

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: Porridge- no sugar. 1 teaspoon of honey/golden syrup per portion can be added</p> <p>Low salt/sugar Cereal (Rice bubbles, Corn flakes or Weetbix) Milk/water</p> <p>Morning tea:</p> <p>Wholemeal or Raisin toast with, margarine, cheese spread and thin spread of vegemite</p> <p>Water or lite Milk Gluten free, lactose and milk free options are available</p>	<p>Low salt/sugar Cereal (Rice bubbles, Corn flakes or Weetbix) Variety of bread (toast) with margarine, cheese slices, tomato Milk/water</p> <p>Morning tea:</p> <p>English muffin toast with, jam, margarine, and thin spread of vegemite</p> <p>Water or lite Milk</p> <p>Gluten free, lactose and milk free options are available</p>	<p>Cheese Toasties Low salt/sugar Cereal (Rice bubbles, Corn flakes or Weetbix) Milk/water</p> <p>Morning tea:</p> <p>Wholemeal or Raisin toast with margarine, 1 tea spoon honey, thin spread of vegemite</p> <p>Water or lite Milk</p> <p>Gluten free, lactose and milk free options are available</p>	<p>Low salt/sugar Cereal (Rice bubbles, Corn flakes or Weetbix). Wholemeal toast with margarine, vegemite and cheese slices Milk/water</p> <p>Morning tea:</p> <p>Wholemeal Crumpets or bread with, margarine, 1 teaspoon jam, 1 teaspoon of cheese spread and thin spread of promite</p> <p>Water or lite Milk</p> <p>Gluten free, lactose and milk free options are available</p>	<p>Low salt/sugar Cereal (Rice bubbles, Corn flakes or Weetbix), Toasted bread with 1 teaspoon of jam, margarine. Milk/water</p> <p>Morning tea:</p> <p>Wholemeal English muffin with, margarine, 1 teaspoon honey, scrambled eggs</p> <p>Water or lite Milk</p> <p>Gluten free, lactose and milk free options are available</p>
Lunch/Afternoon tea				
<p>Beef noodle soup with rice vermicelli (1 cup maximum portion size)</p> <p>Water</p> <p>Afternoon tea: 1 cup of Natural yogurt with Strawberry coulis, no added sugar, no sugar Muesli (maximum portion 50 grams) Water</p> <p>Vegan, Vegetarian, Gluten free or lactose free, Halal and Kosher option available</p>	<p>Wholemeal bread Sandwiches with Vegemite, Cheese and Tomato and Egg No maximum portion. Water</p> <p>Afternoon tea: Un-iced Homemade banana bread (250 gs)</p> <p>Fresh fruit</p> <p>Water</p> <p>Vegan, Vegetarian, Gluten free or lactose free, Halal and Kosher option available</p>	<p>Spaghetti bolognaise (chicken mince) 250g maximum portion. water</p> <p>Afternoon tea: Veggie Sticks with Hummus Dip with Rice Crackers (Green Beans, Carrots, Cucumber, Cherry Tomatoes and Capsicum) no maximum portion</p> <p>Water Vegan, Vegetarian, Gluten free or lactose free, Halal and Kosher option available</p>	<p>Fresh wholemeal rolls with Everyday fillings (lean meat, tuna, salmon, skinless roast chicken, cheese, salad/vegetables (fresh or roasted), egg, No maximum portion size Water</p> <p>Afternoon tea:</p> <p>Fresh fruit, cheese and crackers</p> <p>Water</p> <p>Vegan, Vegetarian, Gluten free or lactose free, Halal and Kosher option available</p>	<p>Tomato soup with cous cous (1 cup)</p> <p>Fresh fruit and water</p> <p>Afternoon tea:</p> <p>Quinoa and beetroot salad with boiled eggs or tuna No maximum portion</p> <p>Water</p> <p>Vegan, Vegetarian, Gluten free or lactose free, Halal and Kosher option available</p>

Source: Eat Smart Play Smart and Healthy Canteen NSW