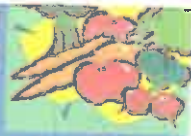




WEEK 6 MENU 12 MTHS - 5 YRS



C- CEREAL, F- FRUIT, D- DAIRY, V- VEGETABLE, P- PROTIEIN

MONDAY

F-1 D-3 C-3
V-2 P-1

TUESDAY

F-2 D-3 C-3
V-2 P-2

WEDNESDAY

F-1 D-1 C-3
V-3 P-1

THURSDAY

F-2 D-3 C-3
V-1 P-1

FRIDAY

F-1 D-2 C-3
V-2 P-2

DAILY TOTALS

Morning Tea

Vanilla Yogurt with Fresh Fruit and Veggies



FDV

Water/Milk

Ham/Cheese/Vegemite/Jam English Muffins & Fruit



CFPD

Water/Milk

Vanilla Custard Crumpets & Fruit Platters



DCF

Water/Milk

Cheese and Vegemite Sandwiches & Fruit Platters



CFD

Water/Milk

Assorted Cereals and Fruit Platters



FCD

Water/Milk

Beverage D

Lunch

Macaroni & Cheese with vegies & Garlic Bread

PCCVD

Water

Soft Tacos with Salad vegies and Cheese



DCVPV

Water

Apricot Chicken with Cous Cous and Veg



VPVCD

Water

Sausage and Vegetable PIE with Mashed Potato and wholemeal bread

VCDP

Water

Beef and Vegetable Hokkien Noodle Stir Fry



PVCV

Water

Beverage D

Afternoon Tea

Fruity Muffins



FDC

Water/Milk

Healthy slice with MILO



FCD

Water/Milk

Raisin Bread Triangles & Dried Fruit

DC

Water/Milk

Premiums with Cheese, Vegemite and Assorted Spreads

CD

Water/Milk

Spinach and Ricotta & Pizza Scrolls

CDVP

Water/Milk

Beverage

Late snack

Yogurt/Fruit or Dried fruit /Rice Crackers

Yogurt/Fruit or Dried fruit /Rice Crackers

Yogurt/Fruit or Dried fruit /Rice Crackers

Yogurt/Fruit or Dried fruit /Rice Crackers

Yogurt/Fruit or Dried fruit /Rice Crackers