

WEEK ONE

DAY OF THE WEEK	BREAKFAST	MORNING TEA	LUNCH	AFTERNOON SNACK	DRINKS	LATE AFTERNOON SNACK
MONDAY	VARIETY OF IRON FORTIFIED CEREALS WITH MILK	VARIETY OF TOAST & SEASONAL FRESH FRUIT PLATTER & MILK	EGG CURRY /TOFU CURRY AND VEGETABLES WITH RICE	ZUCCHINI SLICE WITH SAUCE & YOGHURT	Milk Water	WHOLEGRAIN CRACKERS WITH COTTAGE CHEESE
TUESDAY	VARIETY OF IRON FORTIFIED CEREALS WITH MILK	VARIETY OF TOAST & SEASONAL FRESH FRUIT PLATTER & MILK	CREAMY TUNA / VEGETARIAN PASTA BAKE	BANANA CAKE	Milk Water	RICE CAKES WITH CHEESE
WEDNESDAY	VARIETY OF IRON FORTIFIED CEREALS WITH MILK	VARIETY OF TOAST & SEASONAL FRESH FRUIT PLATTER & MILK	SPAGHETTI WITH MINCE LAMB / MUSHROOM & VEGETABLES	RAISIN TOAST WITH VEGETABLE & FRUIT STICKS	Milk Water	ARROWROOT BISCUITS
THURSDAY	VARIETY OF IRON FORTIFIED CEREALS WITH MILK	VARIETY OF TOAST & SEASONAL FRESH FRUIT PLATTER & MILK	STIR FRY NOODLES WITH CHICKEN SAUSAGES/ VEGETABLES	WAFFLES WITH SEASONAL FRUITS	Milk Water	WHOLEGRAIN CRISPBREADS
FRIDAY	VARIETY OF IRON FORTIFIED CEREALS WITH MILK	VARIETY OF TOAST & SEASONAL FRESH FRUIT PLATTER & MILK	LEBANESE BREAD WITH FRESH HOMEMADE PUMPKIN SOUP	RICE BUBBLES BAR	Milk Water	CRUSKITS