

<b>WEEK 1</b> Weekly Goals	<b>MONDAY</b> Express individual Taste	<b>TUESDAY</b> Use language and gestures to choose foods	<b>WEDNESDAY</b> Self-Serve and eat independently	<b>THURSDAY</b> Try new foods	<b>FRIDAY</b> Sense of smell
Breakfast	A mixture of cereals ( weetbix, rice bubbles, corn flakes ) & toast with spreads (vegemite, or jam, or Nuttlex)				
<b>Morning Tea</b> Served with Milk or Water	<b>Fruit Salad with Warm Vanilla Custard</b> Bananas, watermelon, apples, pear, vanilla custard	<b>Seasonal Fruit Platter</b> Eg. Bananas, watermelon, apples, pears, oranges, grapes	<b>Fruit Platter with Vanilla Yoghurt</b> Bananas, watermelon, apples, pears, vanilla yoghurt	<b>Fruit, Cheese and Rice Crackers</b> Bananas, watermelon, apples, pears, cheese cubes, rice crackers	<b>Fruit platter with cheese</b> Bananas, apples, watermelon, pears, cheese cubes
	1 4 1 1 1 1	1 4 1 1 1 1	1 4 1 1 1 1	1 1 4 1 1 1	1 4 1 1 1 1
<b>Lunch</b> Served with water All children with alternative requirements will be given all meals as close to what is on the menu as possible.	<b>Butter Chicken with Rice</b> Chicken, brown rice, garlic, onion, butter chicken sauce, carrot, pumpkin, milk	<b>Mexican Macaroni</b> Macaroni, beef mince, onion, carrots, corn, red capsicum, diced tomatoes, butter beans, sour cream, shredded cheese, stock, spices	<b>Winter Vegetable Minestrone Soup with Wholemeal Bread</b> Vegetable stock, garlic, pumpkin, carrots, spinach, zucchini, onion, celery, butter beans, diced tomatoes, pasta, bread	<b>Assorted Sandwiches</b> Wholemeal bread, Nutellex, vegemite, jam, sliced chicken, grated carrot, cheese	<b>Chicken Carbonara</b> Chicken, pasta, coconut cream, mushrooms, peas, corn, chicken stock, garlic, parmesan cheese, mixed herbs
	1 1 1 1 3 1	1 1 1 1 1 1	2 1 1 1 4 1	1 1 1 1 6 1	1 1 1 1 3 1
<b>Afternoon</b> Served with water or milk	<b>Blueberry Muffins</b> Flour, nutellex, milk, maple syrup, blueberries, cinnamon.	<b>Raisin Bread with Nutellex</b> Raisin Bread, Nutellex	<b>Scones with Jam and Cream</b> Flour, milk, butter, vegetable oil, jam, cream	<b>Fruity Coconut Cake</b> Flour, coconut, dried dates, dried apricots, Nutelex, cinnamon, coconut cream	<b>Apple and Cinnamon Scrolls</b> Puff pastry, apples, cinnamon sugar
	1 1 1 1 1 1	1 1 1 1 2 1	1 1 1 1 1 1	1 1 2 1 1 1	1 1 1 1 1 1
<b>Late Snack</b>	<b>Fruit and Crackers</b>	<b>Fruit and Crackers</b>	<b>Fruit and Crackers</b>	<b>Fruit and Crackers</b>	<b>Fruit and Crackers</b>
	1 1 1 1 1 1	1 1 1 1 1 1	1 1 1 1 1 1	1 1 1 1 1 1	1 1 1 1 1 1
<b>Total Serves offered of the day</b>	2 3 6 1 3 0	3 3 5 1 3 1	4 3 5 1 4 2	1 4 7 1 6 1	1 3 6 1 3 1
<b>Dairy</b>	<b>Pasta, Rice, Breads</b>	<b>Fruit</b>	<b>Fish, Red or White Meat</b>	<b>Vegetables</b>	<b>Fats/oils</b>

