fresh fruit</p> <p>Water</p>	<p>Crisp breads with Vegemite, cream cheese, jam and cheese</p> <p>Fresh fruit</p> <p>Water</p>	<p>Vegetarian Nachos with corn, tomato, lettuce, avocado, cheese, salsa and sour cream</p> <p>Fresh fruit</p> <p>Water</p>	<p>Vegemite and cheese scrolls</p> <p>Fresh Fruit</p> <p>Water</p>

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