

Week Four:

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Toast and fruit -Bread -Margarine -Jam -Vegemite -Honey -Fresh fruit	Crackers and cheese -Crackers -Cheese -Marmite -Margarine	Toast and fruit -Bread -Margarine -Jam -Vegemite -Honey -Fresh fruit	Scones -cheese/savoury scones	Yoghurt & Fresh Fruit
Lunch	Baked Veggie Frittata -Potato -Pumpkin -Courgette -Broccoli -Red Pepper -Eggs	Fishcakes -Tuna -Potato -Parsley -Carrot Sticks	Mince and Pasta -Mince -Pasta -Tomato -Peas -Carrot -Corn	Chicken Burgers & Wedges -Buns -Chicken Pattie -Lettuce -Tomato -Cucumber -Potato -Grated Carrot -Grated Cheese	Meat Loaf -Mince -Spaghettti -Bread -Grated Carrot
Afternoon Tea	Baking & Glass Milk -Varying types of fresh baking	Sandwiches -Bread -Ham -Cheese -Marmite -Egg	Popcorn & Biscuit	Baking & Fruit -Varying types of fresh baking Fresh Fruit	Vegie Platter & Crackers -Hummus -Crackers -Cucumber -Tomato