

Sample Menu

Day	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast		Cereal, Toast and spreads With baked beans	Cereal, Toast and spreads With spaghetti	Cereal, Toast and spreads With fruit salad	Cereal, Toast and spreads With scrambled egg
Morning Tea		Fresh fruit Muffins Fruit cordial	Fresh fruit Scones Fruit cordial	Fresh fruit Biscuits Fruit cordial	Fresh fruit Muffins Fruit cordial
Lunch	Own packed lunch from home	Filled Rolls: various filling options	Baked potatoe with various toppings	Sandwiches: various filling options	Frankfurter sausages. Ice block
Afternoon Tea	Fresh Fruit Biscuits Fruit Cordial	Fresh Fruit Cookies Fruit Cordial	Fresh Fruit Biscuits Fruit Cordial	Fresh Fruit Muffins Fruit Cordial	
Dinner	Cottage Pie with seasonal vegetables Dessert	Nachos with salad and toppings Dessert	Macaroni cheese with salad and garlic bread Dessert	Chicken Burgers with roast potatoes and salad Dessert	
Supper	Hot Chocolate Biscuit	Hot Chocolate Biscuit	Hot Chocolate Biscuit	Hot Chocolate Biscuit	