



MENU PLAN

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Special K Cereal Skim milk	Special K Cereal Skim milk	Special K Cereal Skim milk	Special K Cereal Skim milk	Special K Cereal Skim milk	Special K Cereal Skim milk	Special K Cereal Skim milk
Morning Tea	1 banana	1 apple	1 banana	1 apple	1 banana	1 apple	1 banana
Lunch	Lettuce, tomato, cucumber & chicken roll	Lettuce, tomato, cucumber & chicken roll	Lettuce, tomato, cucumber & chicken roll	2 minute noodles	Cheese and tomato toasted sandwich	2 minute noodles	Lettuce, tomato, cucumber & chicken roll
Afternoon tea	5 strawberries	1 Mango	5 strawberries	1 Mango	5 strawberries	1 Mango	5 strawberries
Dinner	Pumpkin soup & bread roll	Pumpkin soup & bread roll left overs	Stir fry chicken & vegetables on rice	Stir fry chicken & vegetables on rice	Spaghetti bolognaise	Spaghetti bolognaise	Take away
Supper	Sticky date pudding and ice cream	Sticky date pudding and ice cream	Sticky date pudding and ice cream	Apple and cinnamon bake	Apple and cinnamon bake	Apple and cinnamon bake	Strawberries & ice cream