

# Week Three:

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Tea</b>	Toast and fruit -Bread -Margarine -Jam -Vegemite -Honey -Fresh fruit	Smoothies -Milk -Yoghurt -Bananas -Kiwifruit -Oranges	Pinwheel Scones -Cheese -Ham -Spaghetti -Marmite  Apples & Raisins	Yoghurt and fresh fruit	Toast & Fruit
<b>Lunch</b>	Vegie Noodle Stirfry -Schnitzel -Maggi Noodles -Mixed Vegies	Roast Chicken -Potato -Pumpkin -Carrots -Beans -Gravy	Sausage Casserole -Sausages -Rice -Carrots -Peas -Corn -Bread	Mini Pizzas & Chips (Homemade) -Muffins -Spaghetti -Baked Beans -Cheese -Pineapple -Tomato	Fish Pie -Tuna -Potato -Peas -Carrots -Corn
<b>Afternoon Tea</b>	Baking -Varying types of fresh baking	French Sticks -Bread -Cheese -Marmite -Tomato -Margarine	Glass of milk and biscuits	Vegie Platter & Crackers -Hummus or Dip -Crackers -Carrot -Cucumber -Tomato -Celery -Cheese	Fruit Muffins and Popcorn