

WEEK THREE

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	MACARONI CHEESE AND VEGETABLES /TUNA PASTA	YOGHURT SAVOURY MUFFIN	MILK WATER	WHOLEGRAIN CRACKERS WITH CHEESE
TUESDAY	VARIETY OF IRON FORTIFIED CEREALS WITH MILK	VARIETY OF TOAST & SEASONAL FRESH FRUIT PLATTER & MILK	PASTA BAKE - CHICKEN /VEGETARIAN	CUSTARD WITH JELLY SET IN FRUITS	MILK WATER	RICE CRACKERS
WEDNESDAY	VARIETY OF IRON FORTIFIED CEREALS WITH MILK	VARIETY OF TOAST & SEASONAL FRESH FRUIT PLATTER & MILK	STIR FRY NOODLES WITH VEGETABLES AND CHICKEN SAUSAGES	BANANA OAT COOKIES	MILK WATER	ARROWROOT BISCUITS
THURSDAY	VARIETY OF IRON FORTIFIED CEREALS WITH MILK	VARIETY OF TOAST & SEASONAL FRESH FRUIT PLATTER & MILK	SPAGHETTI WITH LAMB MINCE / VEGETABLES	PIKELETS WITH JAM, CREAM AND FRUITS	MILK WATER	CRUSKITS
FRIDAY	VARIETY OF IRON FORTIFIED CEREALS WITH MILK	VARIETY OF TOAST & SEASONAL FRESH FRUIT PLATTER & MILK	RICE WITH BUTTER CHICKEN / LENTILS & SPINACH CURRY	WEETBIX SLICE/ FRUIT CRUMBLE WITH CUSTARD	MILK WATER	SEASONAL VEGETABLE & FRUIT STICKS WITH DIP