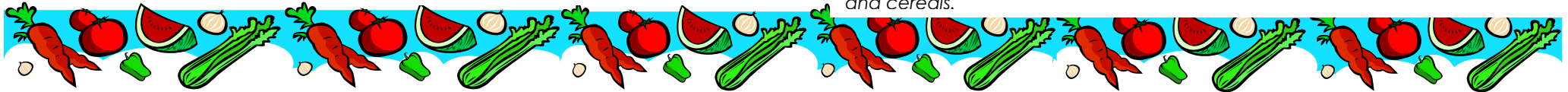


Week Four

We select our fruit and vegetables based on the best fresh in season produce available. Breakfast is served daily between 7-8am and consists of wholemeal toast and cereals.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Morning Tea</p> <p>Fresh Fruit Platter</p> <p>Water or milk to drink</p>	<p>Morning Tea</p> <p>Fresh Fruit Platter</p> <p>Water or milk to drink</p>	<p>Morning Tea</p> <p>Fresh Fruit Platter</p> <p>Water or milk to drink</p>	<p>Morning Tea</p> <p>Fresh Fruit Platter</p> <p>Water or milk to drink</p>	<p>Morning Tea</p> <p>Fresh Fruit Platter</p> <p>Water or milk to drink</p>
<p>Lunch</p> <p>Chicken Taco Salad</p> <p>(chicken, avocado, lettuce, tomato, cheese, spring onion, corn, taco seasoning)</p>	<p>Lunch</p> <p>Beef rissoles with mash & steamed vegetables</p> <p>(beef, onion, carrot, zucchini, potato, peas, corn, canned tomato, bread crumbs)</p>	<p>Lunch</p> <p>Chicken Kofta</p> <p>(chicken, onion, egg, bread crumbs, coriander, canned tomato, coconut milk, rice, grated carrot, grated zucchini, peas, corn)</p>	<p>Lunch</p> <p>Tuna patties & coleslaw with steamed corn cobs</p> <p>(tuna, potato, zucchini, carrot, onion, flour, egg, bread crumbs, corn, cabbage, coleslaw dressing)</p>	<p>Lunch</p> <p>Cheesy beef tomato rice bake</p> <p>(rice, olive oil, onion, garlic, beef, peas, corn, carrot, canned tomato, tomato paste, cheese, beef stock)</p>
<p>Afternoon Tea</p> <p>Creamed rice</p> <p>(rice, brown sugar, skim milk powder, sultanas)</p> <p>Water or milk to drink</p>	<p>Afternoon Tea</p> <p>Rice cakes and spreads</p> <p>(rice cakes, cheese, vegemite, cream cheese, avocado, tomato.)</p> <p>Water or milk to drink</p>	<p>Afternoon Tea</p> <p>Pin Wheels</p> <p>(tomato, cheese, spinach, pineapple, tomato, lean ham)</p> <p>Water or milk to drink</p>	<p>Afternoon Tea</p> <p>Vegetable platter with cheese and dip</p> <p>(tomato, cheese, avocado, carrot, cucumber, hummus dip, capsicum)</p> <p>Water or milk to drink</p>	<p>Afternoon Tea</p> <p>Wholemeal banana & blueberry muffins</p> <p>(bananas, blueberries, egg, wholemeal flour)</p> <p>Water or milk to drink</p>