MENU SAMPLE

Snack or Course	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	• Fruit Platter • Raisin Toast	• Fruit Platter • Wholemeal toast with spread	• Fruit Platter • Raisin Toast	• Fruit Platter • Wholemeal toast with spread	• Fruit Platter • Raisin Toast
Drink	• Milk or water	• Milk or water	• Milk or water	• Milk or water	• Milk or water
Frist Course for Lunch	• Beef Stroganoff • Couscous • Pumpkin, peas and broccoli	• Chicken and vegetable stir-fry • Rice	• Pea and ham frittata • Wholemeal bread	• Lasagne • Pita bread • Peas and broccoli	• Baked chicken risotto • Green Salad
Drink	• Water	• Water	• Water	• Water	• Water
Second Course for Lunch	• Stewed apple • Custard	• Fresh fruit • Yoghurt	• Stewed apricots • Yoghurt	• Fresh fruit	• Apple sponge • Custard
Afternoon Snack	• Pita bread with hommus	• Fruit smoothies	• Pikelets • Berries	• Scones with fruit jam	• Fresh fruit • Yoghurt
Drink	• Milk or water	• Milk or water	• Milk or water	• Milk or water	• Milk or water