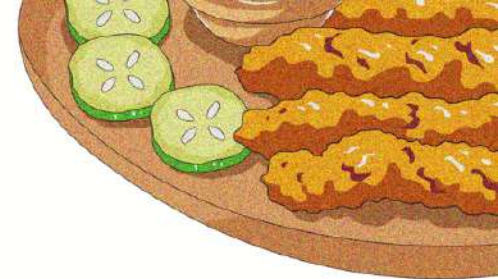
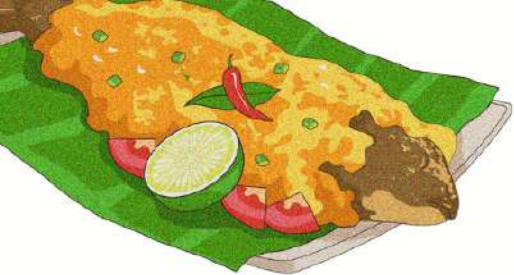


Week 1 Menu

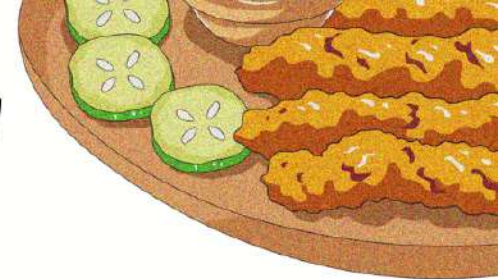


	Monday	Tuesday	Wednesday	Thursday	Friday
Break Fast	Warm Porridge with Cinnamon and Stewed Apple	Scrambled Eggs on Wholegrain Toast	Wholegrain Toast with Avocado & Seeds	Yoghurt & Muesli	Wholegrain Pancakes with Banana Slices
Morning Tea	Fruit Platter with Vanilla Yoghurt	Cheese & Wholegrain Crackers	Apple Slices with Nut Butter	Fruit Platter & Wholegrain Rice Crackers	Mini Bruschetta on Sourdough
Lunch	Curried Beef Sausages with Roasted Carrots and Brown Rice	Lamb & Veggie Kebabs with Quinoa Salad	Macca Cheese with Fresh Vegetables and Brown Lentils	Soft Beef Tacos with Three-Bean Mix and Mexican Rice	Special Chicken Fried Rice with Egg, Peas, Corn & Mushrooms
Afternoon Tea	Fruit Loaf	Wholemeal Salada's with Cheese, Tomato and Spreads	Hommus Dips with Carrot & Cucumber Sticks	Rice Cakes with Ricotta Cheese and Cinnamon	Ham, Cheese & Herb Pastry Puffs
Late Snack	Banana Smoothie	Corn on the Cob	Fresh Fruit Salad	Cucumber & Carrot Sticks	Mini Wholemeal Pita with Hommus



