














### Week 3

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 	Pikelets	Hash browns	Sourdough toast	Corn flakes	Scrambled eggs
ASC	*Fruit and vegetables 	<b>Main meal:</b> Meatballs and corn on the cob  <b>Late snack:</b> Popcorn 	<b>Main meal:</b> Mini pizzas  <b>Late snack:</b> Vegetable sticks with guacamole 	<b>Main meal:</b> Chicken burritos  <b>Late snack:</b> Rice cakes with cream cheese 	<b>Main meal:</b> Ravioli  <b>Late snack:</b> Cooking club 	<b>Main meal:</b> Antipasto platter  <b>Late snack:</b> Bruschetta 

### Week 4

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 	Waffles	Cheerios	Hash browns	Scrambled eggs	Bagels with cream cheese
ASC	*Fruit and vegetables 	<b>Main meal:</b> Veggie nachos  <b>Late snack:</b> Fruit salad 	<b>Main meal:</b> Assorted sandwiches  <b>Late snack:</b> Bagels with cream cheese 	<b>Main meal:</b> Napoletana pasta  <b>Late snack:</b> Arrowroot biscuits 	<b>Main meal:</b> Butter chicken  <b>Late snack:</b> Cooking club 	<b>Main meal:</b> Pizza scrolls  <b>Late snack:</b> Popcorn 