

# Daily Menu

		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	MT	Weetbix with Marmite Fruit Platter Milk or Water	Vegetable Sticks with Hummus Fruit Platter Milk or Water	Marmite Sandwiches Fruit Platter Milk or Water	Low Fat Cottage or Cream Cheese on Toast Fruit Platter Milk or Water	Fruit Platter with Yoghurt Dip Milk or Water
	Lunch	Tomato, Bean and Capsicum Sauce with Pasta Water	Chicken and Vegetable Casserole with Rice Water	Meat Loaf with Carrot Sticks, Broccoli or peas Water	Fish and Vegetable Pie with Potato and Cheese topping Water	Creamy Tomato and Mozzarella Pasta bake with mixed Vegetables Water
	AT	Apple and Date Muffins Fruit Platter Milk or Water	Marmite and Lettuce Sandwiches Fruit Platter Milk or Water	Fruit Salad Muffins Fruit Platter Milk or Water	Banana Loaf Fruit Platter Milk or Water	Cheese and Ham Mousetraps Fruit Platter Milk or Water
Week 2	MT	Rice Crackers with Low-fat Cream Cheese Fruit Platter Milk or Water	Carrot and Celery Sticks with Hummus Fruit Platter Milk or Water	Custard with Fruit Fruit Platter Milk or Water	Toast with Marmite Fruit Platter Milk or Water	Vegetable Sticks with Hummus Fruit Platter Milk or Water
	Lunch	Pasta with Tuna, Peas or Corn Water	Steamed Rice with Mixed Vegetables Marmite/Ham/Cheese & Chive Sandwiches Water	Variety of Sandwiches filled with: Corned Silverside Egg Cheese Marmite and Carrot Sticks, Sultanas Water	Spaghetti and Potato bake Orange and Apple Slices Water	Mince and Vegetables with Nachos and Cheese Water
	AT	Carrot Muffins Fruit Platter Milk or Water	Fruit Salad Muffins Fruit Platter Milk or Water	Pikelets and Jam Fruit Platter Milk or Water	Spicy Pineapple Muffins Fruit Platter Milk or Water	Toast Triangles with Banana or Jam Fruit Platter Milk or Water
Week 3	MT	Crackers with Low-fat Cream Cheese Fruit Platter Milk or Water	Crackers with Marmite and Cheese Fruit Platter Milk or Water	Lemon or Orange Muffins Fruit Platter Milk or Water	Toast Fingers with Honey Fruit Platter Milk or Water	Rice Crackers and Cheese Fruit Platter Milk or Water
	Lunch	Sausage, Carrot and Baked Bean Hash Water	Pumpkin and Spinach Frittata Water	Pasta with Mixed Vegetables and Segg Water	Corned Beef with Carrot and Parsnip Mash and Beans Water	Chicken and Vegetable Risotto Fruit Slices Water
	AT	Carrot or Cucumber Sticks and Celery Sticks with Peanut Butter Fruit Platter Milk or Water	Potato Wedges with various Low-fat Sauces or Chutneys Fruit Platter Milk or Water	Popcorn or Cruskits with Avocado/Marmite Fruit Platter Milk or Water	Ham, Celery and Cheese Muffins Fruit Platter Milk or Water	Toast with Marmite Fruit Platter Milk or Water
Week 4	MT	Fresh Fruit and Yoghurt Milk or Water	Apple Muffins Fruit Platter Milk or Water	Marmite and Lettuce Sandwiches Fruit Platter Milk or Water	Toast with Marmite Fruit Platter Milk or Water	Crackers with Peanut Butter Fruit Platter Milk or Water
	Lunch	Shepherd's Pie with Peas and Corn Water	Scramble Egg with Ham and Chives with Toast Triangles Water	Savoury Tomato Pasta with Fish Topped with a Sprinkle of Cheese Water	Spaghetti Bolognese with Vegetables Water	Variety of Sandwiches filled with: Ham Egg Cheese Marmite and Carrot Sticks, Sultanas Water
	AT	French Bread with Hummus Fruit Platter Milk or Water	Fruit Crumble Fruit Platter Milk or Water	Banana Muffins Fruit Platter Milk or Water	Vegetable Platter Fruit Platter Milk or Water	Spicy Pumpkin Muffins Fruit Platter Milk or Water