

<b>WEEK 2</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 Custard</b> Bananas, watermelon, apples, pear, vanilla custard	<b>Seasonal Fruit Platter</b> Eg. Bananas, watermelon, apples, pears, oranges, grapes	<b>Fruit Platter with Cheese and Rice Crackers</b> Bananas, apples, watermelon, pear, cheese cubes, rice crackers	<b>Fruit Platter with Yoghurt</b> Bananas, watermelon, apples, pear, yoghurt	<b>Fruit platter with cheese</b> Bananas, apples, watermelon, pears, cheese cubes
	1 1 4 1 1 1	1 1 5 1 1 1	1 1 1 4 1 1	1 1 4 1 1 1	1 1 4 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>Rainbow Vegetarian Pasta</b> Pasta, corn, peas, carrots, red capsicum, coconut cream, garlic, onion, mozzarella cheese, dill, oregano	<b>Curried Mince and Rice</b> Beef mince, rice, onion, carrot, apple, red capsicum, zucchini, chicken stock powder, crushed pineapple, curry powder, vinegar, sugar	<b>Vegetarian Pizza</b> Pizza base, mozzarella cheese, tomato paste, garlic, oregano, corn, mushrooms. Red capsicum, pumpkin, spinach.	<b>Chicken and Vegetable Fried Rice</b> Brown rice, chicken breast, soy sauce chicken stock onion, carrots, corn, red capsicum, peas	<b>Chicken Spaghetti</b> Pasta, chicken mince, passata, onion, carrots, celery, apple puree, red and green capsicum, mushrooms, garlic, oregano, parsley
	1 1 1 4 1 1	1 1 2 1 4 1	1 1 1 1 4 1	1 1 1 1 4 1	1 1 1 1 6 1
<b>Afternoon</b> Served with water or milk	<b>Vegemite and Cheese Scrolls</b> Puff pastry sheets, Vegemite, tasty cheese	<b>Raspberry Ripple Cake</b> Flour, coconut cream, Nutellex, natural yoghurt, raspberries, maple syrup, vanilla essence	<b>Sultana Scones</b> Flour, Nutellex, milk, sultanas	<b>Pumpkin Spice Muffins</b> Flour, nutelex, coconut cream, pumpkin, mixed spice, cinnamon, apple puree, maple syrup	<b>Vanilla Cupcakes</b> Flour, milk, egg replacer, Nuttellex, vanilla essence, castor sugar
	1 1 1 1 1 1	1 1 1 1 1 1	1 1 1 1 1 1	1 1 2 1 2 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>	3 3 5 4 1	1 3 9 1 4 1	3 4 6 1 4 2	2 3 7 1 6 1	3 3 6 1 6 1
<b>Dairy</b>	Pasta, Rice, Breads	<b>Fruit</b>	<b>Fish, Red or White Meat</b>	<b>Vegetables</b>	<b>Fats/oils</b>

