Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Porridge- no	Low salt/sugar Cereal	Cheese Toasties	Low salt/sugar Cereal	Low salt/sugar
sugar. 1 teaspoon of	(Rice bubbles, Corn	Low salt/sugar	(Rice bubbles, Corn flakes	Cereal (Rice
honey/golden syrup per	flakes or Weetbix)	Cereal (Rice	or Weetbix).	bubbles, Corn
portion can be added	Variety of bread	bubbles, Corn	Wholemeal toast with	flakes or Weetbix),
	(toast) with	flakes or Weetbix)	margarine, vegemite and	Toasted bread with
Low salt/sugar Cereal	margarine, cheese	Milk/water	cheese slices	1 teaspoon of jam,
(Rice bubbles, Corn	slices, tomato		Milk/water	margarine.
flakes or Weetbix)	Milk/water			Milk/water
Milk/water				
	Morning tea:	Morning tea:	Morning tea:	
Morning tea:		sad I		Morning tea:
	= 1:1 cc: .	Wholemeal or		
Wholemeal or Raisin	English muffin toast	Raisin toast with	Wholemeal Crumpets or	\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\
toast with, margarine,	with, jam, margarine,	margarine,1 tea	bread with, margarine,1	Wholemeal English
cheese spread and thin	and thin spread of	spoon honey, thin	teaspoon jam, 1	muffin with,
spread of vegemite	vegemite	spread of vegemite	teaspoon of cheese	margarine, 1
Water or lite Milk	Water or lite Milk	Water or lite Milk	spread and thin spread of	teaspoon honey,
Gluten free, lactose and	water of lite Milk	water of lite wilk	promite	scrambled eggs
milk free options are	Gluten free, lactose	Gluten free, lactose	Water or lite Milk	Water or lite Milk
available	and milk free options	and milk free	Water of lite Wilk	Water of fite Willix
available	are available	options are	Gluten free, lactose and	Gluten free, lactose
	are available	available	milk free options are	and milk free
		available	available	options are
			avanasie	available
Lunch/Afternoon tea				a vanus ic
Beef noodle soup with	Wholemeal bread	Spaghetti	Fresh wholemeal rolls	Tomato soup with
rice vermicelli	Sandwiches with	bolognaise (chicken	with Everyday fillings (	cous cous (1 cup)
(1 cup maximum	Vegemite, Cheese	mince)	lean meat, tuna, salmon,	
portion size)	and Tomato and Egg	250g maximum	skinless roast chicken,	Fresh fruit and
	No maximum	portion.	cheese, salad/vegetables	water
Water	portion.	water	(fresh or roasted), egg,	
	Water		No maximum portion	
			size	
			Water	
A.G	A 61	A.C		
Afternoon tea:	Afternoon tea:	Afternoon tea:	Afternoon tea:	Afternoon tea:
1 cup of Natural yogurt	Un-iced Homemade	Veggie Sticks with	Foods Co. 10	Outre d
with Strawberry coulis,	banana bread ( 250	Hummus Dip with	Fresh fruit, cheese and	Quinoa and
no added sugar, no	gs)	Rice Crackers	crackers	beetroot salad with
sugar Muesli (maximum portion 50	Fresh fruit	(Green Beans, Carrots, Cucumber,	\\/a+a×	boiled eggs or tuna No maximum
grams)	i resii ii Ult	Cherry Tomatoes	Water	
Water	Water	and Capsicum) no	Vogan Vogatarian	portion
vv atei	water	maximum portion	Vegan, Vegetarian, Gluten free or lactose	Water
Vegan Vegatarian	Vegan, Vegetarian,	παλιποτη μοι τιση	free, Halal and Kosher	vvalei
Vegan, Vegetarian,	Gluten free or lactose	Water	option available	
Gluten free or lactose	free, Halal and	Vegan, Vegetarian,	option available	Vegan, Vegetarian,
free, Halal and	Kosher option	Gluten free or		Gluten free or
Kosher option	available	lactose free, Halal		lactose free, Halal
available	avanubic	and Kosher option		and Kosher option
		available		available
		available	l	available

Source: Eat Smart Play Smart and Healthy Canteen NSW