

WEEK 3

	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
BREAKFAST	TOAST, WEETBIX, CORNFLAKES WITH FULL CREAM MILK				
MORNING SNACK	A SELECTION OF FRESH SEASONAL FRUIT				
LUNCH	ROAST CHICKEN & VEGETABLE COUSCOUS	RED KIDNEY BEANS & LENTIL CURRY WITH WHOLEMEAL BREAD	LAMB RISOTTO WITH PUMPKIN & SPINACH	TUNA BAKED PASTA	BEEF & ASIAN VEGETABLE STIR FRY WITH NOODLES
AFTERNOON SNACK	ASSORTED SANDWITCH	VEGETABLE PINWHEELS	BANANA BREAD	VEGEMITE & CHEESE ROLL	MIX FRUITS WITH CUSTARD
LATE SNACK	A SELECTION OF SEASONAL FRUITS AND/OR CRACKERS WITH VEGEMITE AND CHEESE				