

**WEEK 1**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BREAKFAST</b>	TOAST WEETBIX, CORNFLAKES WITH FULL CREAM MILK				
<b>MORNING TEA</b>	A SELECTION OF FRESH SEASONAL FRUIT				
<b>LUNCH</b>	SPAGHETTI BOLOGNAISE WITH BROCCOLI & PARMESAN CHEESE	ROASTED CHICKEN WITH COUSCOUS AND VEGETABLES	FRIED RICE WITH CORN PEAS AND HAM	RED KIDNEY BEANS & LENTILS CURRY WITH WHOLEMEAL BREAD	ASIAN SPICED LAMB WITH VEGETABLES AND NOODLES
<b>AFTERNOON TEA</b>	BANANA BREAD	ASSORTED SANDWICHES	ZUCCHINI SPINACH & GARDEN HERB FRITTERS	VEGEMITE & CHEESE ROLL	PANCAKE WITH MIX BERRY COULIS
<b>LATE SNACK</b>	A SELECTION OF SEASONAL FRUITS AND/OR CRACKERS WITH VEGEMITE AND CHEESE				