



## MENU PLAN

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Morning Tea							
Lunch							
Afternoon tea							
Dinner							
Supper							



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Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Special K Cereal Skím milk	Special K Cereal Skím milk	Special K Cereal Skím milk	Special K Cereal Skím milk	Special K Cereal Skím milk	Special K Cereal Skím milk	Special K Cereal Skím milk
<b>Morning Tea</b>	1 banana	1 apple	1 banana	1 apple	1 banana	1 apple	1 banana
<b>Lunch</b>	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
<b>Afternoon tea</b>	5 strawberries	1 Mango	5 strawberries	1 Mango	5 strawberries	1 Mango	5 strawberries
<b>Dinner</b>	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
<b>Supper</b>	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