

| WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|----------------------------|-----------------------------------|--|-------------------------------|
| BREAKFAST Offer healthier easy-to-prepare options like cereal and toast | Selection of wholegrain cereal: Weetbix, Multigrain Rice Bubbles, Sultana Bran. Wholemeal / wholegrain toast with spreads such as hummus, avocado, cheese, mashed banana, salt reduced Vegemite | | | | |
| MORNING TEA | Fresh seasonal savoury platter | Banana and pineapple split | Fruit, yoghurt and muesli bowls | Spinach hummus with pita bread and vegetables sticks | Seasonal fruit smoothie |
| LUNCH | Vegetarian chilli | Fish burgers | Beef and green vegetable stir-fry | Chicken and cannellini pasta bake | Beef nachos |
| AFTERNOON TEA | Sweet potato and oat bars | Chia berry pudding | Apple, pear and cinnamon toast | Assorted sandwiches | Apple, pear and berry crumble |
| LATE SNACK Offer healthier easy-to-prepare or ready-to-eat options | Wholegrain rice cakes, whole meal/wholegrain crackers, vegetable sticks, fruit, dips, cheese/cheese sticks, yoghurt. Use leftovers where appropriate. | | | | |

