














Week 1

Session	Available daily	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BSC	*Wholemeal toast *Spreads include butter, honey and vegemite *Fresh fruit *Cereals: Weet-Bix and muesli *Milk and natural yoghurt 	Raisin toast	Bagels with cream cheese	Yoghurt and frozen berries	Rice bubbles	Pancakes
ASC	*Fruit and vegetables 	Main meal: Ham and salad wraps Late snack: Vegetable sticks with guacamole 	Main meal: Macaroni and cheese Late snack: Cheese and crackers 	Main meal: Fried rice with chicken Late snack: Bagels with cream cheese 	Main meal: Beef tacos Late snack: Cooking club 	Main meal: Yoghurt, muesli, desiccated coconut and frozen berries Late snack: Banana bread 

Week 2

Session	Available daily	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BSC	*Wholemeal toast *Spreads include butter, honey and vegemite *Fresh fruit *Cereals: Weet-Bix and muesli *Milk and natural yoghurt 	Cheerios	Corn flakes	Rice bubbles	Pikelets	Raisin toast
ASC	*Fruit and vegetables 	Main meal: Potato wedges Late snack: Rice cakes with cream cheese 	Main meal: Blueberry muffins with milk Late snack: Arrowroot biscuits 	Main meal: Spaghetti bolognese Late snack: Banana bread 	Main meal: Corny chicken burgers Late snack: Cooking club 	Main meal: Ham and cheese toasties Late snack: Cheese and crackers 