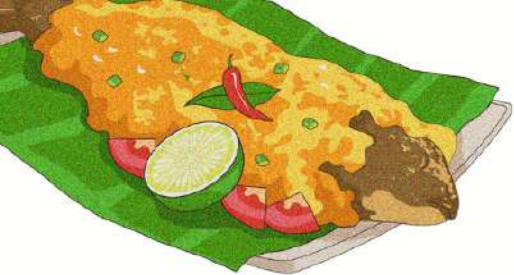


Week 2 Menu

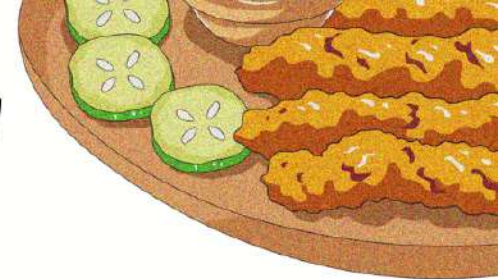


	Monday	Tuesday	Wednesday	Thursday	Friday
Break Fast	Warm Porridge with Berries and Honey	Wholegrain Toast with Ricotta and Honey	Scrambled Eggs on Wholegrain Toast	Yoghurt & Muesli	Wholegrain Pancakes with Seasonal Fruit
Morning Tea	Fruit Platter with Vanilla Yoghurt	Cheese & Wholemeal Crackers	Apple Slices with Cream Cheese	Fruit Platter & Wholegrain Rice Crackers	Mini Bruschetta on Sourdough
Lunch	Beef Pasta Bolognese with Hidden Vegetables and Garlic Bread	Soft Wholemeal Roll Beef Burgers with Vegetables and Cheese	Shepherd's Pie with Minced Beef, Vegetables, and Sweet Potato Mash	Hoki Crumbed Fish Fillets with Quinoa, Chickpea Pasta and Vegetables	Chicken Stir-fry with Hokkein Noodles and Vegetables
Afternoon Tea	Wholemeal Salada's with Cheese, Tomato and Spreads	Wholemeal Coconut, Peach, and Pear Tea Cake	Avocado Dip with Carrot & Cucumber Sticks	Cream Cheese and Hommus Wholemeal Wraps	Toasted Fruit Loaf
Late Snack	Mini Wholemeal Pita with Hommus	Vegetable Sticks with Hummus	Fresh Fruit Salad	Banana Smoothie	Mini Wholegrain Muffins



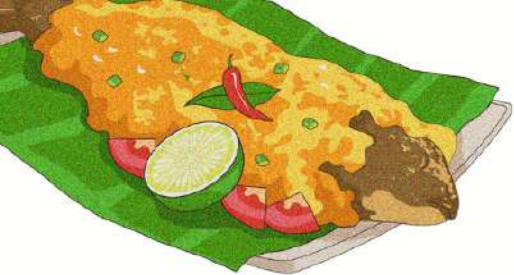


Week 3 Menu

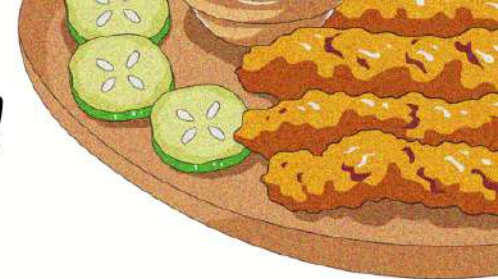


	Monday	Tuesday	Wednesday	Thursday	Friday
Break Fast	Warm Porridge with Banana Slices and Honey	Wholegrain Toast with Avocado & Seeds	Scrambled Eggs on Wholegrain Toast	Yoghurt & Muesli	Wholegrain Pancakes with Seasonal Fruit
Morning Tea	Fruit Platter with Vanilla Yoghurt	Cheese & Wholemeal Crackers	Apple Slices with Nut Butter	Fruit Platter & Wholegrain Rice Crackers	Mini Bruschetta on Sourdough
Lunch	Chilli Beef Con Carne with Brown Rice and Lentils	Chicken Pasta with Vegetables and Tomato-based Sauce	Tuna Pasta Bake with Vegetables and Creamy Sauce	Salmon & Zucchini Slice with Roasted Root Vegetables	Fresh Wholemeal Bread Sandwiches with Various Fillings
Afternoon Tea	Toasted Fruit Loaf with Butter	Hommus Dip, Carrot, Cucumber Sticks, and Cheese Cubes	Spinach and Feta Cheese Pinwheels	Wholemeal Salada's with Cheese, Tomato, and Fruit	Wholemeal Wraps with Avocado, Cheese, and Fruit
Late Snack	Banana Smoothie	Corn on the Cob	Fresh Fruit Salad	Cucumber & Carrot Sticks	Mini Wholemeal Pita with Hommus





Week 4 Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Break Fast	Warm Porridge with Cinnamon and Stewed Apple	Wholegrain Toast with Ricotta and Honey	Scrambled Eggs on Wholegrain Toast	Yoghurt & Muesli	Wholegrain Pancakes with Banana Slices
Morning Tea	Fruit Platter with Vanilla Yoghurt	Cheese & Wholemeal Crackers	Apple Slices with Cream Cheese	Fruit Platter & Wholegrain Rice Crackers	Mini Bruschetta on Sourdough
Lunch	Beef Chow Mein with Fresh Vegetables and Rice Stick Noodles	Pork Mince Tacos with Mexican Beans and Vegetables	Vegetable, Lentil, and Cheese Sausage Rolls with Wholegrain Pastry	Curried Beef Sausages with Brown Rice and Vegetables	Vegetarian Burritos with Lentils, Beans, and Rice
Afternoon Tea	Wholemeal Salada's with Cheese, Tomato, and Fruit	Hommus Dips with Carrot & Cucumber Sticks and Cheese Cubes	Wholemeal Wraps with Cheese and Ham	Rice Cakes with Avocado and Cream Cheese, and Fruit	Fruit Loaf and Butter
Late Snack	Mini Wholegrain Muffins	Vegetable Sticks with Hummus	Fresh Fruit Salad	Banana Smoothie	Mini Wholemeal Pita with Hommus

