

WEEK TWO

DAY OF THE WEEK	BREAKFAST	MORNING TEA	LUNCH	AFTERNOON TEA	DRINKS	LATE AFTERNOON SNACK
MONDAY	VARIETY OF IRON FORTIFIED CEREALS WITH MILK	VARIETY OF TOAST & SEASONAL FRESH FRUIT PLATTER & MILK	BROWN RICE WITH LAMB MEATBALLS / FRIED TOFU AND SPINACH	PUMPKIN SAVOURY MUFFIN	MILK WATER	CRUSKITS
TUESDAY	VARIETY OF IRON FORTIFIED CEREALS WITH MILK	VARIETY OF TOAST & SEASONAL FRESH FRUIT PLATTER & MILK	SPAGHETTI WITH CHICKEN SAUSAGES / VEGETARIAN TOFU	WAFFLES WITH SEASONAL FRUITS	MILK WATER	SEASONAL VEGETABLE & FRUIT STICKS WITH DIP
WEDNESDAY	VARIETY OF IRON FORTIFIED CEREALS WITH MILK	VARIETY OF TOAST & SEASONAL FRESH FRUIT PLATTER & MILK	STIR FRY NOODLES WITH VEGETABLES AND TUNA	CARROT SAVOURY MUFFIN	MILK WATER	ARROWROOT BISCUITS
THURSDAY	VARIETY OF IRON FORTIFIED CEREALS WITH MILK	VARIETY OF TOAST & SEASONAL FRESH FRUIT PLATTER & MILK	BROWN FRIED RICE WITH STEAMED VEGETABLES IN GREEN CURRY	FRUIT CRUMBLE WITH CUSTARD	MILK WATER	RICE CRACKER
FRIDAY	VARIETY OF IRON FORTIFIED CEREALS WITH MILK	VARIETY OF TOAST & SEASONAL FRESH FRUIT PLATTER & MILK	SPAGHETTI BOLOGNESE WITH MINCED LAMB / MUSHROOM, TOFU & VEGETABLES	WEETBIX SLICE	MILK WATER	SEASONAL VEGETABLE & FRUIT STICKS WITH DIP