














Week 5

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 	Scrambled eggs	Croissants	Yoghurt and frozen berries	Cruskits with guacamole	Waffles
ASC	*Fruit and vegetables 	Main meal: Sausage rolls Late snack: Cheese and crackers 	Main meal: Chicken noodle soup Late snack: Popcorn 	Main meal: Yoghurt, muesli, desiccated coconut and frozen berries Late snack: Arrowroot biscuits 	Main meal: Bolognese toastie Late snack: Cooking club 	Main meal: Spring rolls Late snack: Cruskits with guacamole 

Week 6

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 	Croissants	Banana bread	Scrambled eggs	Cornflakes	Cheerios
ASC	*Fruit and vegetables 	Main meal: Mini burgers Late snack: Banana bread 	Main meal: Pesto pasta Late snack: Fruit salad 	Main meal: Chicken tacos Late snack: Popcorn 	Main meal: Cheese puff twists Late snack: Cooking club 	Main meal: Dumplings Late snack: Arrowroot biscuits 