

WEEK 1-

MONDAY



Breakfast

Toast
Apples
Milk

Lunch

Fajitas
Soft tortilla
Tomato salsa
Cucumber
Milk

Snack

Ritz Crackers
Juice

TUESDAY



Breakfast

Fruit Bread
Fresh Pears
Milk

Lunch

Cottage Pie
Peas
Bread
Milk

Snack

Vanilla Wafers
Milk

WEDNESDAY



Breakfast

Toast + Jelly
Oranges
Milk

Lunch

Harvest Macaroni
Cheese
Green Beans
Apples
Milk

Snack

Crackers
Milk

FRIDAY



Breakfast

Bagels
Oranges
Milk

Lunch

Seafood Pasta
Green Beans
Asparagus
Milk

Snack

Cookies
Milk

THURSDAY



Breakfast

Toast
Strawberry
Milk

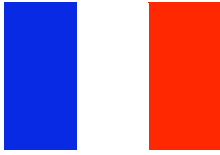
Lunch

Beef & Root Veg Stew
Carrots
Creamed Spinach
Biscuits
Milk

Snack

Crackers + Peanut Butter
Milk

WEEK 2



MONDAY

Breakfast

Toast
Apples
Milk

Lunch

French Bread Open
Sandwiches
Fruit Salad
Milk

Snack

Cheezits
Milk

TUESDAY



Breakfast

Waffles
Bananas
Milk

Lunch

Fish N' Chips
Peas
Bread & Butter
Milk

Snack

Vanilla Wafers
Milk

WEDNESDAY



Breakfast

Muffins
Oranges
Milk

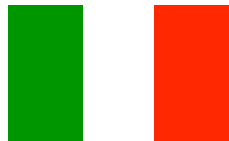
Lunch

BBQ short ribs
Corn
Yam mash
Biscuits
Milk

Snack

Graham Crackers
Milk

THURSDAY



Breakfast

Raisen Bread
Kiwi
Milk

Lunch

Lasagna
Green Beans
Asparagus
Milk

Snack

Goldfish
Milk

FRIDAY



Breakfast

Toast
Fresh Pears
Milk

Lunch

Spanish Rice (Paella)
Salad
Grapes
Milk

Snack

Cookies
Milk

WEEK 3

MONDAY



Breakfast

Toast
Oranges
Milk

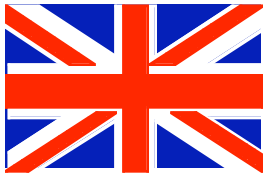
Lunch

Sweet Chicken Curry
Basmati Rice
Fruit Salad
Milk

Snack

Goldfish
Milk

TUESDAY



Breakfast

Muffins
Apples
Milk

Lunch

Bangers n Mash
Beans
Bread and Butter
Milk

Snack

Graham Crackers
Milk

WEDNESDAY



Breakfast

Fruit Bread
Kiwi
Milk

Lunch

Salmon Baba gnanoush
Pita Bread
Grapes
Pineapple
Milk

Snack

Vanilla Wafers
Juice

THURSDAY



Breakfast

Toast Peanut Butter
Pineapple
Milk

Lunch

Taco Salad
Corn chips
Cheese
Tomatoes
Milk

Snack

Cheezits
milk

FRIDAY



Breakfast

Waffles
Strawberries
Milk

Lunch

Honey Mustard Chicken Wings
Sweet Potato
Lettuce
Bread Roll
Milk

Snack

Cookies
Milk

WEEK 4

MONDAY



Breakfast

Raisin Bread
Oranges
Milk

Lunch

Mongolian Beef
Rice
Broccoli
Melon
Milk

Snack

Vanilla Wafers
Milk

TUESDAY



Breakfast

Toast
Bananas
Milk

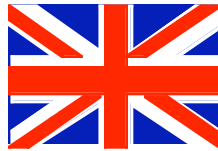
Lunch

Roast Chicken
Stuffing
Corn
Mash Potatoes
Milk

Snack

Cheezits
Milk

WEDNESDAY



Breakfast

Toast
Apples
Milk

Lunch

Beef and Onion Pie
Carrots Peas
Bread
Milk

Snack

Graham Crackers
Milk

THURSDAY



Breakfast

Bagels
Oranges
Milk

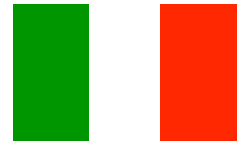
Lunch

Chinese fish curry
Rice
Pineapple
Orange Salad
Milk

Snack

Goldfish
Milk

FRIDAY



Breakfast

Muffins
Fresh Pears
Milk

Lunch

Spaghetti Bolognesa
Noodles
Green Bean
Carrots
Milk

Snack

Cookies
Milk