

WEEK FOUR

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	RICE WITH LAMB / KIDNEY BEANS & VEGETABLES CURRY	FRUIT CRUMBLE WITH CUSTARD	MILK WATER	CRUSKITS
TUESDAY	VARIETY OF IRON FORTIFIED CEREALS WITH MILK	VARIETY OF TOAST & SEASONAL FRESH FRUIT PLATTER & MILK	WHOLEMEAL WRAP WITH CHICKEN SAUSAGES, FRESH VEGETABLES AND CHEESE	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 CHICKEN SAUSAGES	PUFF PASTRY WITH CHICKEN / VEGETARIAN	MILK WATER	ARROWROOT BISCUITS
THURSDAY	VARIETY OF IRON FORTIFIED CEREALS WITH MILK	VARIETY OF TOAST & SEASONAL FRESH FRUIT PLATTER & MILK	CREAMY TUNA PASTA WITH SEASONAL SALAD	NUT FREE MUSELI BARS	MILK WATER	RICE CRACKER
FRIDAY	VARIETY OF IRON FORTIFIED CEREALS WITH MILK	VARIETY OF TOAST & SEASONAL FRESH FRUIT PLATTER & MILK	SPICED CARROT & LENTIL SOUP WITH LEBANESE BREAD	ENGLISH MUFFIN WITH YOGHURT	MILK WATER	SEASONAL VEGETABLE & FRUIT STICKS WITH DIP