

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Muesli with Yoghurt	Toast with assorted spreads	Banana pancakes with Honey	Scones with Jam	Seasonal fruit platter with yoghurt
LUNCH	Chicken curry with rice *Vegetarian option available	Sandwiches with assorted fillings	Cous Cous with lentil salad and fresh herbs	Spaghetti Bolognese *Vegetarian option available	Homemade Pizzas
AFTERNOON TEA	Seasonal fruit and vegetable platter with Beetroot Dip	Zesty Orange Cake	Sao's with ricotta/sour cream, fresh tomato and cucumber	Seasonal fruit and vegetables with dip	Seasonal fruit muffins
LATE SNACK	Crackers with cheese and dried fruit	Rice cakes with tomato and cucumber	Crackers with cheese and dried fruit	Rice cakes with tomato and cucumber	Crackers with cheese and dried fruit

NB: Locally sourced seasonal Fruit may include: Apples, Oranges, Mandarins, Mango, Strawberries, Pineapple, Rockmelon, Watermelon, Banana, Honeydew, Kiwi Fruit, Lychees and Grapes.

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Fresh fruit platter with Greek yoghurt	Fruity pancakes	Pizza muffins	Banana bread with milk	Fresh fruit salad
LUNCH	Chicken fried rice <small>*Vegetarian option available</small>	Sausage Sizzle <small>*Vegetarian option available</small>	Macaroni and Cheese	Vegetarian lasagna and side salad <small>*Vegetarian option available</small>	Tacos <small>*Vegetarian option available</small>
AFTERNOON TEA	Scones with Jam and Cream	Cheese, Sultanas and rice crackers	Seasonal fruit platter	Apple and Cinnamon Scrolls	Jam Drops and Milk
LATE SNACK	Crackers with cheese and dried fruit	Fresh fruit	Fresh fruit	Crackers with cheese and dried fruit	Fresh fruit

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WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Seasonal fruit platter	Pancakes and Honey	Fruit and Vegetable Platter	French toast drizzled with Honey	Fruit smoothies with Arrowroot biscuits
LUNCH	Tuna and lentil bake topped with cheese and served with a green salad <small>*Vegetarian option available</small>	Platter of assorted sandwiches	Beef Hotdog sausages <small>*Vegetarian option available</small>	Homemade lasagne <small>*Vegetarian option available</small>	Baked fish with mash and potato and vegetables <small>*Vegetarian option available</small>
AFTERNOON TEA	Soft and crunchy vegetables with Tuna and dip	Fresh fruit and vegetables platter with dip	Carrot pudding	Seasonal fruit and yoghurt	Banana pikelets
LATE SNACK	Sao's with ricotta cheese filling	Cheese and crackers with dried fruit	Soa's with ricotta cheese filling	Cheese and crackers with dried fruit	Sao's with ricotta cheese filling

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WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Muesli and Fruit	Fruit and vegetable sticks with yoghurt dip	Fresh toast with honey	Seasonal fruit platter	Pancakes
LUNCH	Curry of mixed beans with rice	Sandwiches with assorted fillings	Vegetarian stir fry with noodles	Tuna pasta salad with corn, pineapple and fresh herbs	Sandwiches with assorted fillings
AFTERNOON TEA	Seasonal fruit and vegetable platter with beetroot dip	Date scones with milk	Seasonal fruit platter	Rice cakes and vegetables served with sweet potato and chickpea dip	Orange cakes served with milk or water
LATE SNACK	Milk arrowroot biscuits and fruit	Milk arrowroot biscuits and fruit	Milk arrowroot biscuits and fruit	Milk arrowroot biscuits and fruit	Milk arrowroot biscuits and fruit

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WEEK FIVE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Toast with assorted spreads	Bircher Muesli with yoghurt	Sweet potato scones	Seasonal fruit and yoghurt	Seasonal fruit and vegetable sticks
LUNCH	Cous cous salad with raisins, green peas and orange	Soft tacos with beans and salsa	Chicken pesto pasta salad <small>*Vegetarian option available</small>	Vegetable lentil curry with egg, served with brown rice	Sandwiches with assorted fillings
AFTERNOON TEA	Pizza with assorted toppings	Vegetable sticks with sweet potato dip	Banana pikelets with seasonal fruit	Vegetable sticks with sweet potato dip	Carrot Cake
LATE SNACK	Crackers with dried fruit and fresh fruit	Crackers with dried fruit and fresh fruit	Crackers with dried fruit and fresh fruit	Crackers with dried fruit and fresh fruit	Crackers with dried fruit and fresh fruit

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